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EXECUTIVE SUMMARY

In the Spring of 2019, UJA-Federation of New York (UJA) invited the five executive directors of the Hillels serving The City University of New York (CUNY) students to assist UJA in conducting a survey of their affiliated students. CUNY Hillels are a priority for UJA because most students at those campuses are from low- and middle-income families, and many of them are immigrants and/or first-generation college students. A total of 608 students responded to questions regarding their employment, mental health, food security, and Jewish life on campus. This landmark research is the first time UJA has directly surveyed the diverse needs of CUNY Hillel-affiliated students.

The survey identified several areas of need among students involved with CUNY Hillels. Among those students who have responded to the study:

- **Almost half are food insecure.** Only 50% of these students said they have consistent, dependable access to food. Rates of food insecurity are particularly high for students living with roommates (66%) and evening students (68%).

- **Almost one out of every three (29%) students reported symptoms of current depression.** The need for accessible mental health counseling is evident in that 31% of these students report needing counseling for mental health, but not getting it.

- **Most are working and/or looking for work during the semester.** Two out of every three (66%) students reported working during the semester and similar numbers are looking for work (63%). These students report high rates of interest in learning professional skills.

- **Most indicated that Jewish programs on campus meet their needs, yet less than half are comfortable sharing their views on Israel with academic faculty.** Students agree that Jewish programs on campus meet their needs (69%) and that there is a welcoming Jewish community at their college (85%). However, only 46% feel comfortable sharing their views on Israel with faculty, and only 55% feel comfortable sharing these views with other students.

ACKNOWLEDGMENTS

This report was produced through the efforts of countless individuals. UJA would like to thank its Research and Evaluation team, Dina Shapiro-Luft, Ph.D., MPH and Tori Leiber, who were responsible for the study design, data analysis, and drafting and editing of this report.

We would also like to thank the following members of our research team for their contribution in the success of this study: Andrea Fleishaker, Abbe Pick, Molly Zaentz, Chani Kovacs Zweiter, and Meredith Zylberberg. Thank you to the following UJA staff for providing ideas and feedback on the survey instrument, study design, and this report: Laura Hemlock, Elisabeth Kostin, Tamar Novetsky, Jennifer Rosenberg, and Emily Sigalow. This research would not have been possible without Samantha Yablon, a member of UJA’s Immersive Jewish Experiences Committee, who first raised the issue of food insecurity on Hillel campuses to our staff, and we are grateful to her.

We would also like to thank Arielle Braude, Dan Smokler, and Jennifer Zwilling of Hillel International and Rona Sheramy and Stacey Winter of Jewish Foundation for Education of Women for their input and advice on the survey.

Finally, we would like to thank the executive directors and professionals of the CUNY Hillels for their input on the survey instrument and for helping make this survey a reality by distributing the survey to the students at their respective campuses: Yelena Azrieyel (Tanger at Brooklyn College), Ilya Bratman (Baruch College), Merav Fine Braun (Hunter College Hillel), Jenna Citron (Queens College Hillel), Nadya Drukker (Tanger Hillel at Brooklyn College), Rozeeta Mavashev (Hunter College Hillel), and Amy Posner (College of Staten Island Hillel).

Note: Although the official names vary (Tanger Hillel at Brooklyn College, Hunter College Hillel), for this report we use the shortened “Brooklyn College Hillel,” and so on, throughout.
UJA is committed to Jewish campus life in New York City, Westchester, and Long Island. As part of our efforts to promote Jewish life on college campuses in these regions, UJA works with five Hillels that serve CUNY students: Baruch College Hillel, Brooklyn College Hillel, Hunter College Hillel, Queens College Hillel, and College of Staten Island Hillel. These Hillels play a key role in establishing the foundation of adult Jewish identity and community on their respective campuses and thus are strongly aligned with the mission and vision of UJA. CUNY Hillels play an important role in the Jewish life of the many commuter students who come from diverse economic, cultural, and religious backgrounds.

To gain a deeper understanding of the issues facing students on these campuses, UJA invited the Hillel executive directors to assist UJA in conducting a survey of their students in Spring 2019. A total of 608 students responded to questions regarding their employment, mental health, food security, and Jewish life on campus. UJA worked with the Hillel directors to gain their input on the survey questions and to distribute the survey to their students. The collaboration between UJA and the CUNY Hillels was key to the success of this survey.

This report is divided into four sections: Food Security, Depression, Employment, and Jewish Life. Each section summarizes the findings emerging from the survey. At the end of this report are appendices describing the study design, presenting Hillel specific findings, and detailing the items of the survey.

Many CUNY Hillel students are food secure: they have consistent, dependable access to food. But almost half of student respondents and their families experience food insecurity at times during the year, meaning their access to food is limited by lack of money or other resources.

Among food-insecure respondents, two-thirds experience low food security. These students have difficulty meeting their basic food needs due to limited financial resources.

Among food-insecure respondents, two-thirds experience low food security. These students have difficulty meeting their basic food needs due to limited financial resources.

The food that I (or my family) bought just didn’t last and I didn’t have money to get more.

I relied on food at Hillel or other school events because there wasn’t enough money for food.

Among food-insecure respondents, 42% reported that, in the previous year, they or their family had participated in SNAP, and 47% reported that they or their family obtained food from a food pantry. Additionally, most food-insecure students live in a house, apartment, or other private residence (66%), and most have not accessed Hillel career services (59%), although, compared to the food-secure students, food-insecure students report accessing Hillel career services more than twice as much (see Tables 6 and 7).

Rates of food insecurity were higher than average for the following groups: students who are on campus in the evenings (68%), or day and evenings equally (58%), those living with roommates rather than family, and those working 11 or more hours per week (see Table 7).
DEPRESSION

About one-third of CUNY Hillel students who took the survey reported symptoms consistent with diagnosable major or severe major depression as defined by the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition.

Rates of symptoms consistent with major depression were higher among certain demographic groups. Particularly affected are those born outside the USA. Roughly half (49%) of students in that group experience depression. In addition, students who indicate that they were formerly Orthodox but are not currently Orthodox are disproportionately affected by depression, with 40% of this group reporting symptoms consistent with a major depression diagnosis.

Food-insecure students are more likely to experience depression as compared to their food-secure peers. Among food-insecure students, about 37% reported symptoms of major depression.

Only a fraction of students who need help report having sought counseling. About one in three students reported that they needed counseling for mental health but did not get it.

About one-third of CUNY Hillel students who took the survey reported symptoms consistent with diagnosable major or severe major depression as defined by the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition.

EMPLOYMENT

Many CUNY students are employed at the same time they are enrolled in school. The survey found that about two-thirds of respondents work during the semester. Among students who are employed, the majority work 20 or fewer hours per week. Some students (21%) work 21–30 hours, and a few (7%) work 31 hours or more. In addition to current work, two out of three students (63%) indicated that they had looked for work in the past year.

Of the students who work, roughly one in three earns above the NYC minimum wage of $15/hour. The majority (50%) earn at or just below minimum wage, and one in five earns $10 an hour or less.

Though many students are working during the semester and looking for work during the year, only a quarter take advantage of the Hillel Career Services offered at their Hillel. Career counseling provided at the Hillel is highly rated by the students who use it, with 84% indicating that the service is very good or excellent. This suggests it may be worthwhile to expand the use of Hillel career services and ensure more students take advantage of this quality service.
JEWISH PROGRAMS ON CAMPUS 
MEET MY NEEDS

Survey respondents find the CUNY campus climate is welcoming and provides opportunities for engagement between different cultural and religious groups. Almost four out of five Hillel-affiliated students agree or strongly agree that diverse groups engage with one another. In addition, most of the students (85%) agree or strongly agree that there is a welcoming Jewish community at their college.

There is room to increase students’ comfort in talking about Israel with both academic faculty and other students. Corresponding to differences in feelings that students are more respectful of those who are Jewish than faculty are, students are also more comfortable talking with other students about Israel than they are talking about Israel with academic faculty. Less than half of the students indicated that they feel comfortable sharing their views on Israel with faculty, and just more than half feel comfortable sharing their views on Israel with other students.

Students generally find the CUNY campus climate is welcoming of people who are Jewish. Most agree that students and faculty are respectful of those who are Jewish. Slightly more student respondents agreed that students are respectful of people who are Jewish (83%) as compared to academic faculty (78%).

CUNY Hillel-affiliated students express a great deal of interest in continuing to learn career-related skills. When asked about their interest, 80% of respondents indicated that they were interested in learning more hard skills, such as Microsoft Word, Excel, and PowerPoint; 87% indicated they were interested in learning more soft skills, such as how to interview better and deal with difficult situations; and almost all the students (92%) indicated that they were interested in learning more about networking. About two-thirds (66%) were interested in being matched with a mentor.

In addition, Hillel career services offers an opportunity to reach otherwise disadvantaged students. Those students who are food insecure are much more likely to be seen at a Hillel Career center as compared to their secure counterparts. About 71% of food-insecure respondents have used Hillel career services.

JEWISH LIFE

Jewish students at CUNY come from a variety of backgrounds and represent a range of Jewish identities, from unaffiliated to traditional. Almost 70% of survey respondents perceive that the Jewish programs on their campus meet their needs.

Students are respectful of people who are Jewish.

Academic faculty are respectful of people who are Jewish.

Food-insecure students who have ever used Hillel career services.

Ethically, religiously, and culturally diverse groups and people on campus engage with one another.

There is a welcoming Jewish community at this college/university.

I feel comfortable sharing my views on Israel with academic faculty.

I feel comfortable sharing my views on Israel with students.
APPENDIX 1

ANALYSIS

The statistics in this report were calculated using raw data and differences described in this text are statistically significant at the 95-percent confidence level. All analyses were conducted using SPSS Version 21.

PARTICIPANTS

UJA-Federation conducted a survey of Hillel-affiliated students at CUNY campuses. In March through May of 2019, a convenience sample of 608 undergraduate students affiliated with Baruch College Hillel (n = 138, including students from John Jay College of Criminal Justice and City College of New York), Brooklyn College Hillel (n = 156, including students from Kingsborough Community College), College of Staten Island Hillel (n = 38), Hunter College Hillel (n = 107), and Queens College Hillel (n = 189) completed the survey. Table 1 in Appendix 4 details the full demographic makeup of the respondents.

Of the 608 total student respondents to this survey, the majority (88.8%) participated in activities through or sponsored by Hillel. Over half of the respondents (59.1%) were on campus primarily during the day, while approximately one-third (32.2%) split their time on campus equally between days and evenings. More than half (57.1%) of the respondents used grants and/or scholarships to pay for expenses associated with attending college.

The average age of respondents was 21.6 years. A majority (61.5%) of the respondents were female. Most respondents (80%) lived in a house, apartment, or other private residence. Over half of the respondents (62.2%) resided with their families and just less than one in three (30.4%) lived with roommates.

Almost all the respondents (90.5%) were born in the United States. A little more than two-fifths (41.8%) identified as Ashkenazi and approximately one-fifth (20.9%) of the respondents identified as Sephardic. Slightly more than half of the respondents (55.3%) identified as Orthodox. Around one-third of the respondents identified as Russian/Ukrainian (11.5%), Persian/Syrian (13.3%), and/or Bukharian (9.2%).

STUDY DESIGN

The survey was a web-based questionnaire hosted by Qualtrics, LLC. Participants could complete the surveys on any computer with an internet connection. Participants were recruited through direct email communication from the executive director of their local Hillel. Students were given a link that provided access to the survey. Students who qualified and completed the survey were offered a $5 incentive as compensation for their time.

MEASURES

Food Security. The overall food security status of each student was determined by responses to questions about food-insecure circumstances and behaviors adopted from the USDA adult food security survey module.1 Students indicated if they experienced each of five food-insecure circumstances and behaviors often, sometimes, or never in the last 30 days. Students were classified as food secure if they reported that they experienced one or fewer food-insecure circumstances and behaviors often or sometimes in the last 30 days. Students were classified as having moderate food security if they reported two or three food-insecure circumstances, and as having low food security if they reported four or five food-insecure circumstances.

Moderate-food-insecure students differed from their low-food-security counterparts in that they were much less likely to report that the food they or their family bought didn’t last and they didn’t have money to buy more and that they were hungry but didn’t eat because there wasn’t enough money for food (Figure 1). The most common single condition indicated by food-secure students was that they relied on food at Hillel events because there wasn’t enough money for food. Food-insecure students were also likely to report this behavior; at the same time, they were most likely to report that they worried whether their food would run out before they got money to buy more and that they were unable to afford to eat balanced meals.

APPENDIX 2. HILLEL-SPECIFIC FINDINGS

Mental Health. The mental health status of students was assessed using the eight-item Patient Health Questionnaire depression scale (PHQ-8), a diagnostic measure that establishes provisional diagnoses for the presence and severity of DSM-IV depressive disorders. Students were asked the frequency with which they were bothered by each of eight experiences in the last two weeks. Responses were scored 0 to 3 so that higher numbers indicated higher distress (not at all = 0, several days = 1, more than half the days = 2, or nearly every day = 3). The eight items summed to a 0 to 24 severity score, with 10 as the cutoff for major depression and 20 as the cutoff for severe major depression. Items included:

1. Trouble falling or staying asleep, or sleeping too much
2. Poor appetite or overeating
3. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
4. Trouble concentrating on things, such as reading the newspaper or watching TV
5. 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
6. Little interest or pleasure in doing things
7. Feeling down, depressed, or hopeless
8. Feeling tired or having little energy


TABLE 1. FOOD INSECURITY AND MENTAL HEALTH BY HILLEL

<table>
<thead>
<tr>
<th></th>
<th>BARUCH COLLEGE HILLEL</th>
<th>BROOKLYN COLLEGE HILLEL</th>
<th>HUNTER COLLEGE HILLEL</th>
<th>QUEENS COLLEGE HILLEL</th>
<th>CUNY HILLELS OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate and Low Food Security</td>
<td>52% (HIGHEST %)</td>
<td>47% (HIGHEST %)</td>
<td>51% (HIGHEST %)</td>
<td>29% (LOWEST %)</td>
<td>44%</td>
</tr>
<tr>
<td>Major and Severe Major Depression</td>
<td>31%</td>
<td>29%</td>
<td>32% (HIGHEST %)</td>
<td>26% (LOWEST %)</td>
<td>29%</td>
</tr>
</tbody>
</table>

TABLE 2. EMPLOYMENT BY HILLEL

<table>
<thead>
<tr>
<th></th>
<th>BARUCH COLLEGE HILLEL</th>
<th>BROOKLYN COLLEGE HILLEL</th>
<th>HUNTER COLLEGE HILLEL</th>
<th>QUEENS COLLEGE HILLEL</th>
<th>CUNY HILLELS OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Received Services from Hillel Career Counselor</td>
<td>47% (HIGHEST %)</td>
<td>17%</td>
<td>28%</td>
<td>12% (LOWEST %)</td>
<td>26%</td>
</tr>
<tr>
<td>Looking for Work in Past 12 Months</td>
<td>63% (HIGHEST %)</td>
<td>55% (LOWEST %)</td>
<td>73% (HIGHEST %)</td>
<td>66%</td>
<td>63%</td>
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TABLE 3. JEWISH LIFE BY HILLEL (% Agree or Strongly Agree)

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<th></th>
<th>BARUCH COLLEGE HILLEL</th>
<th>BROOKLYN COLLEGE HILLEL</th>
<th>HUNTER COLLEGE HILLEL</th>
<th>QUEENS COLLEGE HILLEL</th>
<th>CUNY HILLELS OVERALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jewish programs meet my needs.</td>
<td>78% (HIGHEST %)</td>
<td>71%</td>
<td>55% (LOWEST %)</td>
<td>67%</td>
<td>69%</td>
</tr>
<tr>
<td>I feel comfortable sharing my views on Israel with academic faculty.</td>
<td>53% (HIGHEST %)</td>
<td>44%</td>
<td>45%</td>
<td>42% (LOWEST %)</td>
<td>46%</td>
</tr>
<tr>
<td>I feel comfortable sharing my views on Israel with students.</td>
<td>65% (HIGHEST %)</td>
<td>46%</td>
<td>47%</td>
<td>55%</td>
<td>55%</td>
</tr>
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</table>
INTRODUCTION PAGE
This questionnaire asks about how you are experiencing college or university. Your participation is very important and greatly appreciated.

As a thank you for your participation, you will receive a $5 gift card. Information on how to obtain your gift card will be presented at the end of the survey.

BACKGROUND INFORMATION
1. Which college do you currently attend?
   a. (Dropdown of all possible colleges/universities)
2. What time of day are you most on campus?
   a. Day
   b. Evening
   c. Day and evening equally
3. Where do you live during the school year?
   a. Dormitory or other campus housing
   b. House, apartment, or other private residence
   c. Fraternity or sorority house
   d. Other (fill in the blank)
4. With whom do you live during the school year?
   a. No one, I live alone
   b. One or more other students
   c. My spouse or partner
   d. My parents
   e. Other (fill in the blank)
5. With whom do you spend most of your free time during the school year?
   a. My immediate and extended family
   b. My friends and classmates from campus
   c. My friends from the neighborhood in which I live
   d. My co-workers
   e. Other (fill in the blank)
6. What is the ZIP Code where you currently live?
   a. [Fill in the blank, restrict to 5 digits]
7. Do you use grants and/or scholarships to pay for the expenses associated with attending college?
   a. Yes
   b. No
   c. Don't know
8. Have you ever participated in activities through or sponsored by Hillel?
   a. Yes
   b. No
   c. Don't know

EMPLOYMENT
9. How many hours per week do you work during the semester?
   a. None, I don't have a job
   b. 1-10 hours a week
   c. 11-20 hours
   d. 21-30 hours
   e. 31-40 hours
   f. More than 40 hours
10. On average, about how much do you earn per hour?
    a. $7.25/hour
    b. $7.26 - $10/hour
    c. $10.01 - $15/hour
    d. More than $15/hour
11. In the past 12 months, have you been looking for work?
    a. Yes
    b. No
12. Is there a career counselor at your Hillel?
    a. Yes
    b. No
    c. Don't know
13. [Ask if 12= a] Have you ever received assistance from a career counselor at your Hillel?
    a. Yes
    b. No
14. How would you rate the quality of Hillel career services?
    a. Excellent
    b. Very good
    c. Good
    d. Poor
15. Have you ever received assistance from a career counselor at CUNY Career Counseling Services?
    a. Yes
    b. No
16. How would you rate the quality of CUNY Career Services?
    a. Excellent
    b. Very good
    c. Good
    d. Poor

Please rate your interest in learning more about the following areas of job readiness
17. Hard skills (e.g. Microsoft Word, Excel, and/or PowerPoint)
    a. Very interested
    b. Somewhat interested
    c. Not interested
18. Soft skills (e.g. how to interview better, dealing with difficult situations)
    a. Very interested
    b. Somewhat interested
    c. Not interested
19. Networking (the ability to meet professionals to learn about specific fields or the workplace)
    a. Very interested
    b. Somewhat interested
    c. Not interested
20. Are you interested in being matched with a mentor to help you in your college experience and early career?
    a. Yes
    b. No
JEWISH LIFE

Please indicate your level of agreement with the following statements.

21. I feel a sense of acceptance and belonging at this college/university.
   a. Strongly agree
   b. Agree
   c. Neither agree nor disagree
   d. Disagree
   e. Strongly disagree

22. There is a welcoming Jewish community at this college/university.
   a. Strongly agree
   b. Agree
   c. Neither agree nor disagree
   d. Disagree
   e. Strongly disagree

23. The following groups are respectful of people who are Jewish:
    Students    •       Strongly agree
    Academic Faculty (professors) •       Agree
    Staff and administration  •       Neither agree nor disagree
    •       Disagree
    •       Strongly disagree

24. I feel comfortable sharing my views on Israel with the following groups:
    Students    •       Strongly agree
    Academic Faculty (professors) •       Agree
    Staff and administration  •       Neither agree nor disagree
    •       Disagree
    •       Strongly disagree

25. Jewish programs on campus meet my needs.
    a. Strongly agree
    b. Agree
    c. Neither agree nor disagree
    d. Disagree
    e. Strongly disagree

26. Ethnically, religiously, and culturally diverse groups and people on campus engage with one another.
    a. Strongly agree
    b. Agree
    c. Neither agree nor disagree
    d. Disagree
    e. Strongly disagree

FOOD INSECURITY

27. In the last six months, which of the following best describes the food you eat?
   a. I had enough of the kinds of food I wanted to eat
   b. I had enough but not always the kinds of food I wanted to eat
   c. Sometimes there was not enough to eat
   d. Often there was not enough to eat
   e. Strongly disagree

28. In the last 30 days, were the following situations often true, sometimes true, or never true for you?
   a. Often true
   b. Sometimes true
   c. Never true

29. The food that I (or my family) bought just didn’t last and I didn’t have money to get more.
   a. Often true
   b. Sometimes true
   c. Never true

30. I couldn’t afford to eat balanced meals.
    a. Often true
    b. Sometimes true
    c. Never true

31. I relied on food at Hillel events because there wasn’t enough money for food.
    a. Often true
    b. Sometimes true
    c. Never true

32. In the last 30 days, were you ever hungry but didn’t eat because there wasn’t enough money for food?
    a. Yes
    b. No

33. During the past 12 months, did you or your family obtain food from a food pantry?
    a. Yes
    b. No

34. [Ask if 33 = a] What is the ZIP code of the food pantry where you obtained food? If you obtained food from multiple food pantries, please list the one you accessed most frequently.
    a. [Fill in the blank, limit to 5 numbers]

35. In the past 12 months, did you or any member of your household receive Food Stamps/SNAP?
    a. Yes
    b. No
MENTAL HEALTH

36. Over the last 2 weeks, how often have you been bothered by...

<table>
<thead>
<tr>
<th>Question</th>
<th>Frequency Options</th>
</tr>
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<tbody>
<tr>
<td>Trouble falling or staying asleep, or sleeping too much</td>
<td>Not at all</td>
</tr>
<tr>
<td>Poor appetite or overeating</td>
<td>Several days</td>
</tr>
<tr>
<td>Feeling bad about yourself — or that you are a failure or have let</td>
<td>More than half the days</td>
</tr>
<tr>
<td>yourself or your family down</td>
<td>Nearly every day</td>
</tr>
<tr>
<td>Trouble concentrating on things, such as reading the newspaper or watching TV</td>
<td></td>
</tr>
<tr>
<td>Moving or speaking so slowly that other people could have noticed</td>
<td></td>
</tr>
<tr>
<td>Or the opposite — being so fidgety or restless that you have been</td>
<td></td>
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<tr>
<td>moving around a lot more than usual</td>
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</tr>
<tr>
<td>Little interest or pleasure in doing things</td>
<td></td>
</tr>
<tr>
<td>Feeling down, depressed, or hopeless</td>
<td></td>
</tr>
<tr>
<td>Feeling tired or having little energy</td>
<td></td>
</tr>
</tbody>
</table>

37. In the past 12 months, have you received any counseling for a mental health problem?
   a. Yes
   b. No
   c. Don’t know

38. In the past 12 months, have you taken a prescription medication for a mental health problem?
   a. Yes
   b. No
   c. Don’t know

39. Was there a time in the past 12 months when you needed treatment for a mental health problem but did not get it?
   a. Yes
   b. No
   c. Don’t know

DEMOGRAPHICS

This final set of questions is to help us describe the people who have taken this survey.

40. In what year were you born? [Limit 1960 – 2004]

41. What is your gender?
   a. Female
   b. Male
   c. Non-binary/gender fluid
   d. Prefer to self-describe [Text box]
   e. Prefer not to say

42. Do you consider yourself Jewish?
   a. Yes
   b. No
   c. It’s Complicated

43. With which Jewish groups do you most closely identify? [Select all that apply]
   a. Ashkenazi
   b. Sephardi
   c. Bukharian
   d. Mizrahi
   e. Georgian
   f. Syrian
   g. Persian
   h. Russian/Ukrainian
   i. I don’t identify with any of these groups

44. Do you identify as Orthodox now or did you identify as Orthodox in the past?
   a. Yes, I’m Orthodox now
   b. Yes, I was Orthodox in the past but not now
   c. No

45. [Ask if 44 = a] With which do you identify?
   a. Chassidish (non-Chabad)
   b. Yeshivish
   c. Chabad
   d. Modern Orthodox Liberal
   e. Modern Orthodox Machmir
   f. Other, please specify

46. [Ask if 44 = b] When you identified as Orthodox in the past, with which of the following did you identify?
   a. Chassidish (non-Chabad)
   b. Yeshivish
   c. Chabad
   d. Modern Orthodox Liberal
   e. Modern Orthodox Machmir
   f. Other, please specify

47. Where were you born?
   a. United States
   b. Canada
   c. Asia
   d. Africa
   e. Middle East
   f. Europe
   g. South/Central America

48. [If not born in the US] In what year did you come to live in the U.S.? [years limited to the time they were born to the present]
### TABLE 4. DEMOGRAPHICS OF RESPONDENTS TO HILLEL SURVEY, TOTAL AND BY HILLEL FOOD SECURITY CATEGORIES

<table>
<thead>
<tr>
<th>Food Security Category</th>
<th>Total N=156</th>
<th>Brooklyn N=112</th>
<th>Baruch N=107</th>
<th>Queens N=189</th>
<th>Total N=138</th>
<th>Brooklyn N=91</th>
<th>Baruch N=81</th>
<th>Queens N=60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low Food Security</strong></td>
<td>52.9% (81)</td>
<td>48.4% (54)</td>
<td>64.8% (69)</td>
<td>29.9% (55)</td>
<td>47.8% (66)</td>
<td>47.2% (43)</td>
<td>32.6% (26)</td>
<td>82.0% (49)</td>
</tr>
<tr>
<td><strong>Moderate Food Security</strong></td>
<td>39.1% (54)</td>
<td>32.1% (36)</td>
<td>34.6% (35)</td>
<td>13.1% (22)</td>
<td>30.8% (41)</td>
<td>30.8% (25)</td>
<td>14.1% (11)</td>
<td>12.0% (18)</td>
</tr>
<tr>
<td><strong>High Food Security</strong></td>
<td>8.0% (11)</td>
<td>9.5% (10)</td>
<td>6.6% (7)</td>
<td>0.8% (1)</td>
<td>11.4% (15)</td>
<td>12.0% (10)</td>
<td>44.8% (36)</td>
<td>0.0% (0)</td>
</tr>
<tr>
<td><strong>Total Respondents</strong></td>
<td>N=156</td>
<td>N=112</td>
<td>N=107</td>
<td>N=189</td>
<td>N=138</td>
<td>N=91</td>
<td>N=81</td>
<td>N=60</td>
</tr>
</tbody>
</table>

### TABLE 5. FOOD SECURITY OF RESPONDENTS TO HILLEL SURVEY, TOTAL AND BY HILLEL

<table>
<thead>
<tr>
<th>Food Security Category</th>
<th>Total N=138</th>
<th>Brooklyn N=91</th>
<th>Baruch N=81</th>
<th>Queens N=60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low Food Security</strong></td>
<td>37.7% (50)</td>
<td>48.4% (43)</td>
<td>60.7% (49)</td>
<td>26.7% (16)</td>
</tr>
<tr>
<td><strong>Moderate Food Security</strong></td>
<td>58.0% (76)</td>
<td>29.9% (23)</td>
<td>30.8% (25)</td>
<td>73.3% (42)</td>
</tr>
<tr>
<td><strong>High Food Security</strong></td>
<td>4.3% (6)</td>
<td>2.7% (2)</td>
<td>6.6% (6)</td>
<td>0.0% (0)</td>
</tr>
<tr>
<td><strong>Total Respondents</strong></td>
<td>N=138</td>
<td>N=91</td>
<td>N=81</td>
<td>N=60</td>
</tr>
</tbody>
</table>

### APPENDIX 4. TABLES OF FINDINGS

<table>
<thead>
<tr>
<th><strong>Total Respondents</strong></th>
<th>N=156</th>
<th>N=112</th>
<th>N=107</th>
<th>N=189</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>58.0% (56)</td>
<td>29.9% (32)</td>
<td>60.7% (52)</td>
<td>26.7% (16)</td>
</tr>
<tr>
<td>Female</td>
<td>42.0% (40)</td>
<td>70.1% (40)</td>
<td>39.3% (48)</td>
<td>73.3% (42)</td>
</tr>
<tr>
<td><strong>Age (Mean)</strong></td>
<td>22.1</td>
<td>21.6</td>
<td>21.9</td>
<td>21.3</td>
</tr>
<tr>
<td><strong>Do You Identify As...</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jewish</td>
<td>59.5% (56)</td>
<td>32.1% (36)</td>
<td>57.9% (48)</td>
<td>40.0% (36)</td>
</tr>
<tr>
<td>Christian</td>
<td>33.6% (32)</td>
<td>28.8% (32)</td>
<td>34.6% (30)</td>
<td>20.0% (24)</td>
</tr>
<tr>
<td>Not religious</td>
<td>6.9% (6)</td>
<td>12.0% (11)</td>
<td>17.1% (15)</td>
<td>33.3% (32)</td>
</tr>
<tr>
<td><strong>Do You Identity As...?</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Russian</td>
<td>11.4% (11)</td>
<td>18.5% (17)</td>
<td>15.6% (14)</td>
<td>5.0% (3)</td>
</tr>
<tr>
<td>American</td>
<td>83.2% (81)</td>
<td>20.5% (20)</td>
<td>62.0% (36)</td>
<td>94.9% (34)</td>
</tr>
<tr>
<td>Other</td>
<td>5.4% (5)</td>
<td>1.0% (1)</td>
<td>12.1% (7)</td>
<td>4.1% (2)</td>
</tr>
</tbody>
</table>

### Notes

- **Low Food Security** includes respondents who reported being hungry the last 30 days because there wasn’t enough money for food.
- **Moderate Food Security** includes respondents who reported being hungry the last 30 days and also reported worrying whether their food would run out before they got money to buy more.
- **High Food Security** includes respondents who reported being never hungry the last 30 days and also reported wanting to eat the kinds of food they wanted to eat.

### Questions

1. **Gender**: Male or Female?
2. **Age (Mean)**: How old are you?
3. **Do You Identify As...?**: Are you Jewish, Christian, or not religious?
4. **Do You Identity As...?**: Are you Russian, American, or other?

### Analysis

- The majority of respondents identified as Jewish (59.5%), with a significant portion identifying as Christian (33.6%) and a smaller number identifying as not religious (6.9%).
- The average age of respondents was 22.1 years.
- A large proportion of respondents identified as Russian (11.4%) and American (83.2%).
TABLE 8. DEPRESSION OF RESPONDENTS TO HILLEL SURVEY, TOTAL AND BY HILLEL CAMPUS

| Depression Categories | No Depression | Major Depression | Severe Major Depression | Total
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baruch</td>
<td>68.8% (360)</td>
<td>25.4% (135)</td>
<td>5.8% (3)</td>
<td>100%</td>
</tr>
<tr>
<td>Brooklyn</td>
<td>70.8% (155)</td>
<td>22.7% (53)</td>
<td>6.5% (10)</td>
<td>100%</td>
</tr>
<tr>
<td>Hunter</td>
<td>68.2% (36)</td>
<td>29.9% (15)</td>
<td>1.8% (1)</td>
<td>100%</td>
</tr>
<tr>
<td>Queens</td>
<td>66.2% (90)</td>
<td>30.6% (42)</td>
<td>3.2% (4)</td>
<td>100%</td>
</tr>
</tbody>
</table>

IN THE LAST 12 MONTHS, HAVE YOU RECEIVED ANY COUNSELING FOR MENTAL HEALTH?
Yes 71.2% (427)
No 28.8% (149)

IN THE LAST 12 MONTHS, WAS THERE A TIME WHEN YOU WANTED COUNSELING FOR MENTAL HEALTH BUT DID NOT GET IT?
Yes 74.3% (136)
No 23.5% (43)

IN THE LAST 12 MONTHS, DID YOU OR ANY MEMBER OF YOUR HOUSEHOLD RECEIVE FOOD STAMPS/SNAP?
Yes 31.2% (43)
No 68.8% (95)

TABLE 9. DEMOGRAPHICS, EMPLOYMENT, AND FOOD SECURITY BY CATEGORIES OF DEPRESSION

| Depression Categories | No Depression | Major Depression | Severe Major Depression | Total
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baruch</td>
<td>68.8% (360)</td>
<td>25.4% (135)</td>
<td>5.8% (3)</td>
<td>100%</td>
</tr>
<tr>
<td>Brooklyn</td>
<td>70.8% (155)</td>
<td>22.7% (53)</td>
<td>6.5% (10)</td>
<td>100%</td>
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<td>Hunter</td>
<td>68.2% (36)</td>
<td>29.9% (15)</td>
<td>1.8% (1)</td>
<td>100%</td>
</tr>
<tr>
<td>Queens</td>
<td>66.2% (90)</td>
<td>30.6% (42)</td>
<td>3.2% (4)</td>
<td>100%</td>
</tr>
</tbody>
</table>

IN THE LAST 12 MONTHS, HAVE YOU RECEIVED ANY COUNSELING FOR MENTAL HEALTH?
Yes 71.2% (427)
No 28.8% (149)

IN THE LAST 12 MONTHS, WAS THERE A TIME WHEN YOU NEEDED COUNSELING FOR MENTAL HEALTH BUT DID NOT GET IT?
Yes 74.3% (136)
No 23.5% (43)

IN THE LAST 12 MONTHS, DID YOU OR ANY MEMBER OF YOUR HOUSEHOLD RECEIVE FOOD STAMPS/SNAP?
Yes 31.2% (43)
No 68.8% (95)
TABLE 10. CATEGORIES OF DEPRESSION BY MENTAL HEALTH COUNSELING

|                         | No Depression | MAJOR OR SEVERE
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% (N)</td>
<td>MAJOR DEPRESSION</td>
</tr>
<tr>
<td>IN THE LAST 12 MONTHS, HAVE YOU RECEIVED ANY COUNSELING FOR MENTAL HEALTH?</td>
<td>Yes</td>
<td>56.9% (76)</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>66.6% (87)</td>
</tr>
<tr>
<td>IN THE LAST 12 MONTHS, WAS THERE A TIME WHEN YOU NEEDED COUNSELING FOR MENTAL HEALTH BUT DID NOT GET IT?</td>
<td>Yes</td>
<td>77.0% (30)</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>85.6% (32)</td>
</tr>
</tbody>
</table>

TABLE 11. EMPLOYMENT OF RESPONDENTS TO HILLEL SURVEY, TOTAL AND BY HILLEL

<table>
<thead>
<tr>
<th></th>
<th>BARUCH</th>
<th>BROOKLYN</th>
<th>QUEENS</th>
<th>TOTAL RESPONDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% (N)</td>
<td>% (N)</td>
<td>% (N)</td>
<td>% (N)</td>
</tr>
<tr>
<td>TOTAL RESPONDENTS</td>
<td>N=205</td>
<td>N=138</td>
<td>N=156</td>
<td>N=509</td>
</tr>
<tr>
<td>HOW MANY HOURS PER WEEK DO YOU WORK DURING THE SEMESTER?</td>
<td>None</td>
<td>33.3% (68)</td>
<td>36.0% (49)</td>
<td>30.6% (48)</td>
</tr>
<tr>
<td></td>
<td>1-10 hours</td>
<td>26.6% (56)</td>
<td>25.3% (35)</td>
<td>25.3% (38)</td>
</tr>
<tr>
<td></td>
<td>11-20 hours</td>
<td>20.8% (43)</td>
<td>21.6% (29)</td>
<td>28.5% (39)</td>
</tr>
<tr>
<td></td>
<td>21-30 hours</td>
<td>12.8% (26)</td>
<td>12.3% (17)</td>
<td>15.4% (23)</td>
</tr>
<tr>
<td></td>
<td>More than 30 hours</td>
<td>15.1% (30)</td>
<td>6.4% (9)</td>
<td>6.7% (10)</td>
</tr>
<tr>
<td>Work That's More Than Full Time</td>
<td>Yes</td>
<td>24.8% (15)</td>
<td>6.4% (9)</td>
<td>9.1% (10)</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>25.6% (40)</td>
<td>25.9% (35)</td>
<td>48.5% (70)</td>
</tr>
<tr>
<td>IN THE PAST 12 MONTHS, HAVE YOU WORKED A PART-TIME JOB?</td>
<td>Yes</td>
<td>46.7% (95)</td>
<td>72.0% (98)</td>
<td>60.9% (77)</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>53.3% (105)</td>
<td>28.0% (39)</td>
<td>39.1% (51)</td>
</tr>
<tr>
<td>IN THE PAST 12 MONTHS, HAVE YOU BEEN LOOKING FOR A JOB?</td>
<td>Yes</td>
<td>33.2% (40)</td>
<td>66.7% (98)</td>
<td>60.9% (77)</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>66.8% (38)</td>
<td>33.3% (50)</td>
<td>39.1% (51)</td>
</tr>
<tr>
<td>HOW WOULD YOU RATE THE QUALITY OF THE COUNSELOR AT HILLEL CAREER SERVICES?</td>
<td>Excellent</td>
<td>52.0% (66)</td>
<td>13.4% (17)</td>
<td>35.4% (48)</td>
</tr>
<tr>
<td></td>
<td>Very Good</td>
<td>35.5% (43)</td>
<td>35.5% (45)</td>
<td>48.5% (70)</td>
</tr>
<tr>
<td></td>
<td>Good</td>
<td>12.8% (16)</td>
<td>4.6% (6)</td>
<td>16.4% (23)</td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>2.2% (3)</td>
<td>0.0% (0)</td>
<td>48.5% (70)</td>
</tr>
<tr>
<td>HOW WOULD YOU RATE THE QUALITY OF THE COUNSELOR AT CUNY CAREER SERVICES?</td>
<td>Excellent</td>
<td>52.0% (66)</td>
<td>13.4% (17)</td>
<td>35.4% (48)</td>
</tr>
<tr>
<td></td>
<td>Very Good</td>
<td>35.5% (43)</td>
<td>35.5% (45)</td>
<td>48.5% (70)</td>
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<tr>
<td></td>
<td>Good</td>
<td>12.8% (16)</td>
<td>4.6% (6)</td>
<td>48.5% (70)</td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>2.2% (3)</td>
<td>0.0% (0)</td>
<td>48.5% (70)</td>
</tr>
</tbody>
</table>
| HOW INTERESTED ARE YOU IN BEING MATCHED WITH A MENTOR TO HELP IN YOUR COLLEGE EXPERIENCE AND >> 27