

Fall 2023 Basic Needs Survey Items

Q1. Are you any of the following? Select all that apply.

- a. Current or Former Foster Youth
- b. International Student
- c. Out-of-State Student
- d. ESL Student
- e. Active Duty Military Personnel
- f. DREAM Student
- g. DACA Student
- h. RSN Student
- i. Umoja Student
- j. TRIO Student
- k. LGBTQ+ Student
- l. Collaborative Student
- m. CARE Student
- n. Comunidad Student
- o. None of the above

Q2. In the last 12 months, I couldn't afford to eat balanced meals.

- a. Often True
- b. Sometimes True
- c. Never True

Q3. In the last 12 months, the food I bought didn't last and I didn't have money to get more.

- a. Often True
- b. Sometimes True
- c. Never True

Q4. In the last 12 months, did you ever cut the size of meals or skip meals because there wasn't enough money for food?

- a. Yes
- b. No

Q4a. (If Yes) How often did this happen?

- a. Almost Every Month
- b. Some Months, but not Every Month
- c. Only 1 or 2 Months

Q5. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

- a. Yes
- b. No

Q6. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

- a. Yes
- b. No

Q7. Please answer the following statements (Response choices: "In the Last 30 Days", In the Last 12 Months", "N/A"):

- a. I have had difficulty paying for my rent
- b. I didn't pay the full amount of my rent
- c. I have moved 2 or more times
- d. I doubled up or took a roommate to save money
- e. I moved in with other people due to financial problems

Q8. Please answer the following statements (Response choices: "In the Last 30 Days", In the Last 12 Months", "N/A"):

- a. I was thrown out of my home
- b. I was evicted from my home
- c. I stayed in a shelter
- d. I stayed in an abandoned building
- e. I didn't know where I would sleep at night
- f. I didn't have a home
- g. I have stayed temporarily ("couch-surfing") with friends, relatives, or other people due to a lack of permanent residence

Q9. Within the next 30 days, I will not have access to a permanent residence.

- a. Yes
- b. No

Q10. Would you say that, in general, your health is:

- a. Excellent
- b. Very Good
- c. Good
- d. Fair
- e. Poor

Q11. Do you have health insurance?

- a. Yes
- b. No
- c. I am not sure if I have health insurance

Q12. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as work, school, self-care, or recreation?

- Sliding scale: 0-30 days

Q13. Below is a list of circumstances that students sometimes face. Carefully read each one, then mark each response indicating your current level of distress (Response Choices: Not at all, A little bit, Moderately, Quite a bit, Extremely):

- a. Academics/School Work/Grades
- b. Anxiety/Fear/Worries/Nervousness
- c. Breakup/Loss of a Relationship
- d. Concentration
- e. Decisions about Career/Major
- f. Depression
- g. Finances
- h. Irritability/Anger/Hostility
- i. Physical Health Problems (i.e. Headaches, stomach pains, etc.)
- j. Procrastination/Getting Motivated

- k. Reading/Study Skills Problems
- l. Relationship with Romantic Partner/Spouse
- m. Sleeping Problems
- n. Stress Management
- o. Suicidal Feelings
- p. Test anxiety/speech anxiety/performance anxiety
- q. Time management
- r. Uncertain about future/life after college
- s. Fatigue
- t. Hopelessness
- u. Grief/loss
- v. Sexuality/Gender

Q14. In the last 12 months, I have: (Check all that apply)

- a. Lost a job
- b. Experienced reduced working hours
- c. Experienced a reduction in pay at work
- d. None of the above

Q15. How much does each of the following impact your ability to work for pay or work as much as you would like? (Response Choices: No Impact, Minor Impact, Moderate Impact, Severe Impact)

- a. Child Care Responsibilities
- b. Caretaking responsibilities for someone other than a child (such as a parent, spouse/partner, or other adult family member/friend)
- c. Health problems of your own
- d. Difficulty arranging transportation to and/or from work
- e. Employer restrictions on how many hours you work
- f. Employer sets or schedules the times or shifts that you work

Q16. Are you currently working in your field of study?

- a. No, working outside my field of study
- b. Yes, working in my field of study
- c. Unsure
- d. I am not currently employed

Q17. Do you have a current resume and cover letter?

- a. Yes, both my resume and cover letter are up-to-date
- b. I have an updated resume but not a cover letter
- c. I have an updated cover letter but not a resume
- d. Neither my resume or cover letter are up-to-date
- e. I do not have a cover letter or resume

Q18. Are you a parent?

- a. No
- b. Yes

Q19. Do you have access to adequate, reliable child care?

- a. No
- b. Sometimes
- c. Yes

Q20. Do you have a functional laptop or computer?

- a. No
- b. Yes

Q21. Do you have sufficient internet access?

- a. No
- b. Sometimes
- c. Yes

Q22. On average, how many hours do you spend commuting to and from campus each week?

- a. Less than an hour
- b. 1-3 hours
- c. 3-6 hours
- d. More than 6 hours
- e. I do not have a commute

Q23. How do you get to campus?

- a. Public Transportation
- b. Walk
- c. Carpool
- d. I drive my own care
- e. Bike/Skate
- f. Other, please Specify
- g. I do not need to come to campus (All my courses are online)

Q24. Do you use any of the following campus-based resources? (Response Choices: Never heard of it; Heard of it, but never used it; Used it in the past; Currently use it)

- a. Pirate's Food Pantry
- b. Personal Care & Hygiene (bath/body products, personal care packages, clothing rack, etc.)
- c. Timely Care (Mental Health)
- d. CalFresh Application Assistance
- e. MJC Health Services
- f. FLOW (Free Lunch On Wednesday)

Q25. If you do not use any of these resources, please state the primary reason why.

- a. I do not need assistance
- b. I am not eligible
- c. I have not heard of the programs/resources
- d. I do not have time to access these resources
- e. I do not know how to access these resources

- f. I do not believe in using social services
- g. It is embarrassing to have to use these resources
- h. I do not have transportation
- i. Other, Please Specify
- j. N/A; I currently use these resources

Q26. Are you interested in participating in a focus group about your experiences with the topics discussed in this survey?

- a. Yes
- b. No
- c. Unsure. Can I have more information first?