**SENSE Special-Focus Modules**

Colleges have the option to add up to two special-focus modules of 12 items each using a custom special-focus module or choosing from our collection of standard special-focus modules for an additional fee:

- Academic Advising and Planning
- Building Relationships
- Commitment and Support
- Early Self-Reported Outcomes
- Financial Assistance
- Guided Pathways
- Promising Practices for Community College Student Success
- Student Success Courses
- The Working Learner

Frequently, we offer a specific special-focus module free of charge, as part of an initiative exploring a topic of interest to the community college field. This free module is provided to all colleges administering SENSE that do not add two special-focus modules of their own choosing. Students are asked to mark their responses under “Additional Items” at the end of the survey. The results from these items are provided as frequency distributions with colleges’ standard SENSE reports.

**Mental Health and Well-Being Module**

Colleges that administer SENSE 2023 and do not add two special-focus modules of their own choosing will receive 12 free items about mental health and well-being (shown below). This module, which is part of a project funded by The Kresge Foundation, is designed to help institutions further understand aspects of community college students’ mental health and well-being so that their needs can be more fully addressed.

*Mark only one response for each item*

1. **At this college**, I feel that students’ mental health and emotional well-being is a priority.
   a. Strongly Disagree
   b. Disagree
   c. Agree
   d. Strongly Agree
2. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?
   a. Not at all
   b. Several days
   c. More than half the days
   d. Nearly every day

3. Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?
   a. Not at all
   b. Several days
   c. More than half the days
   d. Nearly every day

4. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?
   a. Not at all
   b. Several days
   c. More than half the days
   d. Nearly every day

5. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?
   a. Not at all
   b. Several days
   c. More than half the days
   d. Nearly every day

6. In the past 12 months, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.
   a. Strongly Disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly Agree

7. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.
   a. Strongly Disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly Agree
8. If you needed help with your mental health and emotional well-being, what would be the greatest barrier that would keep you from seeking that help?
   a. Lack of resources (money, time, transportation)
   b. I worry about what others will think of me
   c. I do not know where to seek help
   d. I do not know what kind of help I need
   e. Other

9. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, whom would you most prefer to talk to about this?
   a. Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)
   b. Someone who works at this college who is not a trained mental health provider
   c. Friend, partner, or family member
   d. Someone from your cultural community (identity-based, faith-based, etc.)
   e. Other

10. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, which of the following supports from a trained mental health provider would you most prefer to use?
    a. In-person, individual counseling or therapy
    b. In-person, group therapy or a support group
    c. Teletherapy (counseling or therapy via the phone, video, text, messaging)
    d. Peer counseling from a trained peer
    e. Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)

11. If you needed help with your mental health and emotional well-being, how important is it to you that your mental health provider understands your cultural community (racial/ethnic identity, gender identity, religious identity, LGBTQIA+ identity, etc.)?
    a. Not at all important
    b. Somewhat important
    c. Important
    d. Very important
    e. Absolutely essential

12. How likely is it that issues with mental health or emotional well-being would cause you to withdraw from class(es) or from this college?
    a. Not likely
    b. Somewhat likely
    c. Likely
    d. Very likely