Developed by the Higher Education Research Institute (HERI) and the Policy Center on the First Year of College in 2000, the Your First College Year survey (YFCY) is administered annually through the Cooperative Institutional Research Program (CIRP) at the University of California, Los Angeles. The YFCY was the first national survey designed specifically to measure student development in the first year of college, and it is distributed to students at the end of their first year. Twenty-three institutions participated in the 19th administration of the YFCY in the Spring of 2018. The sample consists of 5,204 first-time, full-time students at these institutions.

<table>
<thead>
<tr>
<th>Infographic Item</th>
<th>Survey Question/Variable Name</th>
<th>Response Option(s) selected</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AT THE END OF THE FIRST YEAR, STUDENTS ARE SATISFIED WITH ACADEMIC LIFE ON CAMPUS...</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>73% are satisfied with general education and core curriculum courses</td>
<td>Please rate your satisfaction with your college in each area: General education and core curriculum courses [SATIS10]</td>
<td>Very Satisfied &amp; Satisfied</td>
</tr>
<tr>
<td>79% are satisfied with their overall academic experience</td>
<td>Please rate your satisfaction with your college in each area: Your overall academic experience [SATIS25]</td>
<td>Very Satisfied &amp; Satisfied</td>
</tr>
<tr>
<td>86% would recommend their college to others</td>
<td>Please indicate the extent to which you agree or disagree with the following statements: If asked, I would recommend this college to others [COLOPN28]</td>
<td>Strongly Agree &amp; Agree</td>
</tr>
<tr>
<td><strong>...AND HAVE UTILIZED A VARIETY OF STUDENT SERVICES.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>54% used student health services</td>
<td>Since entering college, how often have you utilized the following services: Student health services [SERVICES03]</td>
<td>Frequently &amp; Occasionally</td>
</tr>
<tr>
<td>25% used student psychological services</td>
<td>Since entering college, how often have you utilized the following services: Student psychological services [SERVICES04]</td>
<td>Frequently &amp; Occasionally</td>
</tr>
<tr>
<td>29% used campus safety services</td>
<td>Since entering college, how often have you utilized the following services: Campus safety services (Safe Walk, Public Safety/Police Dept., etc.) [SERVICES09]</td>
<td>Frequently &amp; Occasionally</td>
</tr>
<tr>
<td>Percentage</td>
<td>Service Utilized</td>
<td>Question</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------</td>
<td>----------</td>
</tr>
<tr>
<td>15%</td>
<td>Disability resource center</td>
<td>Since entering college, how often have you utilized the following services: Disability resource center [SERVICES06]</td>
</tr>
<tr>
<td>43%</td>
<td>Study skills advising</td>
<td>Since entering college, how often have you utilized the following services: Study skills advising [SERVICES01]</td>
</tr>
<tr>
<td>47%</td>
<td>Writing center</td>
<td>Since entering college, how often have you utilized the following services: Writing center [SERVICES05]</td>
</tr>
<tr>
<td>36%</td>
<td>Financial aid advising</td>
<td>Since entering college, how often have you utilized the following services: Financial aid advising [SERVICES02]</td>
</tr>
</tbody>
</table>

**THEY HAVE NUMEROUS DEMANDS ON THEIR TIME OUTSIDE OF CLASS...**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Responsibility</th>
<th>Question</th>
<th>Frequency &amp; Occasional Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>34%</td>
<td>Job responsibilities</td>
<td>Since entering college, how often have you felt: That your job responsibilities interfered with your schoolwork [AFFACT09]</td>
<td>Frequently &amp; Occasionally</td>
</tr>
<tr>
<td>35%</td>
<td>Family responsibilities</td>
<td>Since entering college, how often have you felt: That your family responsibilities interfered with your schoolwork [AFFACT08]</td>
<td>Frequently &amp; Occasionally</td>
</tr>
<tr>
<td>13%</td>
<td>Commuting</td>
<td>Since entering college, how much time have you spent during a typical week doing the following: Commuting [HPW02]</td>
<td>3-5 hrs/wk, 6-10 hrs/wk, 11-15 hrs/wk, 16-20 hrs/wk, Over 20 hrs/wk</td>
</tr>
</tbody>
</table>

**...BUT FIND WAYS TO UNWIND.**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Activity</th>
<th>Question</th>
<th>Frequency &amp; Occasional Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>64%</td>
<td>Watching TV/online video content</td>
<td>Since entering college, how much time have you spent during a typical week doing the following: Watching TV/online video content (e.g., Amazon, Hulu, Netflix, YouTube) [HPW20]</td>
<td>3-5 hrs/wk, 6-10 hrs/wk, 11-15 hrs/wk, 16-20 hrs/wk, Over 20 hrs/wk</td>
</tr>
<tr>
<td>45%</td>
<td>Praying or meditating</td>
<td>Since entering college, how much time have you spent during a typical week doing the following: Praying/meditating [HPW21]</td>
<td>&lt;1 hr/wk, 1-2 hrs/wk, 3-5 hrs/wk, 6-10 hrs/wk, 11-15 hrs/wk, 16-20 hrs/wk, Over 20 hrs/wk</td>
</tr>
</tbody>
</table>
58% spent three or more hours per week exercising or playing sports

Since entering college, how much time have you spent during a typical week doing the following: Exercising/sports [HPW03]

<table>
<thead>
<tr>
<th>3-5 hrs/wk</th>
<th>6-10 hrs/wk</th>
<th>11-15 hrs/wk</th>
<th>16-20 hrs/wk</th>
<th>Over 20 hrs/wk</th>
</tr>
</thead>
</table>

### MANY STUDENTS ARE THINKING ABOUT THEIR CAREERS...

| 59% strongly agree that it is important to think about their career path after college |
| Please indicate the extent to which you agree or disagree with the following statements: It’s important for me to be thinking about my career path after college [COLOPN46] |
| Strongly Agree |

| 24% strongly agree that they have a clear idea of how to achieve their career goals |
| Please indicate the extent to which you agree or disagree with the following statements: I have a clear idea of how to achieve my career goals [COLOPN47] |
| Strongly Agree |

| 42% used career services |
| Since entering college, how often have you utilized the following services: Career services [SERVICES07] |
| Frequently & Occasionally |

| 19% are very satisfied with the relevance of coursework to their future career plans |
| Please rate your satisfaction with your college in each area: Relevance of coursework to future career plans [CMPSAT11] |
| Very Satisfied |

### ...AND EXPLORING NEW GOALS

| 36% decided to pursue a different major |
| Since entering college, have you: Decided to pursue a different major [COLACT06] |
| Yes |

| 34% changed their career choice |
| Since entering college, have you: Changed your career choice [COLACT04] |
| Yes |

Survey Source: CIRP Your First College Year (YFCY) 2018
www.heri.ucla.edu

NOTE: Only first-time, full-time students are represented in the infographic (NORMSTAT=1)