

The First Year of College: Challenging, Yet Encouraging

2021 YFCY

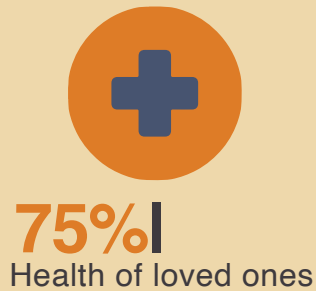


In Spring 2021, first-year students were balancing the stress associated with mental and physical health while adjusting to college and navigating faculty expectations. Despite these challenges, they developed a sense of belonging to the campus community and felt supported by college personnel. Students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

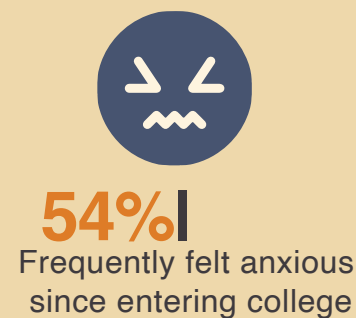
HERI results are shown in **ORANGE** |

results are shown in

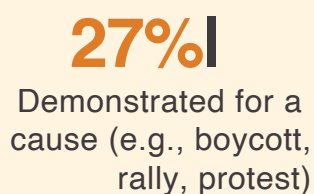
During the global pandemic, first-year college students felt at least somewhat stressed about:



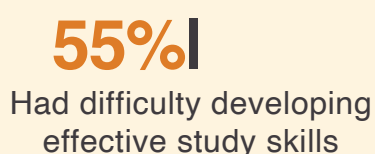
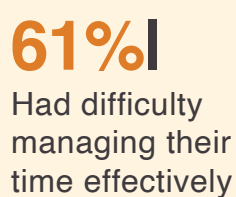
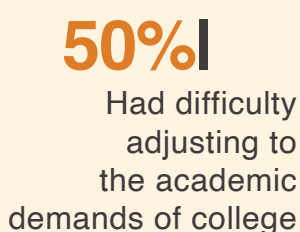
...While also reporting high levels of anxiety.



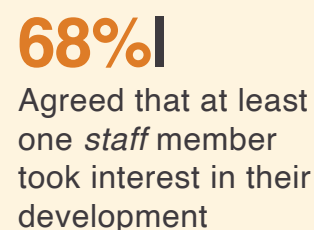
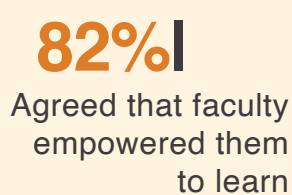
Civic engagement levels fluctuated, likely due to the continuing effects of the pandemic and the presidential election...



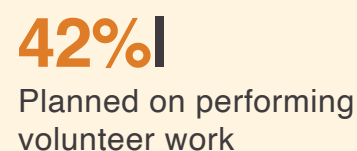
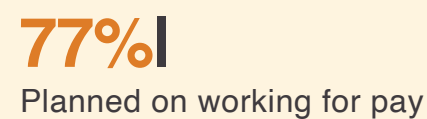
...And at least half of the respondents found it at least somewhat difficult to adjust to college academically.



The majority of students felt that they were part of the campus community...



...And many maintained hopeful plans for the summer



HERI

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 2021
www.heri.ucla.edu/infographic/
© 2022 Regents of the University of California

facebook.com/HERI.CIRP
 linkedin.com/company/heriucla/

@HERIUCLA
 @HERIUCLA