

# #RealCollege 2021: Basic Needs Insecurity Among Virginia Community College System Students During the Ongoing Pandemic

## WEB APPENDICES

June 2, 2021

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## Appendix A. Survey Methodology

### SURVEY ELIGIBILITY AND PARTICIPATING COLLEGES

Together with administrators, the Hope Center fielded this survey at all participating colleges. Each institution agreed to administer an online survey in the fall. To boost response rates, a limited number of \$100 incentives were offered to randomly selected survey participants at each college. Additionally, incentives valued at \$150 were offered to parenting students randomly selected across all participating colleges. Institution staff sent a series of invitations and follow-up reminders to all enrolled students encouraging them to participate.

The Hope Center provided the email invitation language as well as hosted the survey as shown below. Upon opening the survey, students were presented with a consent form in compliance with Institutional Review Board standards. To be counted as a participant, the student had to click continue as a record of consent and complete at least the first page of the survey. Participating colleges were asked to use only the provided invitation language to ensure consistency across colleges. In order to boost survey response rates, some colleges also spread the word about the survey using text messages and social media. In these cases, they used language and materials provided by the Hope Center.

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*Subject: College and you, during a pandemic*  
*From email address: [someone students “know” at YOUR COLLEGE]*

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*[COLLEGE LETTERHEAD FOR EMAIL]*

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*Dear [STUDENT FIRST NAME],*

*Let’s get real. Life is a lot right now. You’re the expert when it comes to what’s happening with your college experience. So we need your help supporting [COLLEGE OR UNIVERSITY NAME] with information it can use to help.*

*Share your story in the #RealCollege Survey. We asked the Hope Center for College, Community, and Justice at Temple University to help us do this because we value you. You were chosen simply because you are one of our students. In appreciation, you can win \$100 for completing the survey.*

*[STUDENT FIRST NAME], please get started now.*

*Click here to begin:*  
*[LINK]*

*If the link is not working, try to copy and paste it into your web browser.*

*Be honest—everything you say is confidential. If you have questions about the survey, send a note to the Hope Center at [hopesrvy@temple.edu](mailto:hopesrvy@temple.edu).*

*Thank you.*

[NAME AND EMAIL SIGNATURE OF PERSON SENDING EMAIL]

## COLLEGE SURVEY PARTICIPANTS

In 2020, 23 community colleges in Virginia fielded the survey early in the fall term, as students enduring basic needs insecurity are at greater risk for dropping out of college later in the year.

**TABLE A-1 | CHARACTERISTICS OF PARTICIPATING COLLEGES (WEIGHTED BY SURVEY RESPONDENTS)<sup>1</sup>**

	Rural VCCS Colleges	Non-Rural VCCS Colleges	VCCS Colleges	All Other Two- Year Colleges
N (colleges)	9	14	23	107
N (survey respondents)	3,706	6,965	10,671	101,533
	%	%	%	%
<b>Sector</b>				
Public	100	100	100	98
Private, not-for-profit	0	0	0	2
<b>Setting</b>				
City	0	41	27	69
Suburb	0	35	23	24
Town	0	24	16	4
Rural	100	0	35	4
<b>Size</b>				
Under 5,000	34	17	23	4
5,000 - 9,999	66	34	46	8
10,000 - 19,999	0	25	16	24
20,000 or more	0	23	15	64
<b>Percent Pell</b>				
Below 25%	66	19	35	30
25% - 49%	24	81	61	55
50% - 74%	10	0	4	14
75% or above	0	0	0	2

Source | Integrated Postsecondary Education Data System (2019), #RealCollege 2020 Survey

Notes | The information above reflects the characteristics of 23 colleges as of Fall 2019. "All Other Two-Year Colleges" includes the 107 two-year colleges outside of Virginia that participated in the 2020 #RealCollege Survey. Cumulative percentages may not add up to 100 due to rounding error.

## STUDENT SURVEY PARTICIPANTS

### Who Answered the Survey?

Most students who were sent the #RealCollege Survey did not answer it. Participating colleges sent survey invitations to an estimated 122,900 students<sup>2</sup> and 10,671 students participated, yielding an estimated response rate of 8.7%.<sup>3</sup> Colleges in rural Virginia sent invitations to an estimated 20,700 students and 3,706 students participated, yielding an estimated response rate of 17.9%. Colleges outside of rural Virginia sent invitations to an estimated 102,200 students, and 6,965 students participated, yielding an estimated response rate of 6.8%.

Colleges were asked to distribute the survey to all actively enrolled students in the fall of 2020. We computed responses rates using the number of survey participants divided by the number students invited to take the survey. The survey completion rate reflects the ratio at which a respondent answered all #RealCollege 2020 questions asked to all survey participants.

**TABLE A-2 | STATISTICS ON RESPONSE AND COMPLETION RATES, BY COLLEGE TYPE**

	Average	Standard Deviation	Minimum	First Quartile	Second Quartile	Third Quartile	Maximum
<b>Rural VCCS Colleges</b>							
Response rate	15	8	4	10	13	17	30
Completion rate	84	2	79	82	84	85	86
<b>Non-Rural VCCS Colleges</b>							
Response rate	14	8	1	9	15	18	30
Completion rate	84	2	80	82	84	86	89
<b>VCCS Colleges</b>							
Response rate	15	8	1	9	14	18	30
Completion rate	84	2	79	82	84	86	89

Source | 2020 #RealCollege Survey

Notes | Participating colleges provided the number of students invited to take the survey. Averages shown in the table are unweighted average response rates across all colleges.

We surveyed all students, in compliance with legal and financial restrictions, rather than draw a sample. The results may be biased—overstating or understating the problem—depending on who answered and who did not. As readers ponder this issue, consider that the survey was emailed to students, and thus they had to have electronic access to respond. The incentives provided were negligible and did not include help with their challenges. Finally, the survey was framed as being about college life, not about hunger or homelessness.

**TABLE A-3 | CHARACTERISTICS OF SURVEY RESPONDENTS**

	Rural VCCS Colleges %	Non-Rural VCCS Colleges %	VCCS Colleges %	All Other Two-Year Colleges %
<b>Gender Identity</b>				
Female	77	75	76	72
Male	21	23	23	27
Non-binary/Third gender	1	2	2	2
Prefer to self-describe	1	1	1	1
Prefer not to answer	1	1	1	1
<i>Total respondents (N)</i>	<i>2,960</i>	<i>5,607</i>	<i>8,567</i>	<i>77,390</i>
<i>Non-reporting respondents (N)</i>	<i>746</i>	<i>1,358</i>	<i>2,104</i>	<i>24,143</i>
<b>Transgender Identity</b>				
Transgender	1	1	1	1
Non-transgender	98	98	98	97

Prefer not to answer	1	1	1	1
<i>Total respondents (N)</i>	<i>2,967</i>	<i>5,641</i>	<i>8,608</i>	<i>77,854</i>
<i>Non-reporting respondents (N)</i>	<i>739</i>	<i>1,324</i>	<i>2,063</i>	<i>23,679</i>
<b>Sexual Orientation</b>				
Heterosexual or straight	79	77	78	77
Gay or lesbian	3	3	3	4
Bisexual	10	11	10	10
Prefer to self-describe	3	3	3	3
Prefer not to answer	5	5	5	6
<i>Total respondents (N)</i>	<i>2,956</i>	<i>5,607</i>	<i>8,563</i>	<i>77,219</i>
<i>Non-reporting respondents (N)</i>	<i>750</i>	<i>1,358</i>	<i>2,108</i>	<i>24,314</i>
<b>Racial or Ethnic Background</b>				
White or Caucasian	74	68	70	47
African American or Black	17	21	19	14
Asian, Asian American, or Pacific Islander	4	6	6	11
Indigenous or Native American or Native American	4	4	4	4
Hispanic, Latinx, or Chicanx	12	9	10	37
Other	3	4	3	5
Prefer not to answer	2	2	2	2
<i>Total respondents (N)</i>	<i>2,941</i>	<i>5,614</i>	<i>8,555</i>	<i>77,096</i>
<i>Non-reporting respondents (N)</i>	<i>765</i>	<i>1,351</i>	<i>2,116</i>	<i>24,437</i>
<b>Student is a U.S. Citizen or Permanent Resident</b>				
Yes	98	98	98	94
No	1	2	2	5
Prefer not to answer	0	0	0	1
<i>Total respondents (N)</i>	<i>2,971</i>	<i>5,650</i>	<i>8,621</i>	<i>77,999</i>
<i>Non-reporting respondents (N)</i>	<i>735</i>	<i>1,315</i>	<i>2,050</i>	<i>23,534</i>
<b>Highest Level of Parental Education</b>				
No diploma	9	8	9	15
High school diploma	22	20	21	21
Some college	38	37	38	34
Bachelor's degree or greater	26	30	29	25
Don't know	3	3	3	4
Prefer not to answer	1	1	1	2
<i>Total respondents (N)</i>	<i>2,957</i>	<i>5,638</i>	<i>8,595</i>	<i>77,728</i>
<i>Non-reporting respondents (N)</i>	<i>749</i>	<i>1,327</i>	<i>2,076</i>	<i>23,805</i>
<b>Age</b>				
18 to 20	43	36	39	33
21 to 25	21	22	22	23
26 to 30	11	14	13	14
Over 30	24	28	27	30

Prefer not to answer	0	0	0	0
<i>Total respondents (N)</i>	<i>2,921</i>	<i>5,559</i>	<i>8,480</i>	<i>76,211</i>
<i>Non-reporting respondents (N)</i>	<i>785</i>	<i>1,406</i>	<i>2,191</i>	<i>25,322</i>
<b>Parenting Student Status</b>				
Parenting Student	28	29	28	26
Non-parenting Student	72	71	72	74
<i>Total respondents (N)</i>	<i>3,170</i>	<i>5,972</i>	<i>9,142</i>	<i>82,835</i>
<i>Non-reporting respondents (N)</i>	<i>536</i>	<i>993</i>	<i>1,529</i>	<i>18,698</i>
<b>Relationship Status</b>				
Single	42	43	43	47
In a relationship	32	31	31	27
Married or domestic partnership	20	22	22	20
Divorced	2	2	2	3
Widowed	0	1	0	0
Prefer not to answer	3	2	2	3
<i>Total respondents (N)</i>	<i>2,951</i>	<i>5,630</i>	<i>8,581</i>	<i>77,579</i>
<i>Non-reporting respondents (N)</i>	<i>755</i>	<i>1,335</i>	<i>2,090</i>	<i>23,954</i>
<b>Student is Foster Care-Involved</b>				
Yes	2	2	2	3
No	97	97	97	96
Prefer not to answer	1	1	1	1
<i>Total respondents (N)</i>	<i>2,942</i>	<i>5,613</i>	<i>8,555</i>	<i>77,398</i>
<i>Non-reporting respondents (N)</i>	<i>764</i>	<i>1,352</i>	<i>2,116</i>	<i>24,135</i>
<b>Student Served in the Military</b>				
Yes	3	6	5	4
No	96	94	95	95
Prefer not to answer	1	1	1	1
<i>Total respondents (N)</i>	<i>2,970</i>	<i>5,640</i>	<i>8,610</i>	<i>77,869</i>
<i>Non-reporting respondents (N)</i>	<i>736</i>	<i>1,325</i>	<i>2,061</i>	<i>23,664</i>
<b>Employment Status</b>				
Employed	67	67	67	60
Not employed, looking	16	15	15	21
Not employed, not looking	17	18	18	19
<i>Total respondents (N)</i>	<i>3,429</i>	<i>6,439</i>	<i>9,868</i>	<i>90,592</i>
<i>Non-reporting respondents (N)</i>	<i>277</i>	<i>526</i>	<i>803</i>	<i>10,941</i>
<b>Student has been Justice-Involved</b>				
Yes	4	4	4	4
No	95	93	94	94
Prefer not to answer	2	2	2	2
<i>Total respondents (N)</i>	<i>3,062</i>	<i>5,756</i>	<i>8,818</i>	<i>79,844</i>
<i>Non-reporting respondents (N)</i>	<i>644</i>	<i>1,209</i>	<i>1,853</i>	<i>21,689</i>
<b>Disabilities and/or Medical Conditions</b>				
Learning disability	18	18	18	15

Physical disability	6	5	5	5
Chronic illness	18	18	18	16
Psychological disorder	38	38	38	32
Other	4	4	4	3
No disability	47	46	46	53
Prefer not to answer	1	2	2	2
<i>Total respondents (N)</i>	<i>2,995</i>	<i>5,648</i>	<i>8,643</i>	<i>78,110</i>
<i>Non-reporting respondents (N)</i>	<i>711</i>	<i>1,317</i>	<i>2,028</i>	<i>23,423</i>
<b>College Enrollment Status</b>				
Full-time	42	43	43	41
Part-time	54	54	54	55
Don't know	4	3	3	4
<i>Total respondents (N)</i>	<i>3,647</i>	<i>6,869</i>	<i>10,516</i>	<i>99,076</i>
<i>Non-reporting respondents (N)</i>	<i>59</i>	<i>96</i>	<i>155</i>	<i>2,457</i>
<b>Years in College</b>				
Less than 1	28	27	27	26
1 to 2	41	39	40	37
3 or more	31	34	33	36
<i>Total respondents (N)</i>	<i>3,612</i>	<i>6,808</i>	<i>10,420</i>	<i>98,335</i>
<i>Non-reporting respondents (N)</i>	<i>94</i>	<i>157</i>	<i>251</i>	<i>3,198</i>
<b>Student is Considered a Dependent</b>				
Yes	33	28	29	25
No	53	59	57	60
Don't know	13	12	12	14
Prefer not to answer	1	1	1	2
<i>Total respondents (N)</i>	<i>2,941</i>	<i>5,619</i>	<i>8,560</i>	<i>77,359</i>
<i>Non-reporting respondents (N)</i>	<i>765</i>	<i>1,346</i>	<i>2,111</i>	<i>24,174</i>
<b>Student is a Pell Recipient</b>				
Yes	52	55	54	51
No	48	45	46	49
<i>Total respondents (N)</i>	<i>3,396</i>	<i>6,411</i>	<i>9,807</i>	<i>91,618</i>
<i>Non-reporting respondents (N)</i>	<i>310</i>	<i>554</i>	<i>864</i>	<i>9,915</i>
<b>Level of Study</b>				
High school equivalency/GED	3	3	3	5
Undergraduate degree: Associate	72	73	73	65
Undergraduate degree: Bachelor's	10	10	10	16
Graduate degree	2	2	2	2
Certificate or license	10	9	10	8
Non-degree	2	2	2	4
<i>Total respondents (N)</i>	<i>3,691</i>	<i>6,937</i>	<i>10,628</i>	<i>101,020</i>
<i>Non-reporting respondents (N)</i>	<i>15</i>	<i>28</i>	<i>43</i>	<i>513</i>
<b>Student is a Varsity Athlete</b>				
Yes	1	0	1	1

No	98	99	99	98
Prefer not to answer	1	1	1	1
<i>Total respondents (N)</i>	<i>2,898</i>	<i>5,539</i>	<i>8,437</i>	<i>76,194</i>
<i>Non-reporting respondents (N)</i>	<i>808</i>	<i>1,426</i>	<i>2,234</i>	<i>25,339</i>

Source | 2020 #RealCollege Survey

Notes | Classifications of gender identity, racial and ethnic background, and disability or medical condition are not mutually exclusive. Students could self-identify with multiple classifications. Some racial and ethnic groups were combined due to sample size. The Asian category includes students who identify as Asian Americans, Southeast Asian, and Pacific Islanders, the Indigenous category includes students who identify as American Indian or Alaska Native or Indigenous, and the Other category also includes students who identify as Middle Eastern or North African or Arab or Arab American or Other. Percentages of mutually exclusive groups may not add up to 100 due to rounding error. Justice system-involved is defined by whether a student has been convicted of a crime. Foster care-involved is defined by a student who is or was placed in the home of a state-certified caregiver or a family member approved by the state. A dependent is a student who does not earn sufficient income to be an independent student or who must report parental income when qualifying for federal student aid.



## Appendix B. Three Survey Measures of Basic Needs Insecurity

### FOOD SECURITY

To assess food *security* in the fall of 2020, we used questions from the 18-item Household Food Security Survey Module (shown below) from the U.S. Department of Agriculture (USDA). It is important to note that while we mainly discuss *insecurity*, the standard is to measure the level of *security*, referring to those with low or very low security as “food insecure.”

#### *Food Security Module*

##### Adult Stage 1

1. “In the last 30 days, I worried whether my food would run out before I got money to buy more.” (Often true, Sometimes true, Never true)
2. “In the last 30 days, the food that I bought just didn’t last, and I didn’t have money to get more.” (Often true, Sometimes true, Never true)
3. “In the last 30 days, I couldn’t afford to eat balanced meals.” (Often true, Sometimes true, Never true)

*If the respondent answers “often true” or “sometimes true” to any of the three questions in Adult Stage 1, then proceed to Adult Stage 2.*

##### Adult Stage 2

4. “In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn’t enough money for food?” (Yes/No)
5. *[If yes to question 4, ask]* “In the last 30 days, how many days did this happen?” (Once, Twice, Three times, Four times, Five times, More than five times)
6. “In the last 30 days, did you ever eat less than you felt you should because there wasn’t enough money for food?” (Yes/No)
7. “In the last 30 days, were you ever hungry but didn’t eat because there wasn’t enough money for food?” (Yes/No)
8. “In the last 30 days, did you lose weight because there wasn’t enough money for food?” (Yes/No)

*If the respondent answers “yes” to any of the questions in Adult Stage 2, then proceed to Adult Stage 3.*

##### Adult Stage 3

9. “In the last 30 days, did you ever not eat for a whole day because there wasn’t enough money for food?” (Yes/No)
10. *[If yes to question 9, ask]* “In the last 30 days, how many days did this happen?” (Once, Twice, Three times, Four times, Five times, More than five times)

*If the respondent has indicated that children under 18 are present in the household, then proceed to Child Stage 1.*

##### Child Stage 1

11. “In the last 30 days, I relied on only a few kinds of low-cost food to feed my children because I was running out of money to buy food.” (Often true, Sometimes true, Never true)
12. “In the last 30 days, I couldn’t feed my children a balanced meal, because I couldn’t afford that.” (Often true, Sometimes true, Never true)
13. “In the last 30 days, my child was not eating enough because I just couldn’t afford enough food.” (Often true, Sometimes true, Never true)

If the respondent answers “often true” or “sometimes true” to any of the three questions in Child Stage 1, then proceed to Child Stage 2.

#### Child Stage 2

14. “In the last 30 days, did you ever cut the size of your children’s meals because there wasn’t enough money for food?” (Yes/No)
15. “In the last 30 days, did your children ever skip meals because there wasn’t enough money for food?” (Yes/No)
16. [If yes to question 15, ask] “In the last 30 days, how often did this happen?” (1, 2, 3, 4, 5, 6, 7, 8 or more times)
17. “In the last 30 days, were your children ever hungry but you just couldn’t afford more food?” (Yes/No)
18. “In the last 30 days, did any of your children ever not eat for a whole day because there wasn’t enough money for food?” (Yes/No)

To calculate a raw score for food security, we counted the number of questions to which a student answered affirmatively.

- a. “Often true” and “sometimes true” were counted as affirmative answers.
- b. Answers of “Three times” or more were counted as a “yes.” We translated the raw score into food security levels as follows:

Food security level	Raw Score	
	18-item (children present)	18-item (no children present)
High	0	0
Marginal	1–2	1–2
Low	3–7	3–5
Very Low	8–18	6–10

## HOUSING INSECURITY

To assess housing insecurity, we used a series of survey questions adapted from the national Survey of Income and Program Participation (SIPP) Adult Well-Being Module to measure students’ access to and ability to pay for safe and reliable housing.<sup>4</sup> In the fall of 2020, we asked students the following questions:

#### Housing Insecurity Module

1. “In the past 12 months, was there a rent or mortgage increase that made it difficult to pay?” (Yes/No)
2. “In the past 12 months, have you been unable to pay or underpaid your rent or mortgage?” (Yes/No)
3. “In the past 12 months, have you received a summons to appear in housing court?” (Yes/No)
4. “In the past 12 months, have you not paid the full amount of a gas, oil, or electricity bill?” (Yes/No)

5. "In the past 12 months, did you have an account default or go into collections?" (Yes/No)
6. "In the past 12 months, have you moved in with other people, even for a little while, because of financial problems?" (Yes/No)
7. "In the past 12 months, have you lived with others beyond the expected capacity of the house or apartment?" (Yes/No)
8. "In the past 12 months, did you leave your household because you felt unsafe?" (Yes/No)
9. "In the past 12 months, how many times have you moved?" (None, Once, Twice, 3 times, 4 times, 5 times, 6 times, 7 times, 8 times, 9 times, 10 or more times)

Students were considered housing insecure if they answered "yes" to any of the first eight questions or said they moved at least *three* times (question #9).

## HOMELESSNESS

To measure homelessness, we asked a series of survey questions that align with the definition of homelessness dictated by the McKinney Vento Homeless Assistance Act. Please refer to pp. 31–32 in Crutchfield and Maguire (2017) for further discussion of this measure.<sup>5</sup>

In the fall of 2020, students were considered homeless if they answered affirmatively to question #1 OR any part of question #2 (parts e through m) in the Homelessness Module (below).

### *Homelessness Module*

1. "In the past 12 months, have you ever been homeless?"
2. "In the past 12 months, have you slept in any of the following places? Please check all that apply."
  - a. Campus or university housing
  - b. Sorority/fraternity house
  - c. In a rented or owned house, mobile home, or apartment (alone or with roommates or friends)
  - d. In a rented or owned house, mobile home, or apartment with my family (parent, guardian, or relative)
  - e. At a shelter
  - f. In a camper or RV
  - g. Temporarily staying with a relative, friend, or couch surfing until I find other housing.
  - h. Temporarily at a hotel or motel without a permanent home to return to (not on vacation or business travel)
  - i. In transitional housing or independent living program
  - j. At a group home such as halfway house or residential program for mental health or substance abuse
  - k. At a treatment center (such as detox, hospital, etc.)
  - l. Outdoor location (such as street, sidewalk, or alley; bus or train stop; campground or woods, park, beach, or riverbed; under bridge or overpass; or other)
  - m. In a closed area/space with a roof not meant for human habitation (such as abandoned building; car, truck, or van; encampment or tent; unconverted garage, attic, or basement; etc.)

## Appendix C. Measures of Anxiety and Depression

### ANXIETY

Students' anxiety levels were assessed using a validated seven-item instrument called the Generalized Anxiety Disorder Scale (GAD-7).<sup>6</sup> In the #RealCollege 2020 survey instrument, the items were separated into two sections (items 1-2 and items 3-7). The student needed to cross a certain score threshold in the first two items to progress to the remaining items. The assessment asked students about the number of times in the last two weeks – 0 days (0), 1-6 days (1), 7-12 days (2), or 13-14 days (3) – they were bothered by any of the following items:

#### *Generalized Anxiety Disorder Scale (GAD-7) Module*

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it's hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen

To calculate a raw score for anxiety, we counted the response score (0 to 3) for each of the questions to which a student answered. Those who indicated that they felt bothered at least some of the days were considered moderately to severely anxious.

Anxiety level	Raw Score
	Seven-item
None to minimal	0–4
Mild	5–9
Moderate	10–14
Severe	15+

### DEPRESSION

Students' depression levels were assessed using a validated nine-item instrument, called the Patient Health Questionnaire (PHQ-9). In the #RealCollege 2020 survey instrument, the items were separated into two sections (items 1-2 and items 3-9). The student needed to reach a certain response threshold in the first two items to progress to the remaining items. The assessment asked students about the number of times in the last two weeks – 0 days (0), 1-6 days (1), 7-12 days (2), or 13-14 days (3) – they were bothered by any of the following items:

#### *Patient Health Questionnaire (PHQ-9) Module*

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless

3. Trouble falling asleep, staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself—or that you’re a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual
9. Thought that you would be better off dead or hurting yourself in some way

To calculate a raw score for depression, we counted the response score (0 to 3) for each of the questions to which a student answered. Those who indicated that they felt bothered at least some of the days were considered moderately to severely depressed.

Depression level	Raw Score
	Nine-item
None to minimal	0–4
Mild	5–9
Moderate	10–14
Moderately Severe	15–19
Severe	20+

## Appendix D. Detailed Tables on Data Referenced in the Full Report

**TABLE D-1 | PERSONAL EXPERIENCES WITH ANXIETY AND DEPRESSION AMONG VCCS SURVEY RESPONDENTS, BY RACE/ETHNICITY (FIGURE 1)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>Students Experiencing at Least Moderate Anxiety:</b>								
Overall	1,046	35	2,027	36	3,073	35	26,536	34
<b>Race / Ethnicity:</b>								
Indigenous or Native American	43	36	93	45	136	42	1,296	42
White or Caucasian	815	38	1,478	39	2,293	39	14,023	39
Hispanic, Latinx, or Chicanx	125	35	192	38	317	37	9,311	33
Other	32	36	68	33	100	34	1,242	35
Asian, Asian American, or Pacific Islander	30	25	129	36	159	33	2,657	32
African American or Black	139	28	357	31	496	30	3,018	29
<b>Students Experiencing at Least Moderate Depression:</b>								
Overall	1,017	33	1,927	34	2,944	34	27,110	34
<b>Race / Ethnicity:</b>								
Indigenous or Native American	50	42	91	44	141	44	1,281	41
White or Caucasian	770	36	1,345	35	2,115	35	13,210	37
Hispanic, Latinx, or Chicanx	127	36	187	36	314	36	9,922	35
Other	35	39	73	36	108	37	1,273	36
Asian, Asian American, or Pacific Islander	30	25	138	38	168	35	2,953	35
African American or Black	152	31	353	30	505	31	3,284	31

Source | 2020 #RealCollege Survey

Notes | The Generalized Anxiety Disorder Scale (GAD-7) was used to measure anxiety. Students “experienced anxiety” if they experienced moderate to severe levels of anxiety in the last two weeks according to the GAD-7. The Patient Health Questionnaire (PHQ-9) was used to measure depression. Students “experienced depression” if they experienced moderate, moderately severe, or severe levels of depression in the last two weeks according to the PHQ-9. See Appendix C for more information on the 2020 measures. Classifications of racial and ethnic background are not mutually exclusive. Students could self-identify with multiple classifications. Some racial and ethnic groups were combined due to sample size. The Asian category includes students who identify as Asian Americans, Southeast Asian, and Pacific Islanders, the Indigenous category includes students who identify as American Indian or Alaska Native or Indigenous, and the Other category also includes students who identify as Middle Eastern or North African or Arab or Arab American or Other.

**TABLE D-2 | PERSONAL EXPERIENCES WITH COVID-19 AMONG VCCS SURVEY RESPONDENTS, BY RACE/ETHNICITY (FIGURE 2)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two- Year Colleges	
	N	%	N	%	N	%	N	%
<b>Students Experiencing Any of the Following from Spring 2020 to Present During the Pandemic</b>								
<b><i>I Was Sick with COVID-19</i></b>								
Overall	101	5	198	5	299	5	4,634	7
Hispanic, Latinx, or Chicanx	20	10	20	6	40	8	1,856	10
Indigenous or Native American	7	9	7	6	14	7	172	9
Other	4	6	7	5	11	6	186	8
African American or Black	12	4	38	5	50	5	470	7
White or Caucasian	60	4	105	5	165	4	1,401	6
Asian, Asian American, or Pacific Islander	1	1	6	3	7	2	258	5
<b><i>Close Friend or Family Member Was Sick with COVID-19</i></b>								
Overall	720	33	1,409	34	2,129	33	26,505	43
Hispanic, Latinx, or Chicanx	93	47	151	46	244	47	10,482	56
Indigenous or Native American	41	55	47	39	88	45	935	47
Other	26	41	48	35	74	37	959	40
African American or Black	113	36	296	41	409	40	3,029	45
White or Caucasian	414	31	712	30	1,126	31	8,078	36
Asian, Asian American, or Pacific Islander	27	32	78	33	105	33	1,735	31
<b><i>Close Friend or Family Member Died of COVID-19</i></b>								
Overall	195	9	426	10	621	10	9,951	16
Hispanic, Latinx, or Chicanx	37	19	51	16	88	17	4,368	23
Indigenous or Native American	13	17	15	12	28	14	409	21
Other	9	14	13	10	22	11	421	17
African American or Black	50	16	135	19	185	18	1,389	21
White or Caucasian	75	6	144	6	219	6	2,224	10
Asian, Asian American, or Pacific Islander	6	7	25	11	31	10	692	12

Source | 2020 #RealCollege Survey

Notes | Some students may have more than one personal experience with COVID-19. Classifications of racial and ethnic background are not mutually exclusive. Students could self-identify with multiple classifications. Some racial and ethnic groups were combined due to sample size. The Asian category includes students who identify as Asian Americans, Southeast Asian, and Pacific Islanders, the Indigenous category includes students who identify as American Indian or Alaska Native or Indigenous, and the Other category also includes students who identify as Middle Eastern or North African or Arab or Arab American or Other.

**TABLE D-3 | ONLINE VS IN-PERSON CLASSES AMONG VCCS SURVEY RESPONDENTS (FIGURE 3)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
Online only	3,196	87	5,842	84	9,038	85	84,485	84
In-person (on-campus at least one day/week)	479	13	1,057	15	1,536	14	15,251	15
Don't know	17	<1	41	1	58	1	1,317	1

Source | 2020 #RealCollege Survey

Notes | Cumulative percentages may not equal 100 due to rounding.

**TABLE D-4 | OTHER STUDENT CHALLENGES IN SPRING 2020 AMONG VCCS SURVEY RESPONDENTS (FIGURE 4)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>Which of the Following Did You Experience With Your Spring 2020 Term During the COVID-19 Pandemic?</b>								
My school moved classes online.	2,146	96	4,075	96	6,221	96	60,840	96
My campus closed.	1,946	88	3,634	86	5,580	87	56,019	89
I had difficulty concentrating on classes.	1,363	61	2,688	64	4,051	63	41,859	67
I had to take care of a family member while attending class.	955	43	1,764	42	2,719	42	30,761	49
I had to help children in my home with their schooling while attending classes.	809	37	1,495	35	2,304	36	23,824	38
I attended classes less often.	705	32	1,323	31	2,028	32	21,219	34
I had problems with internet or computer access.	692	31	1,361	32	2,053	32	25,559	41
I stopped attending my college or university for at least one month.	355	16	572	14	927	14	11,160	18

Source | 2020 #RealCollege Survey

Notes | Results are limited to students who were enrolled in college in spring 2020. Some students may have experienced more than one of the challenges listed above.

**TABLE D-5 | JOB LOSS OR REDUCTION IN PAY OR HOURS AMONG VCCS SURVEY RESPONDENTS, BY JOB STATUS (FIGURE 5)**

	Full-Time Job		Part-Time Job	
	N	%	N	%
<b>Students Experiencing Any of the Following From Spring 2020 to Present During the Pandemic</b>				
<i>Rural VCCS Colleges</i>				
I lost a job.	327	25	434	34
My current hours/pay are lower than they were before COVID-19.	274	21	309	25
<i>Non-Rural VCCS Colleges</i>				
I lost a job.	688	26	777	35



My current hours/pay are lower than they were before COVID-19.	580	22	559	25
<b>VCCS Colleges</b>				
I lost a job.	1,015	26	1,211	35
My current hours/pay are lower than they were before COVID-19.	854	22	868	25
<b>All Other Two-Year Colleges</b>				
I lost a job.	11,470	33	13,803	43
My current hours/pay are lower than they were before COVID-19.	8,745	25	8,734	27

Source | 2020 #RealCollege Survey

Notes | Results are limited to students who were enrolled in college in spring 2020 and had at least one job before the pandemic. Full-time employment is defined as working 35 or more hours a week, while part-time employment is defined as working less than 35 hours a week.

**TABLE D-6 | JOB LOSS OR REDUCTION IN PAY OR HOURS AMONG VCCS SURVEY RESPONDENTS, BY RACE/ETHNICITY AND JOB STATUS (FIGURE 6)**

	Full-Time Job		Part-Time Job	
	N	%	N	%
<b>Students Who Experienced a Job Loss or Reduction in Hours or Pay:</b>				
<b>Rural VCCS Colleges</b>				
Overall	601	46	743	59
Asian, Asian American, or Pacific Islander	13	39	33	69
Indigenous or Native American	26	59	24	67
Other	13	48	20	57
African American or Black	96	44	87	56
Hispanic, Latinx, or Chicanx	64	45	60	57
White or Caucasian	372	47	459	59
<b>Non-Rural VCCS Colleges</b>				
Overall	1,268	48	1,336	60
Asian, Asian American, or Pacific Islander	65	65	93	72
Indigenous or Native American	49	61	48	74
Other	37	57	55	71
African American or Black	251	48	229	67
Hispanic, Latinx, or Chicanx	106	57	121	64
White or Caucasian	701	46	755	60
<b>VCCS Colleges</b>				
Overall	1,869	47	2,079	60
Asian, Asian American, or Pacific Islander	78	59	126	71
Indigenous or Native American	75	60	72	71
Other	50	54	75	66
African American or Black	347	47	316	63
Hispanic, Latinx, or Chicanx	170	52	181	62
White or Caucasian	1,073	46	1,214	60

<i>All Other Two-Year Colleges</i>				
Overall	20,215	58	22,537	70
Asian, Asian American, or Pacific Islander	1,348	61	2,245	74
Indigenous or Native American	783	62	712	73
Other	763	68	906	76
African American or Black	2,596	60	2,396	73
Hispanic, Latinx, or Chicanx	5,819	59	6,781	72
White or Caucasian	8,081	56	8,204	67

Source | 2020 #RealCollege Survey

Notes | Results are limited to students who were enrolled in college in spring 2020 and had at least one job before the pandemic. Full-time employment is defined as working 35 or more hours a week, while part-time employment is defined as working less than 35 hours a week. Classifications of racial or ethnic background are not mutually exclusive. Respondents could self-identify with multiple classifications. Some racial and ethnic groups were combined due to sample size. The Asian category includes students who identify as Asian Americans, Southeast Asian, and Pacific Islanders, the Indigenous category includes students who identify as American Indian or Alaska Native or Indigenous, and the Other category also includes students who identify as Middle Eastern or North African or Arab or Arab American or other.

**TABLE D-7 | CHALLENGES FACED BY VCCS PARENTING STUDENT RESPONDENTS DURING THE PANDEMIC (FIGURE 7)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>Which of the Following Did You Experience with Your Spring 2020 Term During the Pandemic?</b>								
I had to help children in my home with their schooling while attending classes	410	77	840	77	1,250	77	11,327	79
<b>Approximately How Many Days in the Spring 2020 Term Did You Miss Work/Class Because of Childcare Arrangements?</b>								
None	61	35	109	33	170	34	1,419	30
1-2	43	25	79	24	122	24	1,069	22
3-5	36	21	71	22	107	21	1,066	22
6 or more	35	20	68	21	103	21	1,219	26
<b>Will Your Child(ren) Be Home at Least Part-Time (i.e., Not Attending Daycare or School In-Person) Due to the Pandemic This Fall?</b>								
Yes	680	84	1,302	84	1,982	84	15,589	80
No	107	13	224	14	331	14	3,056	16
Don't know	23	3	33	2	56	2	950	5

Source | 2020 #RealCollege Survey

Notes | Cumulative percentages may not add up to 100 due to rounding. Results to questions about spring 2020 are limited to parenting students who were enrolled in that term. A parenting student is defined as a student who is a parent, primary caregiver, or guardian (legal or informal) of any children in or outside their household.

**TABLE D-8 | BASIC NEEDS INSECURITY RATES AMONG VCCS SURVEY RESPONDENTS AND ALL OTHER TWO-YEAR SURVEY RESPONDENTS (FIGURE 8)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
Any BNI	1,734	50	3,378	52	5,112	51	57,621	62
Food insecure	1,032	31	2,055	32	3,087	32	35,463	39
Housing insecure	1,388	40	2,767	43	4,155	42	49,071	53
Homelessness	322	9	681	11	1,003	10	12,988	14

Source | 2020 #RealCollege Survey

Notes | Students experiencing “Any BNI” includes students who experienced food insecurity in the past 30 days, or housing insecurity or homelessness within the last year. However, some students may have experienced multiple forms of insecurity at the same time. To refrain from divulging the information for a single institution, the overall counts and rates were not included. For more details on how each measure of basic needs insecurity was created, refer to Appendix B.

**TABLE D-9 | LEVEL OF FOOD SECURITY AMONG VCCS SURVEY RESPONDENTS AND ALL OTHER TWO-YEAR SURVEY RESPONDENTS (FIGURE 9)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
High	1,980	59	3,568	56	5,548	57	42,654	47
Marginal	349	10	724	11	1,073	11	11,800	13
Low	454	14	846	13	1,300	13	14,881	17
Very low	578	17	1,209	19	1,787	18	20,582	23

Source | 2020 #RealCollege Survey

Notes | According to the USDA, students at either low or very low levels of food security are termed “food insecure.” Cumulative percentages may not add up to 100 due to rounding. For more details on how we measure food insecurity, refer to Appendix B.

**TABLE D-10 | FOOD SECURITY QUESTIONS AMONG VCCS SURVEY RESPONDENTS AND ALL OTHER TWO-YEAR SURVEY RESPONDENTS (FIGURE 10)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
I worried whether my food would run out before I got money to buy more.	1,132	34	2,293	36	3,425	35	40,433	45
I couldn't afford to eat balanced meals.	1,083	32	2,179	34	3,262	34	36,675	41
The food that I bought just didn't last and I didn't have the money to buy more.	894	27	1,773	28	2,667	27	31,533	35
I cut the size of meals or skipped meals because there wasn't enough money for food.	846	25	1,741	27	2,587	27	28,969	32
I ate less than I felt I should because there wasn't enough money for food.	832	25	1,647	26	2,479	26	27,915	31

I was hungry but didn't eat because there wasn't enough money for food.	629	19	1,289	20	1,918	20	21,414	24
I cut the size of meals or skipped because there wasn't enough money for food. (3 or more times)	588	17	1,197	19	1,785	18	19,005	21
I lost weight because there wasn't enough money for food.	430	13	899	14	1,329	14	16,101	18
I did not eat for a whole day because there wasn't enough money for food.	228	7	532	8	760	8	8,838	10
I did not eat for a whole day because there wasn't enough money for food. (3 or more times)	144	4	327	5	471	5	5,320	6

Source | 2020 #RealCollege Survey

Notes | Some students may have experienced more than one of the circumstances listed above.

**TABLE D-11 | HOUSING INSECURITY AMONG VCCS SURVEY RESPONDENTS AND ALL OTHER TWO-YEAR SURVEY RESPONDENTS (FIGURE 11)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
Any item	1,388	40	2,767	43	4,155	42	49,071	53
Did not pay full utilities (gas, oil, or electricity bill)	791	23	1,603	25	2,394	24	27,034	29
Did not pay full amount of rent or mortgage	641	19	1,344	21	1,985	20	25,873	28
Had an account default or go into collections	498	14	1,132	17	1,630	16	14,917	16
Had a rent or mortgage increase that made it difficult to pay	336	10	760	12	1,096	11	18,349	20
Moved in with other people, even for a little while, due to financial problems	300	9	643	10	943	9	12,386	13
Lived with others beyond the expected capacity of the house or apartment	192	6	396	6	588	6	9,820	11
Left household because felt unsafe	116	3	194	3	310	3	4,332	5
Moved three or more times	76	2	135	2	211	2	3,055	3
Received a summons to appear in housing court	40	1	94	1	134	1	1,292	1

Source | 2020 #RealCollege Survey

Notes | Some students may have experienced more than one of the circumstances listed above. For more details on how we measure housing insecurity, refer to Appendix B.

**TABLE D-12 | HOMELESSNESS AMONG VCCS SURVEY RESPONDENTS AND ALL OTHER TWO-YEAR SURVEY RESPONDENTS (FIGURE 12)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two- Year Colleges	
	N	%	N	%	N	%	N	%
Any item	322	9	681	11	1,003	10	12,988	14
Self-identified homeless	55	2	141	2	196	2	3,156	4
<b>Locations Stayed Overnight:</b>								
Temporarily staying with relative, friend or couch surfing until I find other housing	250	7	508	8	758	8	9,707	11
In a camper or RV (not on vacation)	33	1	54	1	87	1	1,226	1
Temporarily at a hotel or motel without a permanent home to return to	59	2	151	2	210	2	2,964	3
In closed area/space with roof not meant for human habitation (such as abandoned building; car, truck, or van; encampment or tent; unconverted garage, attic, or basement)	41	1	77	1	118	1	1,787	2
At outdoor location (such as street, sidewalk or alley; bus or train stop; campground or woods, park, beach, or riverbed; under bridge or overpass	21	1	47	1	68	1	1,229	1
At a treatment center (such as detox, hospital, etc.)	27	1	75	1	102	1	1,058	1
In transitional housing or independent living program	16	<1	39	1	55	1	1,087	1
At a shelter	18	1	29	<1	47	<1	793	1
At a group home such as halfway house or residential program for mental health or substance abuse	12	<1	33	1	45	<1	699	1

Source | 2020 #RealCollege Survey

Notes | Some students may have experienced more than one of the circumstances listed above. For more details on how we measure homelessness, refer to Appendix B.

**TABLE D-13 | DISPARITIES IN BASIC NEEDS INSECURITY AMONG VCCS SURVEY RESPONDENTS, BY RACIAL/ETHNICITY GENDER IDENTITY, AND LGBTQ STATUS, (FIGURE 13)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>Racial or Ethnic Background</b>								
African American or Black	300	61	742	64	1,042	63	7,827	74
Indigenous or Native American	70	58	132	64	202	62	2,336	74
Other	47	52	114	55	161	54	2,373	67
Hispanic, Latinx, or Chicanx	194	54	274	53	468	54	18,608	65
White or Caucasian	1,047	48	1,865	49	2,912	49	21,113	58
Asian, Asian American, or Pacific Islander	51	43	179	50	230	48	4,964	59
<b>Gender Identity</b>								
Female	1,223	53	2,294	55	3,517	54	35,764	65
Male	246	39	576	44	822	42	11,797	57
Non-binary	29	74	56	59	85	63	986	71
Prefer to self-describe	15	63	31	54	46	57	390	67
<b>LGBTQ Status</b>								
Yes	286	58	635	62	921	61	9,229	68
No	1,212	49	2,329	50	3,541	50	39,804	62

Source | 2020 #RealCollege Survey

Notes | Classifications of gender identity and racial/ethnic background are not mutually exclusive. Students could self-identify with multiple classifications. Some racial and ethnic groups were combined due to sample size. The Asian category includes students who identify as Asian Americans, Southeast Asian, and Pacific Islanders, the Indigenous category includes students who identify as American Indian or Alaska Native or Indigenous, and the Other category also includes students who identify as Middle Eastern or North African or Arab or Arab American or other. Students who self-identify as lesbian, gay, bisexual, transgender, non-binary/third gender, or preferred to self-describe their gender identity or sexual orientation are considered LGBTQ. For more detail on how each measure of basic needs insecurity was constructed, refer to Appendix B.

**TABLE D-14 | DISPARITIES IN BASIC NEEDS INSECURITY AMONG VCCS SURVEY RESPONDENTS, BY FIRST-GENERATION STATUS, ENROLLMENT STATUS, AND PELL GRANT STATUS (FIGURE 14)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>First-Generation Student</b>								
Yes	526	56	919	58	1,445	57	18,311	67
No	910	48	1,919	50	2,829	50	27,729	60
<b>Enrollment Status</b>								
Part-time student	985	53	1,887	54	2,872	54	31,974	63
Full-time student	685	47	1,372	50	2,057	49	22,627	61

Pell Grant Recipient								
Yes	1,050	61	2,146	63	3,196	62	31,389	70
No	614	39	1,105	40	1,719	40	23,110	54

Source | 2020 #RealCollege Survey

Notes | First-generation status is defined as whether a student's parents' highest level of education completed is a high school diploma or GED. For more details on how each measure of basic needs insecurity was constructed, refer to Appendix B.

**TABLE D-15 | KNOWLEDGE OF, APPLICATION FOR, AND RECEIPT OF CARES ACT GRANT AMONG VCCS RESPONDENTS EXPERIENCING BASIC NEEDS INSECURITY (FIGURE 15)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
Heard of CARES Act Grant program	625	39	1,402	44	2,027	42	24,686	46
Applied for a CARES Act Grant this year	139	9	366	12	505	11	14,495	27
Received a CARES Act Grant this year	256	16	633	20	889	19	11,761	22

Source | 2020 #RealCollege Survey

Notes | Because of different systems for the distribution of CARES Act grant dollars across colleges, some students may have received CARES Act grant dollars but did not have to apply for them. For example, some colleges use information from students FAFSA to determine eligibility.

**TABLE D-16 | KNOWLEDGE OF, APPLICATION FOR, AND RECEIPT OF EMERGENCY AID AMONG VCCS RESPONDENTS EXPERIENCING BASIC NEEDS INSECURITY (FIGURE 16)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
Heard of emergency aid grant program	329	20	819	25	1,148	24	21,545	40
Applied for an emergency aid grant this year	97	6	268	8	365	7	14,242	26
Received an emergency aid grant this year	181	11	445	14	626	13	12,182	22

Source | 2020 #RealCollege Survey

Notes | Because of different systems for the distribution of emergency aid across colleges, some students may have received emergency grant dollars but did not have to formally apply for them. For example, some colleges use information from students FAFSA to determine eligibility.

**TABLE D-17 | VCCS SURVEY RESPONDENTS EXPERIENCING ANY LEVEL OF STRESS WHEN SEEKING EMERGENCY AID, BY BASIC NEEDS INSECURITY STATUS (FIGURE 17)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>Overall, How Stressful Was Your Experience With Seeking Emergency Grants?</b>								
<b><i>Among Those Who Experienced Basic Needs Insecurity</i></b>								
Not stressful at all	54	36	133	33	187	34	6,406	37
Slightly to extremely stressful	97	64	267	67	364	66	10,889	63
<b><i>Among Those Who Did Not Experience Basic Needs Insecurity</i></b>								
Not stressful at all	43	59	92	57	135	57	3,016	58
Slightly to extremely stressful	30	41	70	43	100	43	2,167	42

Source | 2020 #RealCollege Survey

Notes | Rates above are among students who experienced basic needs insecurity and applied for a CARES Act grant or an emergency aid grant this year. To determine stressful experiences when seeking aid, students were asked “How stressful was your experience with seeking an emergency grant?” Students with the following responses are defined as experiencing any stress when seeking aid: slightly stressful, moderately stressful, very stressful or extremely stressful (as opposed to students responding “not stressful at all”). For more details on how each measure of basic needs insecurity was constructed, refer to Appendix B.

**TABLE D-18 | TOP USES OF ANY EMERGENCY AID AMONG VCCS SURVEY RESPONDENTS (FIGURE 18)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
Reduce stress	368	80	854	73	1,222	75	15,687	77
Afford educational materials for my classes	317	70	824	72	1,141	72	15,684	78
Stay enrolled in my college or university	309	69	817	71	1,126	71	15,887	78
Fix my car / buy gas / pay for transit	293	64	655	57	948	59	11,038	54
Have more or better food to eat	248	54	630	54	878	54	12,469	61
Pay for housing	169	37	435	38	604	38	9,592	47
Buy or improve my laptop / computer	151	34	372	33	523	33	8,659	43
Support my family members with their bills	146	32	365	32	511	32	7,887	39
Paid for entertainment/relaxation	103	23	283	25	386	24	4,240	21
Avoid eviction	65	14	197	17	262	16	4,735	23
Afford educational materials for my child	71	16	178	16	249	16	3,916	19
Paid back a loan	55	12	173	15	228	14	3,092	15
Get medical care	65	14	149	13	214	13	3,420	17
Paid for childcare	45	10	98	9	143	9	2,240	11
Afford to travel home	39	9	97	9	136	9	2,274	11
Leave an unsafe living situation	22	5	52	5	74	5	1,757	9

Source | 2020 #RealCollege Survey

Notes | Some students may select more than one use of emergency aid funding.



**TABLE D-19 | USE OF PUBLIC BENEFITS AMONG VCCS SURVEY RESPONDENTS AND ALL OTHER TWO-YEAR SURVEY RESPONDENTS, ACCORDING TO BASIC NEEDS INSECURITY STATUS (FIGURE 19)**

	Rural VCCS Colleges				Non-Rural VCCS Colleges				VCCS Colleges				All Other Two-Year Colleges			
	Any BNI		No BNI		Any BNI		No BNI		Any BNI		No BNI		Any BNI		No BNI	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Any public assistance	898	52	495	29	1,859	55	1,039	33	2,757	54	1,534	32	30,101	52	11,045	31
Medicaid or public health insurance	515	34	213	14	1,023	34	384	14	1,538	34	597	14	13,534	27	4,116	14
SNAP (food stamps)	298	19	99	7	645	22	156	6	943	21	255	6	11,958	24	2,255	8
Unemployment compensation/insurance	301	20	141	9	615	21	312	11	916	20	453	11	10,962	22	3,821	13
Tax refunds (including EITC and CTC)	296	19	159	11	597	20	334	12	893	20	493	12	7,965	16	2,978	10
WIC (nutritional assistance for pregnant women and children)	109	7	35	2	196	7	64	2	305	7	99	2	3,515	7	667	2
Veterans' benefits (Veteran's Affairs benefits for a service member's, widow's, or survivor's pension; service disability; or the GI Bill)	64	4	51	3	155	5	138	5	219	5	189	4	1,469	3	801	3
Utility assistance (e.g., help paying for heat or water)	74	5	9	1	140	5	22	1	214	5	31	1	2,538	5	327	1
Health services from an income-based organization or community health center	54	4	20	1	145	5	39	1	199	4	59	1	2,236	4	591	2
Housing assistance (e.g., housing choice voucher, subsidized site-based housing, public or nonprofit owned housing, income-based housing or rent, rental or homeowner's assistance)	40	3	6	<1	151	5	29	1	191	4	35	1	2,444	5	330	1

SSDI (social security disability income)	56	4	17	1	95	3	36	1	151	3	53	1	1,464	3	423	1
Services or support from a local nonprofit/nongovernmental agency	45	3	6	<1	93	3	19	1	138	3	25	1	1,704	3	274	1
SSI (supplemental security income)	40	3	14	1	81	3	34	1	121	3	48	1	1,282	3	443	2
Childcare assistance	35	2	8	1	69	2	18	1	104	2	26	1	1,750	4	281	1
Legal services or assistance	31	2	5	<1	48	2	14	1	79	2	19	0	973	2	190	1
Transportation assistance	16	1	12	1	57	2	15	1	73	2	27	1	1,304	3	325	1
LIHEAP (Low Income Housing Energy Assistance Program)	23	1	3	<1	49	2	8	<1	72	2	11	<1	1,727	3	229	1
TANF (public cash assistance; formerly called ADC or ADCF)	20	1	4	<1	37	1	6	<1	57	1	10	<1	1,164	2	101	<1
Services or support from a housing community-based organization or nonprofit including emergency shelters or domestic violence shelters	13	1	1	<1	32	1	2	<1	45	1	3	<1	663	1	28	<1

Source | 2020 #RealCollege Survey

Notes | Students experiencing “any basic needs insecurity” includes students who experienced food insecurity in the past 30 days, or housing insecurity or homelessness within the last year. For more detail on how each measure of basic needs insecurity was constructed refer to Appendix B.

**TABLE D-20 | USE OF CAMPUS SUPPORTS AMONG VCCS SURVEY RESPONDENTS WHO EXPERIENCED BASIC NEEDS INSECURITY (FIGURE 20)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
<b>Help Obtaining SNAP</b>								
Have not heard of	364	22	700	21	1,064	22	13,104	24
Heard of but have not used	955	57	1,811	55	2,766	56	28,924	52
Used	347	21	754	23	1,101	22	13,168	24
<b>Help Finding Affordable Housing</b>								
Have not heard of	587	35	1,111	34	1,698	35	21,274	39
Heard of but have not used	1,003	60	1,931	59	2,934	60	30,196	55
Used	76	5	212	7	288	6	3,590	7
<b>Help Obtaining Emergency Housing</b>								
Have not heard of	701	42	1,331	41	2,032	41	24,934	45
Heard of but have not used	926	56	1,829	56	2,755	56	28,352	52
Used	38	2	91	3	129	3	1,698	3

Source | 2020 #RealCollege Survey

Notes | Rates above are among students who experienced basic needs insecurity. Some students may have used or heard of more than one campus supports. For more details on how each measure of basic needs insecurity was constructed, refer to Appendix B.

**TABLE D-21 | REASONS WHY VCCS SURVEY RESPONDENTS EXPERIENCING BASIC NEEDS INSECURITY DID NOT USE CAMPUS SUPPORTS (FIGURE 21)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two-Year Colleges	
	N	%	N	%	N	%	N	%
I do not think I am eligible.	1,109	70	2,197	71	3,306	71	36,377	71
Other people need those programs more than I do.	1,078	69	2,022	66	3,100	67	32,741	64
I do not know how to apply.	711	46	1,395	46	2,106	46	26,028	51
I did not know they existed or were available.	715	46	1,426	47	2,141	46	26,180	51
I do not need these programs.	694	44	1,305	43	1,999	43	18,880	37
I am embarrassed to apply.	385	25	732	24	1,117	24	13,564	27
People like me do not use programs like that.	256	17	498	16	754	16	8,319	16
I had difficulty completing the application.	174	11	348	11	522	11	8,594	17

Source | 2020 #RealCollege Survey

Notes | Rates above are among students who experienced basic needs insecurity. Some students may have reported multiple reasons for why they did not use campus supports. For more details on how each measure of basic needs insecurity was constructed, refer to Appendix B.

**TABLE D-22 | DISPARITIES IN GAPS BETWEEN BNI AND USE OF ANY CAMPUS SUPPORT AMONG VCCS SURVEY RESPONDENTS, BY RACE/ETHNICITY, GENDER IDENTITY, AND LGBTQ STATUS (PAGE 51)**

	Rural VCCS Colleges		Non-Rural VCCS Colleges		VCCS Colleges		All Other Two- Year Colleges	
	Any BNI	Use of Any Support (Among Students Experiencing BNI)	Any BNI	Use of Any Support (Among Students Experiencing BNI)	Any BNI	Use of Any Support (Among Students Experiencing BNI)	Any BNI	Use of Any Support (Among Students Experiencing BNI)
	%	%	%	%	%	%	%	%
<b>Racial or Ethnic Background</b>								
African American or Black	61	36	64	37	63	37	74	44
Indigenous or Native American	58	29	64	31	62	30	74	40
Hispanic, Latinx, or Chicax	54	20	53	28	54	25	65	35
Other	52	28	55	35	54	33	67	36
White or Caucasian	48	23	49	25	49	24	58	31
Asian, Asian American, or Pacific Islander	43	25	50	27	48	27	59	30
<b>Gender Identity</b>								
Female	53	27	55	31	54	29	65	36
Male	39	19	44	20	42	20	57	28
<b>LGBTQ</b>								
Yes	58	25	62	25	61	25	68	32
No	49	26	50	29	50	28	62	35

Source | 2020 #RealCollege Survey

Notes | Classifications of gender identity and racial/ethnic background are not mutually exclusive. Students could self-identify with multiple classifications. Some racial and ethnic groups were combined due to sample size. The Asian category includes students who identify as Asian Americans, Southeast Asian, and Pacific Islanders, the Indigenous category includes students who identify as American Indian or Alaska Native or Indigenous, and the Other category also includes students who identify as Middle Eastern or North African or Arab or Arab American or other. Students experiencing “Any BNI” includes students who experienced food insecurity in the past 30 days, or housing insecurity or homelessness within the last year. For more details on how each measure of basic needs insecurity was constructed, refer to Appendix B.

## Appendix E. Questions Used to Capture Student Background Characteristics in the Hope Center's #RealCollege Survey

1. What is your gender? (Mark Yes or No for each item.)
  - a. Female
  - b. Male
  - c. Non-binary/third gender
  - d. Prefer to self-describe
  - e. Prefer not to answer
2. Do you identify as transgender?
  - a. Yes
  - b. No
  - c. Prefer not to answer
3. What is your sexual orientation?
  - a. Heterosexual or straight
  - b. Gay or lesbian
  - c. Bisexual
  - d. Prefer to self-describe
  - e. Prefer not to answer
4. In what year were you born? (answers by dropdown starting with 2002)
5. Are you a U.S. citizen or permanent resident?
  - a. Yes
  - b. No
  - c. Prefer not to answer
6. Have you ever served in the U.S. Armed Forces, Military Reserves, or National Guard?
  - a. Yes
  - b. No
  - c. Prefer not to answer
7. How do you usually describe your race and/or ethnicity? (Select “Yes” to all that apply if you identify with multiple groups)
  - a. White or Caucasian
  - b. African American or Black
  - c. Middle Eastern or North African or Arab or Arab American
  - d. Southeast Asian
  - e. American Indian or Alaskan Native
  - f. Indigenous
  - g. Hispanic or Latinx/Latina/Latino or Chicanx/Chicana/Chicano
  - h. Pacific Islander or Native Hawaiian
  - i. Other Asian or Asian American
  - j. Other (please specify)
  - k. Prefer not to answer
8. What is the highest level of education completed by either of your parents/guardians?
  - a. Eighth grade or lower
  - b. Between 9th and 12th grade (but no high school diploma)
  - c. High school diploma
  - d. GED

- e. Some college (but no college degree)
  - f. College or trade/vocational certificate
  - g. Associate degree
  - h. Bachelor's degree
  - i. Graduate degree
  - j. I don't know
  - k. Prefer not to answer
9. In the last year, did a parent or guardian claim you as a "dependent" for tax purposes?
- a. Yes
  - b. No
  - c. I don't know
  - d. Prefer not to answer
10. How would you describe your current relationship status?
- a. Single
  - b. In a relationship
  - c. Married or domestic partnership
  - d. Divorced
  - e. Widowed
  - f. Prefer not to answer
11. Do you have a spouse or partner that lives with you?
- a. Yes
  - b. No
  - c. Prefer not to answer
12. Have you ever been in foster care?
- a. Yes
  - b. No
  - c. Prefer not to answer
13. Are you the parent, primary caregiver, or guardian (legal or informal) of any children?
- a. Yes
  - b. No
14. Have you ever been convicted of a crime? (Felony and misdemeanor convictions only. Don't include violations or traffic infractions.)
- a. Yes
  - b. No
  - c. Prefer not to answer
15. Do you have any of the following disabilities or medical conditions? (Mark Yes or No for each item.)
- a. Cognitive, learning, or neurological disorders/disabilities (dyslexia, ADHD, autism spectrum disorder, epilepsy, etc.)
  - b. Physical disability (speech, sight, mobility, hearing, etc.)
  - c. Chronic illness (asthma, diabetes, autoimmune disorders, cancer, etc.)
  - d. Psychological disorder (depression, anxiety, PTSD, etc.)
  - e. Other: (fill in)
16. Are you a varsity student-athlete on a team sponsored by your college or university's athletics department?
- a. Yes
  - b. No
  - c. Prefer not to answer

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<sup>1</sup> Survey responses for #RealCollege 2020 were conducted and collected in Qualtrics. The Hope Center team organized, cleaned, and merged survey data with other sources (IPEDS and internal databases) using Stata. Tables and figures produced for the #RealCollege 2020 report were constructed in Stata and Tableau.

<sup>2</sup> This count is based on institution-based self-reports of how many students were sent invitations to take the survey.

<sup>3</sup> For most participating institutions, the number of survey invitations sent is based on the total number of students at each institution, aged 18 or above, in the fall of 2020, as reported by each institution. Two four-year colleges sent Invitations to a sample of students.

<sup>4</sup> See [https://www.census.gov/programs-surveys/sipp/about/sipp-content-information.html#par\\_textimage\\_5](https://www.census.gov/programs-surveys/sipp/about/sipp-content-information.html#par_textimage_5)

<sup>5</sup> Crutchfield, R. M., & Maguire, J. (2017). *Researching basic needs in higher education: Qualitative and quantitative instruments to explore a holistic understanding of food and housing insecurity*. Long Beach, California: Basic Needs Initiative, Office of the Chancellor, California State University.

<sup>6</sup> Spitzer, R.L., Kroenke, K., Williams, J.B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder. *Archives of Internal Medicine*, 166(10), 1092–1097.