

HERI-Your First College Year Survey (YFCY) 2021 Infographic Codebook

The First Year of College: Challenging, Yet Encouraging

In Spring 2021, first-year students were balancing the stress associated with mental and physical health while adjusting to college and navigating faculty expectations. Despite these challenges, they developed a sense of belonging to the campus community and felt supported by college personnel. Students were also engaged in their communities and were hopeful about future opportunities.

Infographic Item	Survey Question/Variable Name	Response Option(s) selected
During the global pandemic, first-year college students felt at least somewhat stressed about:		
82% Mental Health	<p>COVIDSTRESS02 Mental health</p> <p>Rate on a scale of 1-7 the extent to which each of the following has been a source of stress for you during the COVID-19 pandemic:</p> <p>Response Choices: 1, 2, 3, 4, 5, 6, 7 (1=Not at All, 4=Somewhat, 7=Extensive)]</p>	<p>4 (Somewhat): 15.7 5: 18.4 6: 22.4 7 (Extensive): 25.3</p>
75% Health of loved ones.	<p>COVIDSTRESS03 Health of loved ones</p> <p>Rate on a scale of 1-7 the extent to which each of the following has been a source of stress for you during the COVID-19 pandemic:</p> <p>Response Choices: 1, 2, 3, 4, 5, 6, 7 (1=Not at All, 4=Somewhat, 7=Extensive)]</p>	<p>4 (Somewhat): 22.0 5: 19.1 6: 16.2 7: (Extensive) 17.4</p>

<p>63% Physical Health</p>	<p>COVIDSTRESS01 Physical health</p> <p>Rate on a scale of 1-7 the extent to which each of the following has been a source of stress for you during the COVID-19 pandemic:</p> <p>Response Choices: 1, 2, 3, 4, 5, 6, 7 (1=Not at All, 4=Somewhat, 7=Extensive)]</p>	<p>4 (Somewhat): 28.4 5: 18.3 6: 10.0 7:(Extensive) 6.7</p>
<p>63% Other’s adherence to social distancing guidelines while out in public.</p>	<p>COVIDSTRESS07 The extent to which others adhere to social distancing guidelines while out in public</p> <p>Rate on a scale of 1-7 the extent to which each of the following has been a source of stress for you during the COVID-19 pandemic:</p> <p>Response Choices: 1, 2, 3, 4, 5, 6, 7 (1=Not at All, 4=Somewhat, 7=Extensive)]</p>	<p>4 (Somewhat): 21.3 5: 16.8 6: 13.1 7 (Extensive): 12.1</p>
<p>...While also reporting high levels of anxiety.</p>		
<p>54% frequently felt anxious since entering college.</p>	<p>ACT44 Act: Felt Anxious</p>	<p>3: Frequently: 54.4%</p>
<p>Civic engagement levels fluctuated, likely due to the continuing effects of the pandemic and the presidential election...</p>		

27% demonstrated for a cause (e.g., boycott, rally, protest).	ACT07 Act: Demonstrated for a cause (e.g., boycott, rally, protest)	2 Occasionally: 23.6 3 Frequently: 3.1
45% communicated their opinion about a cause (e.g., blog, email, petition).	ACT27 Act: Publicly communicated your opinion about a cause (e.g., blog, email, petition)	2 Occasionally: 31.7 3 Frequently: 13.6
34% performed volunteer work.	ACT25 Act: Performed volunteer work	2 Occasionally: 27.0 3 Frequently: 7.2
...And at least half of the respondents found it at least somewhat difficult to adjust to college academically.		
50% had difficulty adjusting to the academic demands of college.	Since entering this college, how has it been to: 1=Very Difficult 2=Somewhat Difficult 3=Somewhat Easy 4=Very Easy EASY1 Adjust to the academic demands of college	1: 12.4 2: 37.2
55% had difficulty developing effective study skills.	Since entering this college, how has it been to: 1=Very Difficult 2=Somewhat Difficult 3=Somewhat Easy 4=Very Easy EASY6 Develop effective study skills	1: 15.1 2: 40.2
61% had difficulty managing their time	Since entering this college, how has it been to:	1: 19.6 2: 41.5

effectively.	1=Very Difficult 2=Somewhat Difficult 3=Somewhat Easy 4=Very Easy EASY8 Manage your time effectively	
The majority of students felt that they were part of the campus community...		
82% agreed that faculty empowered them to learn.	COLOPN04 Opinion: Faculty empower me to learn here	3 Agree: 66.0 4 Strongly Agree: 15.8
70% agreed that they see themselves as part of the campus community.	COLOPN27 Opinion: I see myself as part of the campus community	3 Agree: 57.5 4 Strongly Agree: 12.7
69% agreed that at least one <i>faculty</i> member took an interest in their development.	COLOPN01 Opinion: At least one faculty member has taken an interest in my development	3 Agree: 48.3 4 Strongly Agree: 20.5
68% agreed that at least one <i>staff</i> member took an interest in their development.	COLOPN02 Opinion: At least one staff member has taken an interest in my development	3 Agree: 46.3 4 Strongly Agree: 22.0
... And many maintained hopeful plans for the summer.		
77% planned on working for pay.	SUMMPLAN03 Summer Plan: Work for pay	2 Yes: 77.4
42% planned on performing volunteer work.	SUMMPLAN04 Summer Plan: Perform volunteer work	2 Yes: 42.4
31% planned on participating in an internship.	SUMMPLAN05 Summer Plan: Participate in an internship	2 Yes: 30.5

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.

**Infographic includes full-time students only.*

Survey Source: Your First College Year 2021

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SPSS Syntax to select full-time students only:

USE ALL.

COMPUTE filter_\$=(ENRLSTAT = 3).

VARIABLE LABELS filter_\$ 'ENRLSTAT = 3 (FILTER)'.
VALUE LABELS filter_\$ 0 'Not Selected' 1 'Selected'.

FORMATS filter_\$ (f1.0).

FILTER BY filter_\$.

FILTER BY filter_\$.

EXECUTE.