

**GE Survey Comparing
Traditional and Adult students on
Diversity
Community
Fitness**

(Supplemental Questions to ACT-2003)

1. I socialize with people who are different from my own culture (including race, ethnicity, sexual orientation, religion, physical ability).
 - a) Never
 - b) Rarely
 - c) Occasionally
 - d) Usually
 - e) Always
2. I often talk with people who are different from me about what it means to live in their shoes.
 - a) Never
 - b) Rarely
 - c) Occasionally
 - d) Usually
 - e) Always
3. I make an effort to go to cultural events that represent people different from me.
 - a) Never
 - b) Rarely
 - c) Occasionally
 - d) Usually
 - e) Always
4. I am affirmative of people who are different from me.
 - a) Strongly Disagree
 - b) Disagree
 - c) Slightly Disagree
 - d) Slightly Agree
 - e) Agree
 - f) Strongly Agree
5. I like to read about cultures that are different from me.

- a) Strongly Disagree
 - b) Disagree
 - c) Slightly Disagree
 - d) Slightly Agree
 - e) Agree
 - f) Strongly Agree
6. I immerse myself in cultures/religions/ethnicities/groups that are not my own.
- a) Never
 - b) Rarely
 - c) Occasionally
 - d) Usually
 - e) Always
7. When I am confronted with difference, I seek to understand the history and context of why we are different.
- a) Never
 - b) Rarely
 - c) Occasionally
 - d) Usually
 - e) Always
8. I have actively sought out ways to volunteer my time.
- a) Never
 - b) Rarely
 - c) Occasionally
 - d) Often
 - e) Always
9. How often do you volunteer your time?
- a) None
 - b) Once a month
 - c) Twice a month
 - d) Three times a month
 - e) Once each week
 - f) Twice each week
 - g) Three times each week
 - h) Four times each week
 - i) Five times each week
 - j) Most everyday
10. In the last year, I have volunteered my time in the following places

- a) Public or private school
- b) Community youth organization
- c) Chamber of Commerce
- d) State or government organization
- e) Hospital, nursing home, hospice or other health related organization
- f) Business
- g) Homeless, Hunger or housing organization
- h) Church, synagogue, mosque, or other spiritual communities.
- i) Legal or juridical organization
- j) Prison or juvenile home
- k) Women's, men's or children's shelter
- l) Advocacy or human right's organization
- m) Non-profit organization, not listed above
- n) Other
- o) Not applicable

11. I desire to understand the social and political realities of the people who are recipients of volunteer service.

- a) Strongly Disagree
- b) Disagree
- c) Slightly Disagree
- d) Slightly Agree
- e) Agree
- f) Strongly Agree

12. It is my civic responsibility to volunteer my time.

- a) Strongly Disagree
- b) Disagree
- c) Slightly Disagree
- d) Slightly Agree
- e) Agree
- f) Strongly Agree

13. I eat nutritious food and have well balanced meals

- a) Never
- b) Rarely
- c) Occasionally
- d) Usually
- e) Always

14. I exercise

- a) Never
- b) Rarely
- c) Once a month
- d) Twice a month
- e) Three times a month
- f) Once a week
- g) Twice a week
- h) Three or more times a week

15. Concerning the connections between lifestyle choices and the increased risk of diseases, such as cancer, diabetes, stroke, etc.,

- a) I am not very well informed
- b) I am somewhat informed
- c) I am very well informed

16. I am aware of the amount of calories, fat and carbohydrates I am consuming.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

17. Concerning my family's health history and my health risks,

- a) I am not very well informed
- b) I am somewhat informed
- c) I am very well informed

18. Given what I know about physical health and my family's health history, I actively seek ways to reduce my risk of diseases and health problems.

- a) Never
- b) Rarely
- c) Sometimes
- d) Often
- e) Always

19. Concerning exercise and its connection to a healthy body,

- a) I am not very well informed
- b) I am somewhat informed
- c) I am very well informed

20. I know how to deal with my stress

- a) Strongly Disagree
- b) Disagree
- c) Slightly Disagree
- d) Slightly Agree
- e) Agree
- f) Strongly Agree

