

Housing Experience Survey

Administered April-May 2020 to residents currently in on-campus emergency housing

Response Rates

| By What is your primary MIT affiliation? | Invited | Responding | % |
|--|---------|------------|-----|
| Undergraduate student | 222 | 123 | 55% |
| Graduate student | 1379 | 579 | 42% |
| Family member of MIT student or research staff | 341 | 101 | 30% |
| Total | 1942 | 803 | 41% |

| By Where do you currently live? | Invited | Responding | % |
|---------------------------------|---------|------------|-----|
| 70 Amherst | 67 | 27 | 40% |
| Ashdown | 269 | 115 | 43% |
| Baker | 100 | 50 | 50% |
| Eastgate | 295 | 122 | 41% |
| Edgerton | 76 | 36 | 47% |
| Maseeh | 113 | 58 | 51% |
| McCormick | 57 | 35 | 61% |
| Sidney-Pacific | 342 | 104 | 30% |
| Tang | 214 | 78 | 36% |
| Warehouse | 44 | 15 | 34% |
| Westgate | 320 | 125 | 39% |
| Other (e.g., GRA, no response) | | 38 | |
| | | 803 | |

Thinking about where you live now: How satisfied are you with your housing situation?

| Answer | % | Count |
|------------------------------------|------|-------|
| Very dissatisfied | 2% | 19 |
| Dissatisfied | 5% | 39 |
| Neither satisfied nor dissatisfied | 12% | 99 |
| Satisfied | 52% | 420 |
| Very satisfied | 28% | 226 |
| Total | 100% | 803 |

Sharing Living Quarters

At this moment, do you live in your room, unit or apartment alone, or do you have others living with you? (Please check all that apply.)

| Answer | % | Count of responders |
|--|------|---------------------|
| I live alone; I do not share my room, unit or apartment with anyone else | 41% | 324 |
| My spouse or partner lives with me | 33% | 257 |
| My children live with me | 9% | 67 |
| Other family members live with me | 1% | 9 |
| I live with one roommate who is not related to me | 13% | 103 |
| I live with 2 or more roommates who are not related to me | 8% | 65 |
| Other | 2% | 15 |
| I have a spouse or partner who does not live with me | 1% | 6 |
| Total | 100% | 783 |

Do you use any of the shared bathrooms or floor kitchens that are not in your room, unit or apartment, but in your building? (Please check all that apply.)

| Answer | % | Count of responders |
|--|------|---------------------|
| I use a bathroom that other people in the building use | 22% | 174 |
| I use a kitchen that other people in the building use | 10% | 74 |
| I do not use any bathrooms or kitchens that other people in the building use | 75% | 579 |
| Total | 100% | 774 |

Emergency Housing Policies and Public Health Guidelines

Updated housing policies went into effect in March 2020 to protect the health and wellbeing of MIT students, faculty, and staff, as well as our neighboring communities. Which of these policies and guidelines do you believe need to be strengthened? Do you think any of the policies and guidelines should be relaxed?

| Question | I think this policy needs to be strengthened | | I think the policy is fine as it is now | | I think this policy needs to be relaxed | | Total |
|--|--|-------|---|-------|---|-------|-------|
| | % | Count | % | Count | % | Count | |
| Residents must adhere strictly to social distancing guidelines, staying in their room or apartment to avoid contact with others | 12% | 84 | 80% | 543 | 8% | 56 | 683 |
| Residents must follow enhanced personal hygiene practices (e.g., wearing a cloth mask; washing hands, covering coughs and sneezes) | 26% | 178 | 72% | 494 | 2% | 12 | 684 |
| With few exceptions, residents may not have visitors | 12% | 84 | 71% | 488 | 16% | 113 | 685 |
| Residents are discouraged to do any non-essential travel | 13% | 90 | 84% | 573 | 3% | 20 | 683 |
| Social events and gathering are not allowed | 11% | 78 | 83% | 565 | 6% | 38 | 681 |
| All common areas are closed, including multi-purpose rooms, seminar rooms, and small and large enclosed common spaces | 6% | 43 | 76% | 518 | 18% | 125 | 686 |
| Residents are encouraged to take the stairs rather than sharing an elevator | 8% | 55 | 84% | 573 | 8% | 55 | 683 |

Protecting yourself and others

Thinking about the last two weeks, which of the following specific behaviors do you always do, or do most of the time? (Please check all that apply.)

I always or most of the time:

| Answer | % | Count of responders |
|---|------|---------------------|
| Cover my mouth and nose with a mask or cloth face cover in areas shared with other building residents | 61% | 428 |
| Cover my mouth and nose with a mask or cloth face cover in public areas outside the building | 78% | 544 |
| Wash or sanitize my hands after being in areas shared with other building residents or after I return from outside the building | 94% | 655 |
| Cover my coughs and sneezes with a mask or cloth face cover or tissues | 77% | 539 |
| Clean and disinfect surfaces I touch everyday | 39% | 274 |
| Practice social distancing to avoid close contact with other people | 93% | 646 |
| Limit how often I leave my room, apartment or unit | 87% | 606 |
| Avoid touching my face | 59% | 408 |
| Other | 2% | 16 |
| None of the above | 0% | 2 |
| Total | 100% | 697 |

Based on what you have observed over the last two weeks, which of these behaviors do other residents in your building always do, or do most of the time?

Other residents where I live always or most of the time:

| Answer | % | Count of responders |
|---|------|---------------------|
| Cover their mouth and nose with a mask or cloth face cover in areas shared with other building residents | 36% | 247 |
| Cover their mouth and nose with a mask or cloth face cover in public areas outside the building | 42% | 286 |
| Wash or sanitize their hands after being in areas shared with other building residents or after returning from outside the building | 29% | 194 |
| Cover their coughs and sneezes with a mask or cloth face cover or tissues | 27% | 186 |
| Clean and disinfect surfaces they touch everyday | 9% | 63 |
| Practice social distancing to avoid close contact with other people | 52% | 351 |
| Limit how often they leave their room, apartment or unit | 35% | 237 |
| Avoid touching their face | 15% | 101 |
| Other | 1% | 9 |
| None of the above | 2% | 11 |
| I have not seen enough other residents in the building to respond | 38% | 258 |
| Total | 100% | 677 |

Activities inside your building

In the past 7 days, which activities had you moving around the building you currently live in? (Please check all that apply.)

| Answer | % | Count of responders |
|---|------|---------------------|
| Picking up mail or packages in the building | 77% | 446 |
| Using the laundry room | 70% | 407 |
| Taking out the trash, recycling or composting | 66% | 380 |
| Leaving the building | 62% | 357 |
| Using a building elevator | 61% | 355 |
| Receiving a grocery delivery | 34% | 195 |
| Receiving a delivery from a restaurant | 33% | 190 |
| Using communal IT services (e.g., printer, scanner) | 28% | 162 |
| Picking up meals from dining services | 27% | 158 |
| Going to a shared bathroom in the building | 19% | 112 |
| Getting physical activity by moving around the building | 18% | 103 |
| Socializing with other people in the building | 9% | 53 |
| Going to a floor kitchen | 6% | 36 |
| Studying or working with other people in the building | 5% | 29 |
| I have not left my room, unit or apartment in the past 7 days | 3% | 17 |
| Other activity | 2% | 12 |
| Total | 100% | 579 |

In the past 7 days, which of your activities inside your building made it challenging to put distance (6 feet or more) between yourself and other people in your building? (Please check all that apply.)

| Answer | % | Count of responders |
|---|------|---------------------|
| I was able to do these activities without coming into close contact with other people in the building | 62% | 413 |
| Using a building elevator | 16% | 103 |
| Picking up mail or packages in the building | 16% | 103 |
| Using the laundry room | 13% | 83 |
| Leaving the building | 6% | 37 |
| Receiving a delivery from a restaurant | 4% | 29 |
| Receiving a grocery delivery | 4% | 27 |
| Picking up meals from dining services | 4% | 26 |
| Taking out the trash, recycling or composting | 4% | 25 |
| Going to a shared bathroom in the building | 3% | 19 |
| Socializing with other people in the building | 3% | 18 |
| Using communal IT services (e.g., printer, scanner) | 2% | 15 |
| Studying or working with other people in the building | 2% | 13 |
| Getting physical activity by moving around the building | 2% | 13 |
| Going to a floor kitchen | 1% | 9 |
| Other activity | 1% | 8 |
| I have not left my room, unit or apartment in the past 7 days | 1% | 8 |
| Total | 100% | 662 |

How easy or difficult is it for you to practice social distancing in the building you currently live in?

| Answer | % | Count |
|----------------------------|------|-------|
| Extremely easy | 32% | 229 |
| Easy | 53% | 381 |
| Neither easy nor difficult | 13% | 91 |
| Difficult | 3% | 19 |
| Extremely difficult | 0% | 1 |
| Total | 100% | 721 |

Activities outside your building

In the past 7 days, which activities had you leaving the building you currently live in? (Please check all that apply.)

| Answer | % | Count of responders |
|--|------|---------------------|
| Getting groceries or shopping for other items | 61% | 309 |
| Getting some type of physical activity or exercise (e.g., walk, run, bike) | 58% | 296 |
| Taking out trash, recycling or composting | 25% | 127 |
| Picking up takeout food | 21% | 104 |
| Going to a medical appointment | 16% | 83 |
| I have not left my building in the past 7 days | 15% | 78 |
| Visiting a post office, bank or ATM | 11% | 55 |
| Socializing with people outside the building | 8% | 42 |
| Going to work | 4% | 18 |
| Other | 3% | 16 |
| Studying or working with other people | 1% | 4 |
| Doing volunteer work | 1% | 3 |
| Attending religious services or go to church | 0% | 0 |
| Total | 100% | 507 |

In the past 7 days, which of your activities outside your building made it challenging to put distance (6 feet or more) between yourself and other people? (Please check all that apply.)

| Answer | % | Count of responders |
|---|------|---------------------|
| I was able to do these activities without coming into close contact with other people | 63% | 256 |
| Getting groceries or shopping for other items | 26% | 104 |
| Getting some type of physical activity or exercise (e.g., walk, run, bike) | 11% | 45 |
| Going to a medical appointment | 3% | 12 |
| Visiting a post office, bank or ATM | 2% | 9 |
| Picking up takeout food | 2% | 8 |
| Socializing with people outside the building | 2% | 7 |
| Taking out trash, recycling or composting | 1% | 3 |
| Studying or working with other people | 1% | 3 |
| Going to work | 1% | 3 |
| Other | 0% | 2 |
| I have not left my building in the past 7 days | 0% | 0 |
| Doing volunteer work | 0% | 0 |
| Attending religious services or go to church | 0% | 0 |
| Total | 100% | 405 |

How easy or difficult is it for you to practice social distancing (avoiding close contact with other people) when you are outside the building you currently live in?

| Answer | % | Count |
|----------------------------|------|-------|
| Extremely easy | 18% | 120 |
| Easy | 47% | 305 |
| Neither easy nor difficult | 28% | 182 |
| Difficult | 7% | 44 |
| Extremely difficult | 0% | 3 |
| Total | 100% | 654 |

Your daily activities

Are you doing any of the following at this time? (Please check all that apply)

| Answer | % | Count of responders |
|--|------|---------------------|
| I am enrolled in MIT classes | 65% | 424 |
| I am engaged in research activities (e.g., writing my thesis or research papers; working with my research group) | 63% | 412 |
| I have a research assistant (RA) appointment | 36% | 239 |
| I have a teaching assistant (TA) appointment | 13% | 88 |
| I have a UROP | 8% | 54 |
| I am employed by another company | 7% | 43 |
| I am employed by MIT in a role other than being a UROP, RA, TA | 6% | 41 |
| I am a Graduate Resident Advisor (GRA) | 5% | 36 |
| None of the above | 4% | 25 |
| Other | 1% | 9 |
| Total | 100% | 657 |

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

| Question | 0 days | 1 day | 2 days | 3 days | 4 days | 5 days | 6 days | 7 days | Total |
|--|--------|-------|--------|--------|--------|--------|--------|--------|-------|
| Get enough sleep so that you felt rested when you woke up? | 6% | 3% | 7% | 9% | 15% | 18% | 14% | 28% | 658 |
| Go to bed hungry because you couldn't get food? | 84% | 7% | 4% | 3% | 1% | 1% | 0% | 1% | 655 |
| Do something fun? | 12% | 16% | 16% | 16% | 10% | 9% | 3% | 18% | 655 |

Your wellbeing

Thinking about the last two weeks, what has been very stressful, if anything? (Please select all that have been very stressful.)

| Answer | % | Count of responders |
|--|------|---------------------|
| Having trouble focusing on studies and/or work | 61% | 395 |
| Being concerned about my future | 61% | 395 |
| Feeling disconnected from friends and/or loved ones | 49% | 313 |
| Finding joy while coping with the pandemic | 33% | 214 |
| Not feeling financially secure | 26% | 166 |
| Feeling unhappy in my living space | 20% | 128 |
| Getting food | 17% | 111 |
| I have not experienced anything very stressful | 9% | 61 |
| Having other basic needs met | 8% | 53 |
| Other | 8% | 50 |
| Limited access to mental health services (e.g., therapy or medication) | 6% | 40 |
| Total | 100% | 643 |

What has been very difficult or challenging about the stay-at-home orders and recommendations, with regard to your current living space? (Please select all that have been very difficult.)

| Answer | % | Count of responders |
|--|------|---------------------|
| Staying focused on school/work despite distractions | 60% | 377 |
| Being able to take care of my physical health | 36% | 228 |
| Balancing personal and social time | 25% | 158 |
| Navigating "small" annoyances/inconveniences | 23% | 142 |
| None of the these have been very difficult or challenging where I live | 18% | 113 |
| Finding privacy/quiet space | 17% | 108 |
| Avoiding arguments or negativity | 15% | 94 |
| Feeling heard and understood by others | 12% | 73 |
| Other | 4% | 25 |
| Total | 100% | 626 |

How would you describe your overall mental and emotional health?

| Answer | % | Count |
|-----------|------|-------|
| Poor | 7% | 48 |
| Fair | 37% | 239 |
| Good | 45% | 291 |
| Excellent | 11% | 71 |
| Total | 100% | 649 |

How has COVID-19 impacted your mental health and wellbeing?

| Answer | % | Count |
|------------------------|------|-------|
| Worsened significantly | 6% | 36 |
| Worsened somewhat | 18% | 119 |
| Worsened | 36% | 235 |
| Unchanged | 31% | 203 |
| Improved | 5% | 35 |
| Improved somewhat | 3% | 19 |
| Improved significantly | 0% | 1 |
| Total | 100% | 648 |

Which of these have you found helpful in caring for your own wellbeing? (Please check all that apply.)

| Answer | % | Count of responders |
|--|------|---------------------|
| I haven't found these helpful | 3% | 17 |
| Staying Well, MIT's online guide focused on mind, body, relationships, and purpose | 4% | 24 |
| SleepRate app for insomnia and other sleep issues, available to the MIT community courtesy of Community Wellness | 1% | 5 |
| WellBeats, a mobile fitness app available on a 90-day trial through DAPER Recreation | 8% | 46 |
| Free access to other meditation, mindfulness, or wellbeing apps | 8% | 49 |
| Classes and sessions by Community Wellness at MIT Medical, e.g., free virtual yoga, stretching, meditation | 2% | 15 |
| DAPER's virtual group exercise classes | 2% | 12 |
| Free or paid access to online yoga or other workout classes | 19% | 113 |
| Programs, events and resources from MIT's Office of Religious, Spiritual, and Ethical Life | 1% | 7 |
| Webinars with my school/club/team | 15% | 91 |
| Live conversations with influencers/brands I follow | 1% | 7 |
| Virtual face-to-face time with friends/family | 75% | 453 |
| Phone calls with friends/family | 71% | 432 |
| In-person conversations with those in my household | 36% | 218 |
| Games/Netflix watch parties or other digital social entertaining gatherings | 39% | 237 |
| None of the above | 1% | 5 |
| Other tools or resources | 4% | 22 |
| Total | 100% | 606 |

Are there particular offices, groups or individuals that you have found helpful in caring for your own wellbeing this semester? (Please check all that apply.)

| Answer | % | Count of responders |
|--|------|---------------------|
| My advisor | 41% | 235 |
| Interactions with my professors | 29% | 170 |
| House team in my building (e.g., Head of House, AD, GRAs) | 24% | 140 |
| None of the above | 23% | 133 |
| Housing and Residential Life staff (e.g., House manager, custodians) | 19% | 110 |
| MIT Medical | 16% | 91 |
| Dining staff | 12% | 69 |
| Other groups or individuals | 9% | 55 |
| Student Mental Health and Counseling | 7% | 40 |
| Student Support Services | 7% | 38 |
| My coach in MIT's Student Success Coaching Program | 5% | 28 |
| GradSupport | 2% | 11 |
| Disability and Access Services | 0% | 2 |
| Total | 100% | 579 |

Last Page

Please indicate your level of agreement or disagreement with this statement:

I feel like part of the community at MIT.

| Answer | % | Count |
|----------------------------|------|-------|
| Disagree strongly | 2% | 13 |
| Disagree | 6% | 37 |
| Neither agree nor disagree | 20% | 130 |
| Agree | 53% | 343 |
| Agree strongly | 19% | 122 |
| Total | 100% | 645 |