



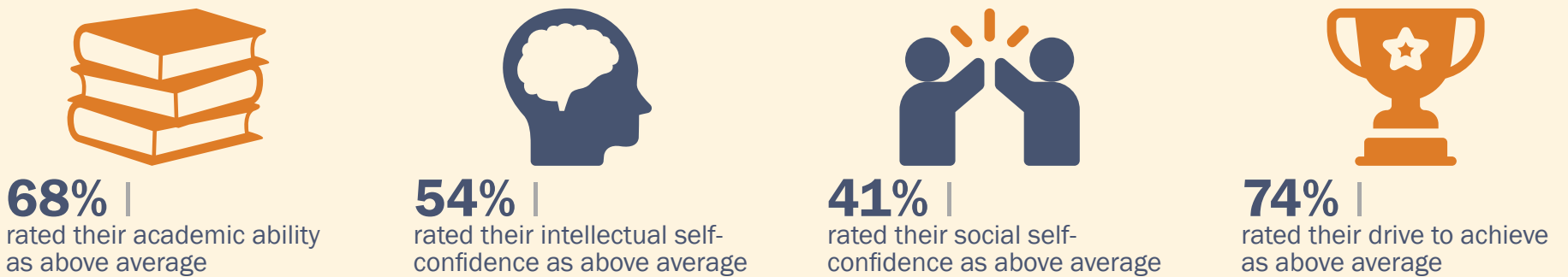
# FIRST-YEAR LIFESTYLE

National results are shown in NAVY & WHITE |

results are shown in GRAY

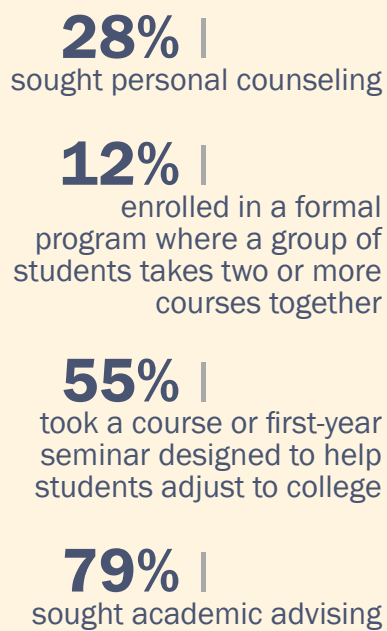
The first year of college is a time of transition. While many students seek out institutional resources for support, health and well-being remain challenging.

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



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

...but health and wellness remained challenges.



Students felt their coursework was meaningful...



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



Technology use is prominent amongst students.



With insight from HERI'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.

**HERI**

Survey Source: Your First College Year Survey 2019  
www.heri.ucla.edu/infographic/

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