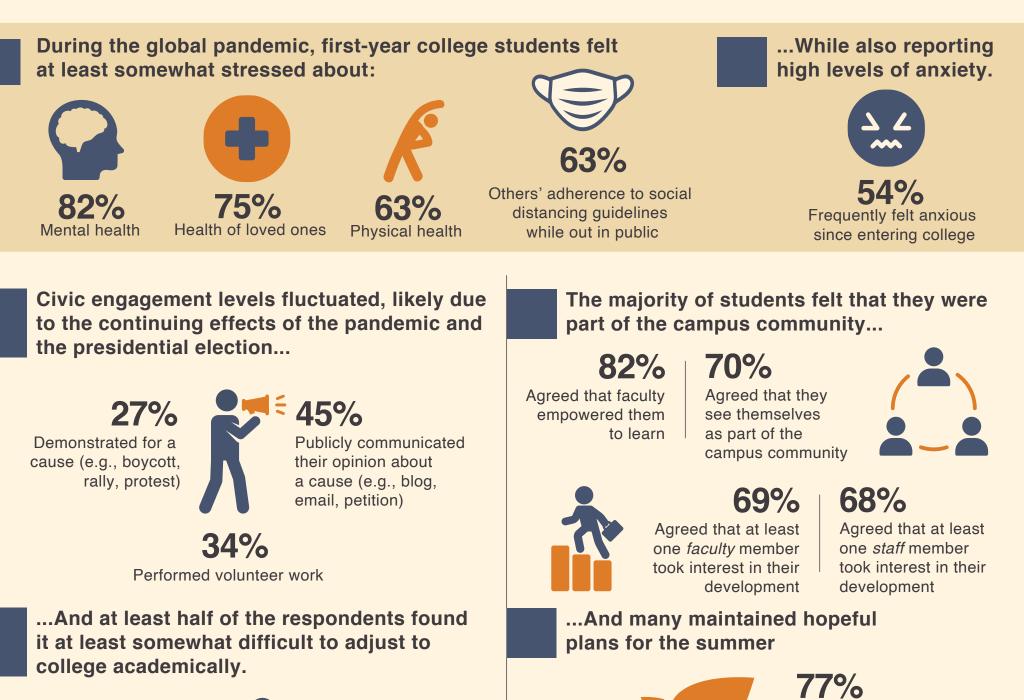
## **The First Year of College:** Challenging, Yet Encouraging **2021 YFCY**

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.



Had difficulty adjusting to the academic demands of college

50%



Had difficulty managing their time effectively





Planned on working for pay

## 42%

Planned on performing volunteer work

31%

Planned on participating in an internship



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



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