

National results are shown in NAVY & WHITE |

results are shown in GRAY

The first year of college is a time of transition. While many students seek out institutional resources for support, health and well-being remain challenging.

While the first year can be challenging, students expressed confidence in their abilities and skills.



68% | rated their academic ability as above average



54% | rated their intellectual selfconfidence as above average



41% | rated their social self-confidence as above average



74% | rated their drive to achieve as above average

To ease the transition, many sought out resources...

28%

sought personal counseling

12%

enrolled in a formal program where a group of students takes two or more courses together

55%

took a course or first-year seminar designed to help students adjust to college

79%

sought academic advising



...but health and wellness remained challenges.



23% | frequently had adequate sleep



27% | frequently maintained a healthy diet



43% | rated their physical health as above average





38%

rated their emotional health as above average

Students felt their coursework was meaningful...



56%

felt satisfied with relevance of coursework to everyday life

61%

felt satisfied with relevance of coursework to future career plans

76%

felt satisfied with the overall quality of instruction

...and appreciated the sense of community on campus.

67% |

felt satisfied with the availability of campus social activities

65%

felt satisfied with the overall sense of community among

72%

felt satisfied with the overall college experience



Technology use is prominent amongst students.



35% | spent six or more hours watching TV/online video content



75% | texted or used social media during class



With insight from HERI's Your First College Year Survey, the most comprehensive tool addressing first-year programming and retention strategies,

54% | accessed campus' library resources electronically



61% | posted on a course-related online discussion board

you'll be one step closer to helping your students adjust to campus life while providing the best environment for learning.

Survey Source: Your First College Year Survey 2019

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