2022 MIT Quality of Life Survey
(Student Version)

Welcome!

Thank you for taking part in this survey examining MIT undergraduate and graduate student quality of life. We would like your candid opinions about the environment at MIT and factors that affect your ability to have a fulfilling and productive academic and personal life.

To thank you for your time, we will be awarding 1,000 total prizes, each valued at $25, to randomly-drawn participants. At the end of the survey, you will be asked which prize you prefer: TechCASH or a donation in your honor to local nonprofit organizations via the MIT Community Service Fund (CSF).

This survey is voluntary. You may answer as few or as many questions as you wish. Please be assured that the data are confidential, and the results of any research or analysis using the data will be presented in a way that protects the privacy of respondents.

For the purpose of aggregate analysis, like calculating response rates or creating reports by subgroup, we will add some data to your survey response, such as your academic department.

If you have any questions about this survey, please contact mit-qol@mit.edu.

The survey takes fewer than 10 minutes to complete.
Overall Satisfaction

Overall, how satisfied are you being a student at MIT?

- Very satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Very dissatisfied

How satisfied are you with your ability to balance academics and other aspects of your life?

- Very satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Very dissatisfied

Overall, how would you rate the quality of:

<table>
<thead>
<tr>
<th></th>
<th>Excellent</th>
<th>Very good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your academic experience at MIT?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C</td>
</tr>
<tr>
<td>Your student life experience at MIT?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C</td>
</tr>
</tbody>
</table>
Overall, how would you rate your academic and research workload?

- Much too light
- Too light
- About right
- Too heavy
- Much too heavy

Please indicate your level of agreement or disagreement with the following statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Even if I feel overwhelmed by my academic workload, I can rise to the challenge.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Display This Choice:</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If MAJOR = YES</td>
<td></td>
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</tr>
<tr>
<td>My chosen major or program is a good fit for me.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am confident in my ability to succeed academically at MIT.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am confident in my ability to get along socially at MIT.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
**Campus Climate**

Based on your experience and observation, rate the general climate at MIT along the dimensions below.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hostile</td>
<td></td>
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<tr>
<td>Friendly</td>
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<tr>
<td>Impersonal</td>
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<tr>
<td>Caring</td>
<td></td>
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<tr>
<td>Intolerant of diversity</td>
<td></td>
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<tr>
<td>Embracing of diversity</td>
<td></td>
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<tr>
<td>Dangerous</td>
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<tr>
<td>Safe</td>
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<tr>
<td>Non-collaborative</td>
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<td></td>
</tr>
<tr>
<td>Collaborative</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Competitive</td>
<td></td>
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<td></td>
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<tr>
<td>Non-competitive</td>
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<td></td>
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<tr>
<td>Stressful</td>
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<tr>
<td>Calm</td>
<td></td>
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<td></td>
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<tr>
<td>Hindering of student/faculty interaction</td>
<td></td>
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</tr>
<tr>
<td>Facilitating of student/faculty interaction</td>
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</tr>
<tr>
<td>Harmful to mental health</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Beneficial to mental health</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unfair</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Fair</td>
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<td></td>
</tr>
</tbody>
</table>
Please indicate your level of agreement or disagreement with the following statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have friends at MIT.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Display This Choice:</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>If MAJOR = YES</strong></td>
<td></td>
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</tr>
<tr>
<td>My department creates a collegial and supportive environment.</td>
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</tr>
<tr>
<td>I feel that I belong at MIT.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>I feel I would be welcomed into any extracurricular activity I choose to be a part of at MIT.</td>
<td></td>
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</tr>
<tr>
<td>At MIT, I am treated with respect.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>I have to work harder than some of my peers to be taken seriously.</td>
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<td></td>
</tr>
<tr>
<td>I feel excluded from an informal network in my department.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>MIT would take reports of unethical conduct seriously.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>I would feel comfortable raising ethical concerns through official channels at MIT.</td>
<td></td>
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</tr>
<tr>
<td>MIT provides an environment for the free and open expression of ideas, opinions and beliefs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Please indicate your level of agreement or disagreement with the following statements:

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel that the academic environment negatively impacts my mental and emotional well-being.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel that the academic environment negatively impacts the mental and emotional well-being of students I know.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Health & Well-Being**

How would you describe your...

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall physical health?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall mental and emotional health?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

On how many of the past 7 days did you... (please estimate if needed)

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get enough sleep so that you felt rested when you woke up?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Due to a lack of money, went to bed hungry?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Please indicate your level of agreement or disagreement with the following statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I regularly participate in physical activities or exercises.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I maintain a healthy and balanced diet.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

**Display This Choice:**

*If MAJOR = YES*

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>My major/program is a place where students may comfortably bring up personal and/or family responsibilities.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am able to attend to any spiritual needs I may have while at MIT.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>If I needed to seek professional help for my mental or emotional health, I would know where to go.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

How satisfied are you with...

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Very satisfied</th>
<th>Generally satisfied</th>
<th>Generally dissatisfied</th>
<th>Very dissatisfied</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>The food services MIT provides?</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>The athletic and recreational facilities MIT provides?</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Your housing situation</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
Within the current academic year, how often have you...

<table>
<thead>
<tr>
<th></th>
<th>Very often</th>
<th>Often</th>
<th>Occasionally</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>felt overwhelmed by all you had to do?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>felt isolated?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>experienced acts of bigotry or disrespect based on your social identity (e.g., sex, race, national origin, sexual orientation, or values)?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>

Within the current academic year, how would you rate your overall level of stress?

- No stress 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- Tremendous stress 10
You indicated you have experienced a high level of stress. Please briefly tell us the source of this stress.

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
## Support at MIT

Please indicate your level of agreement or disagreement with the following statements:

<table>
<thead>
<tr>
<th></th>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know someone at MIT outside of my group of friends (e.g., faculty, administrators) with whom I can talk if something is bothering me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have a support network outside of MIT with whom I can talk if something is bothering me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MIT does a good job informing students about available sources of support.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MIT provides the support I need to help me succeed academically.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MIT provides the support I need to help me succeed outside of my academic life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My advisor(s) seems to care about me as a person.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>The MIT administration is responsive to student concerns.</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Are you aware of...

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIT’s anonymous reporting hotline? <em>(For whistleblower or other complaints about wrongdoing and violations of Institute policy)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MIT’s non-retaliation policy? <em>(No one shall be retaliated against for, in good faith, raising a complaint of a violation of an MIT policy, participating in the Institute’s complaint resolution process or opposing a violation of an MIT policy)</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Academic & Residential Spaces**

For the questions below, first think about ACADEMIC SPACES (including spaces used for lecture, office hours, or any instance where coursework is involved), then about YOUR RESIDENCE (your living space during the school year).

During the current academic year ...

How often have you felt part of a community?

<table>
<thead>
<tr>
<th></th>
<th>Very often</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>In academic spaces?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In your residence?</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

How often have you experienced acts of bigotry or disrespect based on your social identity (e.g., sex, race, national origin, sexual orientation, or values)?

<table>
<thead>
<tr>
<th></th>
<th>Very often</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
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</thead>
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<tr>
<td>In academic spaces?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In your residence?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Display This Question:
If MAJOR = YES

The community in my major is a diverse community.

- [ ] Strongly agree
- [ ] Somewhat agree
- [ ] Neither agree nor disagree
- [ ] Somewhat disagree
- [ ] Strongly disagree

My place of residence is a diverse place.

- [ ] Strongly agree
- [ ] Somewhat agree
- [ ] Neither agree nor disagree
- [ ] Somewhat disagree
- [ ] Strongly disagree
Do you have a spouse or partner?

- Yes
- No

How many children do you have in total?

- 0
- 1
- 2
- 3
- 4
- 5
- more than 5
Display This Question:

If How many children do you have in total? = 1
Or How many children do you have in total? = 2
Or How many children do you have in total? = 3
Or How many children do you have in total? = 4
Or How many children do you have in total? = 5
Or How many children do you have in total? = more than 5

Do you have any children in the following age ranges? (Check all that apply.)

☐ Expectant parent or newborn under 1 year
☐ 1-2 years
☐ 3-4 years
☐ 5-12 years
☐ 13-17 years
☐ 18-23 years
☐ 24 or older
Display This Question:

If How many children do you have in total? = 1
   Or How many children do you have in total? = 2
   Or How many children do you have in total? = 3
   Or How many children do you have in total? = 4
   Or How many children do you have in total? = 5
   Or How many children do you have in total? = more than 5

Do some or all of your children live in the same household as you at this time?

   ○ Yes
   ○ No

Display This Question:

If How many children do you have in total? = 1
   Or How many children do you have in total? = 2
   Or How many children do you have in total? = 3
   Or How many children do you have in total? = 4
   Or How many children do you have in total? = 5
   Or How many children do you have in total? = more than 5

Which description best describes your childcare arrangements?

   ○ I do not use childcare resources
   ○ Spouse/relative
   ○ Paid nanny/babysitter
   ○ Child care center at MIT
   ○ Child care center outside of MIT
   ○ Licensed family child care home
   ○ Other (please specify) ________________________________________________
Are you currently caring for or managing care for someone who is ill, disabled, aging and/or in need of special services?

- Yes
- No

Which of the following best describes where you are living now?

- Residence hall
- Fraternity
- Sorority
- Independent Living Group (ILG)
- Off Campus Residence (house, apartment, etc.) within a 15 minute walk from MIT
- Off Campus Residence (house, apartment, etc.) more than a 15 minute walk from MIT
- Other, please specify ___________________________
Display This Question:

If Which of the following best describes where you are living now? = Residence hall

Please select your residence hall

- 70 Amherst Street
- Ashdown House
- Baker House
- East Campus
- Edgerton House
- Grad Tower at Site 4
- MacGregor House
- Maseeh Hall
- McCormick Hall
- New House
- New House - Chocolate City
- New House - French House
- New House - German House
- New House - iHouse
- New House - Spanish House
- Next House
- New Vassar
- Random Hall
- Sidney-Pacific
About You

What is your academic department?

________________________________________________________________

Display This Question:
If ROLE = GRAD

Are you associated with a research unit? (e.g. CSAIL, Picower, Media Lab)

○ Yes (please specify) ______________________________________________

○ No

Your gender:

○ Female

○ Male

○ Non-Binary

○ I identify as: ______________________________________________

Do you identify as transgender?

○ Yes

○ No
What is your sexual orientation?

- Straight
- Gay /Lesbian
- Bisexual/Pansexual
- Queer
- Unsure/Questioning
- I identify as: ________________________________________________

Your race or ethnicity (mark all that apply):

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or other Pacific Islander
- White
What is the highest level of education completed by your parents or stepparents?

- No high school diploma
- High school diploma or equivalent
- Post-secondary school other than college
- Some college or associate's degree
- Bachelor's degree
- Graduate or Professional degree
- Unsure/Don't Know

Do you identify as someone with a disability?

- Yes
- No

I am a...

- U.S. veteran
- Non-U.S. veteran
- Family member or dependent of a veteran
- None of the these
Your Comments

Since the pandemic, more employees at MIT are working a hybrid or remote schedule. Have these flexible work arrangements affected the quality of any MIT services you have received? If so, please explain.

*Your response to this open-ended question will be shared with a limited audience as-written. Please do not include your name or other identifying information that you would not want shared.*

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Please use a few words to describe the most positive aspects of the current MIT environment for you.

*Your response to this open-ended question will be shared with a limited audience as-written. Please do not include your name or other identifying information that you would not want shared.*

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
What one thing could MIT reasonably do to improve your quality of life at MIT? 

Your response to this open-ended question will be shared with a limited audience as-written. Please do not include your name or other identifying information that you would not want shared.

________________________________________________________________

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If you are selected as a prize winner, please tell us which prize you would prefer:

○ $25 TechCASH

○ $25 donation in your honor to local nonprofit organizations via the MIT Community Service Fund (CSF)

○ I do not want to be entered into the prize drawing
Would you be willing to be contacted to be part of an interview or focus group to hear more about your responses to this survey?

○ Yes

○ No

Display This Question:

If Would you be willing to be contacted to be part of an interview or focus group to hear more... = Yes

Please enter your contact information.

○ Name ________________________________________________

○ Email ________________________________________________

This is the last page of the survey. If you wish to review your responses, use the "Back" button below. Otherwise, select "Submit Survey" to complete your survey.