

Participants The participants were students at a medium-sized southeastern university. Responses from ten participants (10 %) were excluded from analysis due to not meeting inclusion criteria or because of missing data. A random number generator available online at <http://stattrek.com/Tables/Random.aspx> was used to select the last four digits of student identification numbers. Participants' academic levels ranged from freshmen through graduate student, with 14.0 % (n08) freshmen, 19.3 % (n011) sophomores, 15.8 % (n09) juniors, 19.3 % (n011) seniors, and 31.6 % (n018)