

Northwestern | QUALTRICS

Intro Block



Thank you for taking ASG's Fall Student Survey. The following survey can be expected to take 5-10 minutes. The data collected from this survey will be used by ASG to make budget and policy recommendations to the University. All responses are **confidential** and cannot be traced back to the respondent.

You will have the opportunity to answer questions about the following topics on this survey:

- Student Mental Health and CAPS
- Religious and Spiritual Life
- Financial accessibility on campus

Surveys in the winter and spring will cover other areas of student experience. At the end of this survey, you will have the opportunity to opt in to our incentive pool, where you will have a chance to win a prize from our pool. Please refer to your invitation email for a list of prizes for this survey. Please note that leaving your email address at the end of this survey through the provided link maintains the confidentiality of your responses on this survey.

All questions or concerns about the survey may be directed to asg-analytics@u.northwestern.edu. Please click the arrow to begin!

CAPS Block

The following questions in this section ask about CAPS. If you would like to skip this section for personal reasons click "Skip," otherwise click "Continue."

- Continue
- Skip

Have you ever sought any services provided by CAPS?

- Yes
- No
- Prefer not to answer.

For which of the following reasons have you not sought services provided by CAPS?

- Haven't needed any CAPS services
- I am worried the wait time will be too long
- I don't think CAPS has staff who can treat me
- I have an external provider for mental and psychological health
- I don't have time
- I am worried about cost
- other (please specify)

Please rate the extent to which you agree with the following statement:

I avoid consultations with CAPS because I am worried what I tell them might lead to negative academic repercussions.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

For which of the following purposes would you feel comfortable utilizing CAPS? Please select all that apply.

- Coping with academic-related stress
- Help with interpersonal relationships
- Emergency mental health care
- Help transitioning to Northwestern
- Help navigating my identity
- Receiving a preliminary diagnosis
- Counseling on a Medical Leave of Absence

Which of the following CAPS services have you used?

Please select all that apply.

- External referral to non-CAPS provider
- Crisis consultation
- Individual therapy at CAPS
- Group therapy at CAPS
- CAPS workshop
- Other (please specify)

What was the outcome of your treatment at CAPS?

- I received the treatment I needed within CAPS.
- I met with someone at CAPS for a short period of time and felt I no longer needed treatment.
- I met with someone at CAPS and then was referred to an outside care person.
- The wait time for an initial consultation was too long so I did not follow through with the services.
- The wait time for ongoing therapy was too long so I did not follow through.
- Other

How many times did you visit CAPS?

- Once
- Two to three times
- Four to six times
- Seven to ten times
- Eleven or more times

In what school year(s) have you used or attempted to use CAPS? If you utilized CAPS during the summer quarter, please include that with the preceding academic year.

- 2018-2019
- 2019-2020
- 2020-2021
- 2021-2022
- 2022-2023

CAPS was beneficial to my mental health.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Unable to judge

Why did CAPS not have a beneficial effect on your mental health? Select all that apply.

- The counseling I received did not adequately address my concerns or needs.
- CAPS was not prepared to handle my specific need.
- CAPS staff could not relate to my identities/experiences.
- The wait was too long for me to follow through and receive help.
- Other

Have you ever contacted the CAPS crisis support line?

- Yes, during office hours (8:30am-5pm)
- Yes, outside of office hours
- No

You indicated that you have not contacted the CAPS crisis support line. Why? Please select all that apply.

- I have not needed to
- I was worried that I or a friend would be transported to the hospital

- I was worried that I or a friend would be disciplined
- I was worried that I would be compelled to take a medical leave
- Other (please specify)

Have you used the virtual support service TimelyCare?

- Yes
- No
- No, unaware of this service

Please rate the extent to which you agree with the following statement:

TimelyCare was beneficial for my mental health.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

If you would like to do so, please provide additional detail

about why TimelyCare was not beneficial to your mental health.

Please rate the extent to which you agree with the following statements:

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
CAPS is committed to providing good quality treatment to students, regardless of their identity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CAPS has the resources necessary to treat students of marginalized identities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CAPS does their best to treat students of marginalized identities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following sources have influenced your

opinion about CAPS? Please select all that apply.

- Personal experience with CAPS
- Friends
- Student advocacy groups (e.g. Reform CAPS)
- Social media and online platforms
- Student publications
- Peer advisors and student mentors
- Other (please specify)

Non-CAPS Block

The next section will ask you questions about mental health and mental health resources *excluding CAPS*.

Which of the following resources, excluding CAPS, would you turn to if you were struggling with mental health?

- Student Assistance and Support Service (SASS)
- Student organizations
- Sports teams
- CARE

- On-campus affinity spaces (e.g. Black House, GSRC, Women's Center)
- Student Enrichment Services (SES)
- Friends
- Family
- Peer advisors
- Resident Assistants
- Faculty or academic advisors
- Other (please specify)

Which of the following are mental health and intervention offerings by Northwestern that you are aware of, if any?
Select all that apply.

- Soldari-tea
- Drop-In Hours at the Women's Center
- Let's Talk
- Drop-In Hours at CARE
- NU Peer Support Group
- Active Minds
- ResilientNU
- Appointment at CAPS
- Virtual appointment through TimelyCare

Which of the following would you consider to be your main source of community, support, and well-being?

- IFC/PHA Greek Life
- Multicultural Greek Life
- Friend Group
- Family
- Academic Cohort (people in your major, PA group, Peer-Guided Study group)
- Dorm/neighborhood
- Student organization
- Sports team
- Other

Please rate the extent to which you agree with the following statement:

I have been able to access meaningful mental health services provided to me by Northwestern.

- Strongly agree
- Somewhat agree
- Neither agree or disagree

- Somewhat disagree
- Strongly disagree
- Unable to judge

Have you ever experienced a mental health issue that has impacted your academic performance at NU?

- Yes
- No
- Prefer not to answer

Have you ever considered taking a medical leave of absence ("MLOA") at Northwestern for mental health purposes?

- Yes, and I have taken one.
- Yes, although I did not take one.
- No, I have never considered taking a medical leave of absence.

You indicated that you considered taking a medical leave of absence ("MLOA"). Why did you not? Select all that apply.

- My request was unable to be approved
- I decided it was no longer necessary
- I had a lack of information and guidance about the MLOA process
- Lack of financial support if my MLOA was approved
- Stigma related to MLOAs
- Anxiety around falling behind academically
- My family was unsupportive
- I was concerned I would not be readmitted to Northwestern
- I do not want to be distanced from my community at Northwestern
- Other

Religious and Spiritual Life

The next section will ask you questions about religious and spiritual life.

Which of the following identities best describes you?

- I am religious
- I am spiritual
- I am neither religious nor spiritual

Please indicate to what degree you agree with the following statement:

I feel comfortable expressing my religious or spiritual identity on campus.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

In which of the following settings do you not feel comfortable expressing your religious or spiritual identity?

- In classes or labs
- In my student organizations
- In front of non-faculty university administrators
- Other (please specify)

Please indicate to what degree you agree with the following statement:

My professors treat my religion or spirituality with respect.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Please indicate to what degree you agree with the following statement:

I have a space on campus where I can adequately practice my religion or spirituality.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Please indicate to what degree you agree with the

following statement:

I receive the academic accommodations that I need to account for my religious or spiritual restrictions.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

What resources provided by Religious and Spiritual Life (RSL) are you aware of?

- Weekly religious services
- Drop-in meditation
- Alice Millar Chapel Choir concerts
- Confidential chaplain consultations

Please indicate to what degree you agree with the following statement:

I would use a confidential conversation with a

university chaplain for support.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Why would you not use a confidential conversation with a chaplain for support? Please select all that apply.

- None of the chaplains reflect my identity
- I have other sources of support
- I don't trust that the conversation would be truly confidential
- I generally avoid religious institutions
- I did not know chaplain services existed at Northwestern

Please indicate to what degree you agree with the following statement:

I would be more likely to consult with a university chaplain if they came from a secular background.

- Strongly agree

- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

First Generation and/or Low Income Students

The following section will ask you about finances and engagement in the Northwestern community.

Do you identify as a first-generation student?

- Yes
- No
- Prefer not to answer

Do you identify as a low-income student?

- Yes
- No
- Prefer not to answer

Please rate the extent to which you agree with the following statement:

I feel supported by Student Enrichment Services (SES).

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree
- Do not use SES services/Unable to judge

Please indicate to what degree you agree with the following statement:

I feel I have found a community on campus where I belong.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Please indicate to what degree you agree with the following statement:

I feel like I am treated equally in the classroom, regardless of my socio-economic background.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Do you currently work a job on or off campus?

- Yes, one
- Yes, more than one
- No

To the best of your knowledge, please indicate how many hours per week you dedicate to non-paying student organizations that you are involved with.

- Less than 1 hour
- Between 1-5 hours
- Between 6-10 hours
- Between 11-15 hours
- Between 16-20 hours
- More than 20 hours

Please indicate to what degree you agree with the following statements:

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Cost is something I consider when registering for classes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have financially struggled to purchase required books for classes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have financially struggled to purchase required technology for classes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In what years during your time at Northwestern have you struggled financially to purchase required course materials? Please select all that apply.

- First year
- Second year
- Third year
- Fourth year
- Fifth year or later

Demographics

The following section will ask you about various demographics.

With what religion or spiritual tradition, if any, do you most identify?

- Agnostic
- Atheist
- Baha'i
- Baptist
- Episcopalian
- Hindu
- Muslim
- Jain
- Presbyterian
- Protestant (non-denominational)
- Quaker
- Seventh-day adventist

- Buddhist
- Catholic
- Church of Christ
- Christian (non-denominational)
- Confucian
-
- Eastern Orthodox
- Jehovah's Witness
- Jewish
- LDS (Mormon)
- Lutheran
- Methodist
-
- Pentecostal
- Sikh
- Taoist
- Unitarian/Universalist
- UCC/Congregationalist
- Additional religion or spiritual tradition (please specify)

What is your gender identity?

- Cisgender man
- Cisgender woman
- Transgender man
- Transgender woman
- Non-binary / Non-conforming
- Not listed

What is your race and/or ethnicity? Mark all that apply.

- | | |
|---|---|
| <input type="checkbox"/> American Indian or Alaska Native
(Examples: Navajo Nation, Blackfeet Tribe, or Inupiat Traditional Govt.) | <input type="checkbox"/> Middle Eastern or North African
(Examples: Lebanese, Iranian, Egyptian, Syrian, Moroccan) |
| <input type="checkbox"/> Asian (Examples: Chinese, Japanese, Filipino, Korean, South Asian, Vietnamese) | <input type="checkbox"/> Native Hawaiian or other Pacific Islander (Examples: Samoan, Guamanian, Chamorro, Tongan) |
| <input type="checkbox"/> Black or African-American
(Examples: Jamaican, Nigerian, Haitian, Ethiopian) | <input type="checkbox"/> White (Examples: German, Irish, English, Italian, Polish, French) |
| <input type="checkbox"/> Hispanic or Latino (Examples: Puerto Rican, Mexican, Cuban, Salvadoran, Colombian) | <input type="checkbox"/> Additional race, ethnicity, or origin, not listed (please specify)
<div style="border: 1px solid black; height: 40px; width: 100%; margin-top: 5px;"></div> |

Open-ended feedback

Thank you again for taking the fall ASG student survey. The topics covered on this survey are of course not exhaustive; surveys in the winter and spring quarters will further investigate other areas of student experience. However, we do want to give you the opportunity to address any of the preceding questions or topics in greater depth if you would like to. Please enter any additional comments into the box below, and be as brief

or thorough as you wish.



Incentive

You may submit the survey by pressing the button below. [Please use this link to leave your email address and enter into our incentive pool.](#) This permits us to separate your email address from your responses, and prevents identification of your responses.

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