

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

sought personal counseling

program where a group of

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

sought academic advising

students takes two or more

28%

12%

55%

**79%** 

enrolled in a formal

courses together

54% rated their intellectual selfconfidence as above average



41% rated their social selfconfidence as above average



74% rated their drive to achieve as above average

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

...but health and wellness remained challenges.



23% frequently had adequate sleep



43% rated their physical health as above average



27% frequently maintained a healthy diet





rated their emotional health as above average

### Students felt their coursework was meaningful...



56% felt satisfied with relevance of coursework to everyday life

**61%** fied with relevance

#### felt satisfied with the

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

6 felt satisfied with the availability of campus social activities



of coursework to future career plans

76% felt satisfied with the overall quality of instruction

sense of community among students



### Technology use is prominent amongst students.





75% texted or used social media during class



**54%** accessed campus' library resources electronically

61% posted on a course-related online discussion board

HERI

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



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.

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