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 self-confidence 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 students
- **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
- **54%** accessed campus’ library resources electronically
- **61%** posted on a course-related online discussion board

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.

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