

# ADOLESCENT/ADULT SENSORY PROFILE™

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## Self Questionnaire

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Gender:  Male  Female

Are there aspects of daily life that are not satisfying to you? If yes, please explain. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### INSTRUCTIONS

Please check the box that **best** describes the frequency with which you perform the following behaviors. If you are unable to comment because you have not experienced a particular situation, please draw an X through that item's number. Write any comments at the end of each section.

Please answer all of the statements. Use the following key to mark your responses:

**ALMOST NEVER**

When presented with the opportunity, you almost never respond in this manner (about 5% or less of the time).

**SELDOM**

When presented with the opportunity, you seldom respond in this manner (about 25% of the time).

**OCCASIONALLY**

When presented with the opportunity, you occasionally respond in this manner (about 50% of the time).

**FREQUENTLY**

When presented with the opportunity, you frequently respond in this manner (about 75% of the time).

**ALMOST ALWAYS**

When presented with the opportunity, you almost always respond in this manner (about 95% or more of the time).

Student Food Insecurity, Housing Instability, Basic Necessities, and Other Services and Resources Survey

Please help your SESI leaders and instructors better understand the needs of our students by taking about ten minutes to complete the following survey regarding food and home insecurity, other basic life necessities, and other services and resources. By completing the survey, you will help SESI and Sacramento City College learn how to best support students by effectively eliminating any barriers to your academic and personal success. Please know your privacy will be respected, and your responses will be strictly confidential.

Thank you in advance for your time and your feedback.

*We want to get to know you better.*

- 1) What is your current age?
  - 20 or under years
  - 21-24 years
  - 25-29 years
  - Other (please specify)
  - Decline to state
  
- 2) What ethnicity do you most identify with?
  - African American
  - Black
  - American Indian/Alaskan Native
  - Asian
  - Filipino
  - Mexican American
  - Chicano/a
  - Mexican
  - Latinx
  - Hispanic
  - Pacific Islander
  - White
  - White origin
  - Multi-ethnic
  - Ethnic neutral
  - Other (please specify)
  - Decline to state
  
- 3) What is your gender?
  - Male
  - Female
  - Gender neutral
  - Other (please specify)
  - Decline to state

- 4) Are you currently employed?
- Yes, full-time
  - Yes, part-time
  - No
- 5) How many units are you taking this semester?
- Less than 12 units (part-time)
  - 12 units or more (full-time)

*Home or housing instability is usually defined as living in a space not meant for human habitation, in an emergency shelter, in transitional housing, or in a temporary shelter* (“Supporting Student Success Outside the Classroom: Serving Homeless and Food-Insecure Students,” Citrus College Office of Student Affairs, January, 2017) *Housing instability also includes couch surfing, being in danger of eviction and/or behind in utilities bill* (“Hunger and Homelessness are Widespread among College Students,” NPR, April, 2018).

- 6) Given the above definition, is your home currently unstable?
- Yes
  - No
  - Not sure
- 7) Given the above definition, is any member of your immediate or extended family living in an unstable home?
- Yes
  - No
  - Not sure
- 8) If your housing is not currently unstable, has it been recently?
- No, my housing has never been unstable
  - Yes, within the last 1-3 months
  - Yes, within the last 4-6 months
  - Yes, within the last 7-12 months
  - Yes, within the last 1-2 years
  - Yes, some other situation (please specify)
- 9) Where are you currently living?
- A friend’s or relative’s house/apartment (temporarily, couch surfing)
  - A temporary shelter specifically designated for the homeless
  - In a car or truck
  - At a transitional house
  - On the street or in a park
  - Other (please specify)

*Student food insecurity usually means a student has trouble getting enough to eat on a daily basis, leading to skipped meals, weight loss, and limited access to nutritious foods* (“Hunger and Homelessness are Widespread among College Students,” NPR, April, 2018).

- 10) Given the above definition are you food insecure?
- Yes
  - No
  - Not sure

- 11) Given the above definition, is any member of your immediate or extended family food insecure?
- Yes
  - No
  - Not sure
- 12) What prevents you from eating nutritious food all of the time?
- Money
  - Time
  - Both time and money
  - Nowhere to prepare a healthy meal
  - Do not know how to do so
  - No interest in doing so
  - Other (please specify)
- 13) When did you have your last nutritious meal?
- Earlier today or yesterday
  - Earlier in the week or last week
  - Earlier in the month or a month ago
  - Has been too long ago to remember
- 14) Do you believe eating enough and eating nutritious food will help you do well in the classroom?
- Yes
  - No
  - Not sure
- 15) Are you aware that Sacramento City College has a weekly food distribution for students with any degree of need?
- Yes
  - Yes and would like to know more
  - No
  - No and would like to know more
- 16) Would you be interested in a demonstration on cooking nutritious food?
- Yes
  - No
  - Not sure

*Most agree that basic necessities are essential for a quality and safe life.*

- 17) What basic life necessities—other than food and shelter—do you currently need or anticipate needing this coming school year?
- Drinking water
  - Clothes
  - Toiletries
  - Blankets
  - Other (please specify)

18) What services and/or resources—other than food, home, and basic necessities—do you currently need or anticipate needing this coming school year to succeed academically?

- Academic counseling
- Psychological counseling
- Academic tutoring
- Free or affordable textbooks
- Free or affordable medical care
- Free or affordable vision care
- Free or affordable dental care
- Quiet and safe place to study
- Dedicated and focused study group
- Sense of community and belonging
- Other (please specify)

19) Is there anything else you'd like to say regarding how SESI and Sacramento City College can welcome and support you?

Allow a space to write here

20) Are you willing to provide us with your contact information?

- Yes
- No

Phone \_\_\_\_\_

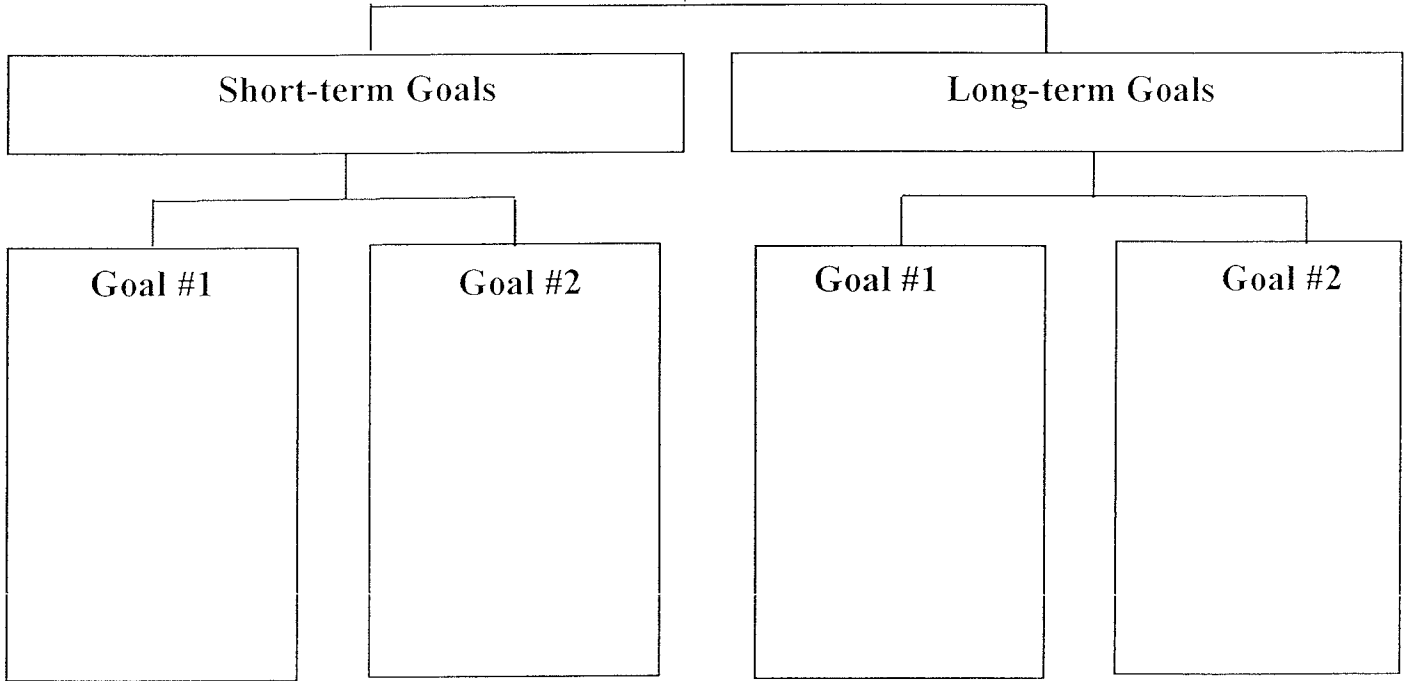
Email \_\_\_\_\_

**THANK YOU!** Your responses are greatly appreciated.

Sacramento City College is glad you're here. SESI is here to help YOU succeed!  
Include SESI contact info here

## SESI Wraparound Individualized Action Plan

Ultimate Vision: 10 years from now.



Who can support you in completing your short-term goals? 1. _____ 2. _____ 3. _____	Identify your passion: what fascinates you about the world, your community? What is something you enjoy doing? _____ _____ _____
<i>December   May Reflection</i> Reflect on your set goals: Are you on track to accomplishing your goals? Why or why not? _____ _____ _____ _____ _____	Notes   Reminders _____ _____ _____ _____ _____

#	MAJOR	CERTIFICATE	AS	TRANSFER	ETHNICITY	MALE	FEMALE
1	Audio Engineering			x	Mexican	x	
2	Web Developer	x			Mexican		x
3	Biology		x	x	Mexican/ Filipino		x
4	Construction Engineering/ Film			x	Mexican	x	
5	Information Technology		x		Mexican	x	
6	Biology			x	Mexican	x	
7	Undecided			x	Mexican	x	
8	Undecided		x		Mexican	x	
9	Computer Engineering		x	x	Mexican	x	
10	Undecided			x	Mexican	x	
11	Programming			x	Mexican/ Italian	x	
12	Biological Sciences		x	x	Mexican	x	
13	Biology			x	Mexican	x	
14	Animal Sciences		x	x	Mexican		x
15	Biology			x	Mexican		x
16	Computer Information Sciences			x	White/ Caucasian	x	
17	Engineering			x	Mexican	x	
18	Biology			x	Mexican		x
19	Biology			x	Mexican/ Native American		x
20	Electrical Engineering			x	Mexican	x	
21	Graphic Communiation		x	x	Mexican	x	
22	Civil Engineering	x		x	Mexican	x	
23	Math			x	Mexican		x
24	Biology			x	Mexican		x
25	Biology			x	Mexican		x
26	Civil Engineering	x		x	Mexican	x	
27	Mechanical Engineering			x	Mexican	x	
28	Chemistry			x	Mexican		x
29	Biology			x	Mexican		x
30	Undecided			x	Mexican		x
31	Animal Sciences		x	x	Mexican		x
32	Graphic Design		x		Mexican	x	
33	Engineering			x	Mexican	x	
34	Computer Information Sciences			x	Mexican	x	
35	Engineering			x	Mexican	x	
36	Engineering			x	Mexican	x	
37	Biology			x	Mexican		x
38	Engineering/ Electrician	x	x	x	Mexican	x	
39	Biology			x	African- American		x
40	Mechanical Engineering			x	Mexican	x	
41	Biology			x	Asian/ Mexican		x
42	Dental Hygiene			x	Mexican		x
43	Undecided	x			Mexican	x	
44	Chemistry			x	Mexican		x
45	Mortuary Sciences		x		Mexican		x
46	Aerospace Engineering		x		Mexican	x	
47	Biology			x	Mexican		x
48	Computer Information Sciences	x		x	Mexican	x	
49	Biology			x	Mexican	x	
50	Computer Information Sciences			x	Mexican	x	
51	PC Technician			x	Mexican	x	
52	Bio Engineering			x	Asian/ Vietnamese	x	
53	Electrical Engineering			x	Mexican	x	
54	Biology			x	Mexican		x
55	Science	x		x	Mexican	x	
56	Biology			x	Mexican		x
57	Undecided			x	Mexican		x
58	Biology		x	x	Mexican		x