2019 Wellbeing & Resilience Survey

HIGHLIGHTS
OUR STUDENTS AT A GLANCE

The average college student comes from the GenZ/iGen age group, with certain characteristics not present in previous generations.

- Spend 6-8 hrs/day online, texting, or on social media.
- Less likely to get a drivers license or have sex. (Less risky behavior.)
- Spend more time with parents than with friends.
- Improved mental health diagnosis & treatment before matriculation.
- Increased feelings of disconnection in interpersonal relationships.

- Decreased stigma of mental illness.
- Increased stress and trauma in marginalized communities.
- Increased cost of education coupled with expectation to work part-time, or more.
- Some may not have learned distress tolerance skills/how to self-soothe.
- Strong negative emotions may be perceived as overwhelming or abnormal.
ADVERSE CHILDHOOD EXPERIENCES

ACEs encompass abuse, neglect, and childhood household dysfunction.

The percentage of KY children with ACE scores of 3 or higher is one of the highest in the nation.

The more ACEs an adult has experienced, the more likely they are to engage in negative health behaviors.

59.3% of Kentucky adults have experienced at least 1 ACE.

30% of KY children have ACE scores of 2 or higher, nationally, 22.5%.

KY Department of Public Health, 2015
**DEFINITION: RESILIENCE**

The acquired capacity to be flexible in thoughts, feelings, and behaviors when facing life challenges in order to bounce back and move forward with confidence.
TOP 6 STRESSORS

UofL Undergraduate & Graduate Students

Students indicated stressors that affected their academic performance from a list of commonly experienced issues.

- Sleep Problems
- Anxiety
- Relationships
- Time Management
- Money Problems
- Depression
In 2018, the ACHA-NCHA reported the Top 4 responses to factors that affected academic performance.

**Stress** was the number one response, followed by **Anxiety**, **Depression**, and **Sleep difficulties**.
"How satisfied are you with your sleep?"

55.5% of undergrad respondents were "very satisfied" or "satisfied"

63.1% of grad respondents were "very satisfied" or "satisfied"

#1 STRESSOR: SLEEP

3 in 5

The average number of students who get 6 or fewer hours of sleep each night.

HINT: THAT'S NOT GOOD.

undergrad: 65.68%, grad: 59.95%

UofL Wellbeing & Resilience Survey, 2019
63% felt overwhelming anxiety

42% felt so depressed it was difficult to function

#2 STRESSOR: ANXIETY

- Overwhelmed by all they had to do (25.89%)
- Very sad (20.54%)
- Overwhelming anxiety (18.75%)
- Very lonely (18.75%)
- So depressed, too diff. to function (12.5%)
- Considered suicide (3.57%)

American College Health Association National College Health Assessment, Spring 2018
"How satisfied are you with the support you get from your friends?"

66% of undergrads said "satisfied" or "very satisfied"

75% of undergrads said "satisfied" or "very satisfied"

"How satisfied are you with the support you get from your family?"

75% of grads are satisfied with the support from friends.

83% of grads are satisfied with the support from friends.
When life is hard or feels overwhelming...

46% of undergraduate students...

AND

67% of graduate students...

feel that at least one faculty or staff member at UofL has their back.

THAT'S A 21% DIFFERENCE

#3 STRESSOR: PROFESSIONAL RELATIONSHIPS

The Gallup Index indicated that the major drivers of student wellbeing is a student's agreement with the following...

"Faculty & Staff are committed to helping students find a rewarding career."

"I have caring and engaging professors."

"I have a mentor who encourages my goals and dreams."

UofL Wellbeing & Resilience Survey, 2019
MENTORING

OVER 50%

of students have at least one mentor at UofL who encourages them to develop their goals and pursue their dreams.
undergrad: 56.70%, grad: 68.01%

4 in 5

The average number of students who have at least one UofL professor that inspires them.
undergrad: 75.16%, grad: 85.78%

UofL Wellbeing & Resilience Survey, 2019
#4 STRESSOR: TIME MANAGEMENT

How many hours do you work weekly?

Undergraduate Students:
- Zero (26.68%)
- 1-10 Hours (17.65%)
- 11-20 Hours (24.36%)
- 21-30 Hours (21.65%)
- More than 30 hours (9.66%)

Graduate Students:
- Zero (23.24%)
- 1-10 Hours (8.39%)
- 11-20 Hours (17.29%)
- 21-30 Hours (13.22%)
- More than 30 hours (37.87%)

Approximately 1/3rd work 21+ hours per week. Approximately half work 21+ hours per week.

Wellbeing & Resilience Survey, 2019
A Gallup Index found that the #1 negative driver of college student wellbeing is student loan debt.

**#5 STRESSOR: FINANCIAL/MONEY PROBLEMS**

Do you have enough money to meet your needs?

- **Undergraduate Students**
  - “not at all” to “moderately” (43.71%)
  - “mostly” to “completely” (56.29%)

- **Graduate Students**
  - “not at all” to “moderately” (37.54%)
  - “mostly” or “completely” (62.46%)

Wellbeing & Resilience Survey, 2019
2018 Healthy Minds Study:

23% of all students take psychiatric medication.

39% of all students are experiencing a mental health issue.

#6 STRESSOR: DEPRESSION

Often a co-morbid condition with anxiety for students, depression AND anxiety rank in the top six stressors that affect academic performance.

Wellbeing & Resilience Survey, 2019
NUTRITION

How many vegetables do you usually eat each day? (1 serving = 1 cup raw or cooked salad vegetable - OR - 2 cups leafy greens)

32% of undergrad were "very dissatisfied" or "dissatisfied" with their access to reasonably priced healthy food.

2 or fewer servings (82.76%) 3 or more servings (17.24%)

Wellbeing & Resilience Survey, 2019
FOOD INSECURITY

Has there been a time when you were aware of another student who did not have enough food for themselves or their household?

Undergraduate Students:
- No (50.19%)
- Yes (22.27%)
- Not sure (27.54%)

Graduate Students:
- No (60.29%)
- Yes (12.29%)
- Not sure (27.42%)

Wellbeing & Resilience Survey, 2019
Are you able to accept your bodily appearance?

42% AND 40%

of undergrad students...

of graduate students...

SAID...
"not at all"
"a little"
"moderately"

Wellbeing & Resilience Survey, 2019
PURPOSE & ENGAGEMENT

The Gallup Index indicated that the #1 driver of college student wellbeing is a students agreement with the following:

"AT MY SCHOOL, I HAVE THE OPPORTUNITY TO DO WHAT I DO BEST EVERY DAY."

OVER 70% OF STUDENTS FEEL A SENSE OF ACCOMPLISHMENT FROM WHAT THEY DO.
undergrad: 66.28%, grad: 79.29%

45.48% AND 67.94%
of undergrad students... of graduate students...
are engaged and interested in their daily activities.
THAT'S A 22% DIFFERENCE.

The Gallup Index also indicated the following statement as a major driver of student wellbeing:

"DEEP ENGAGEMENT IN EXTRACURRICULAR ACTIVITIES"

Wellbeing & Resilience Survey, 2019
SMOKING

In 2018, the CDC reported that 3.6 million middle school and high school students used E-Cigarettes in a 30 day period, and that number is rose 78% from 2017 to 2018 according to the FDA.

10% of UofL students used an E-cig between 6 and 30 days in a 30 day period.
That's a 20 - 100% rate.

ALCOHOL

23% of students reporting that they did not meet academic expectations a few times/semester due to alcohol/drug use.

Wellbeing & Resilience Survey, 2019
40% of students who would contact a friend or family member if they or another student were considering suicide. (undergrad: about 60%, grad: 54.13%)

Suicide is the second leading cause of death in 10 to 34 year olds.

Over half...

of students have known someone else who has experienced suicidal thoughts or behaviors.

More than 50%...

of these occurred while the students were enrolled at UOFL.

Wellbeing & Resilience Survey, 2019
"My sister wanted to take her own life and I had to call the police. She is seeking help but it really impacted my own mental health and was hard to see. She was literally crying and [begging] me to kill her for her."

"It was traumatic"

"My best friend committed suicide my senior year of high school (2017) and recently I have noticed one of my friends using self-deprecating speech and suicidal speech and thoughts that he plays off as a joke, but it is starting to feel like more than just a joke. I feel like he either needs to get help if he needs it, or stop "joking" about suicide because that is something that hits me very hard."

"I was scared"

"Made me more aware of issues surrounding mental health." "Made me care for others more." "Made me feel helpless."

"I worried"

"My brother attempted suicide. It has deeply affected me in every way. In terms of school, I spend less time studying and more time with him, I am less focused, and I had to miss a class."

"I was a witness to the suicide by the Speed Art Museum at the beginning of the Fall semester."

"My brother died by suicide while enrolled at UofL."

"I cared"
CARDS ARE RESILIENT

52.58% of undergraduate students and 64.54% of graduate students responded that it doesn't take them long to recover from stressful events.
Top 6 Resilience-Building Skills

- Listen to Music That Supports Wellbeing: 66.58%
- Sleep 6+ Hours/Night: 56.84%
- Move Daily & Often: 52.11%
- Connect With Supportive People: 45.26%
- Avoid Toxins Like Smoking & Vaping: 43.03%
- Eat Nutrient Dense Foods: 39.74%

2019 UofL Wellbeing & Resilience Survey
Undergraduate Response Rate: 15.57% n=781