

THE FIRST-YEAR MINDSET

National results are shown in NAVY & CREAM |

results are shown in GRAY

First-year students are ready to take on the challenges of a new environment with an open mind – receptive to new perspectives and diverse views. However, their new environment can also take an emotional toll. Understanding their state of mind can help them excel as they continue their college journey.

First-year students frequently pushed themselves...



41%

Took on challenges that scared them



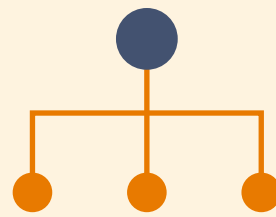
36%

Took a risk if they felt they had more to gain



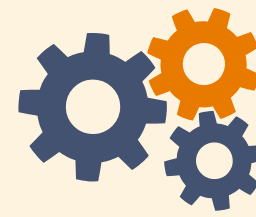
62%

Saw mistakes as part of the learning process



55%

Analyzed multiple sources before reaching a conclusion



62%

Supported their opinions with logical arguments



47%

Sought alternative solutions to a problem

Though maintaining personal wellness is a struggle...

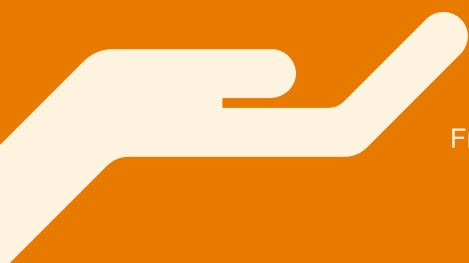


39%

Frequently felt anxious

23%

Reported below average emotional health



25%

Frequently maintained a healthy diet

19%

Never had adequate sleep

...Students strive to relate to others...



26%

Rate their compassion in the top 10% of their peers

26%

Rate their understanding of others in the top 10% of their peers

...And rate their ability to recognize difference as a major strength.



34%

Can see the world from another's perspective

40%

Are tolerant of those with different beliefs

43%

Work cooperatively with diverse people

28%

Are open to having their views challenged

30%

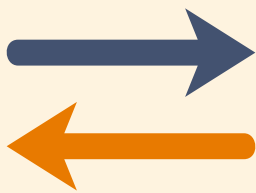
Are able to discuss and negotiate controversial issues

They have big plans for their first summer after starting college.



18%

Plan on taking courses at their current institution



21%

Plan on taking courses at another institution



83%

Plan to work for pay



51%

Will perform volunteer work



33%

Will participate in an internship



74%

Will travel



With insight from CIRP's Your First College Year Survey, the most comprehensive tool addressing first-year programming and retention strategies, you'll be one step closer to helping your students adjust to campus life while providing the best environment for learning.

Survey Source: CIRP Your First College Year Survey 2017

www.heri.ucla.edu

[facebook.com/HERI.CIRP](https://www.facebook.com/HERI.CIRP)

[@HERIUCLA](https://twitter.com/HERIUCLA)