

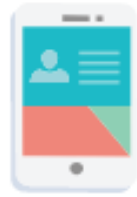


**2019 Wellbeing &
Resilience Survey**

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, 22.6%

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.

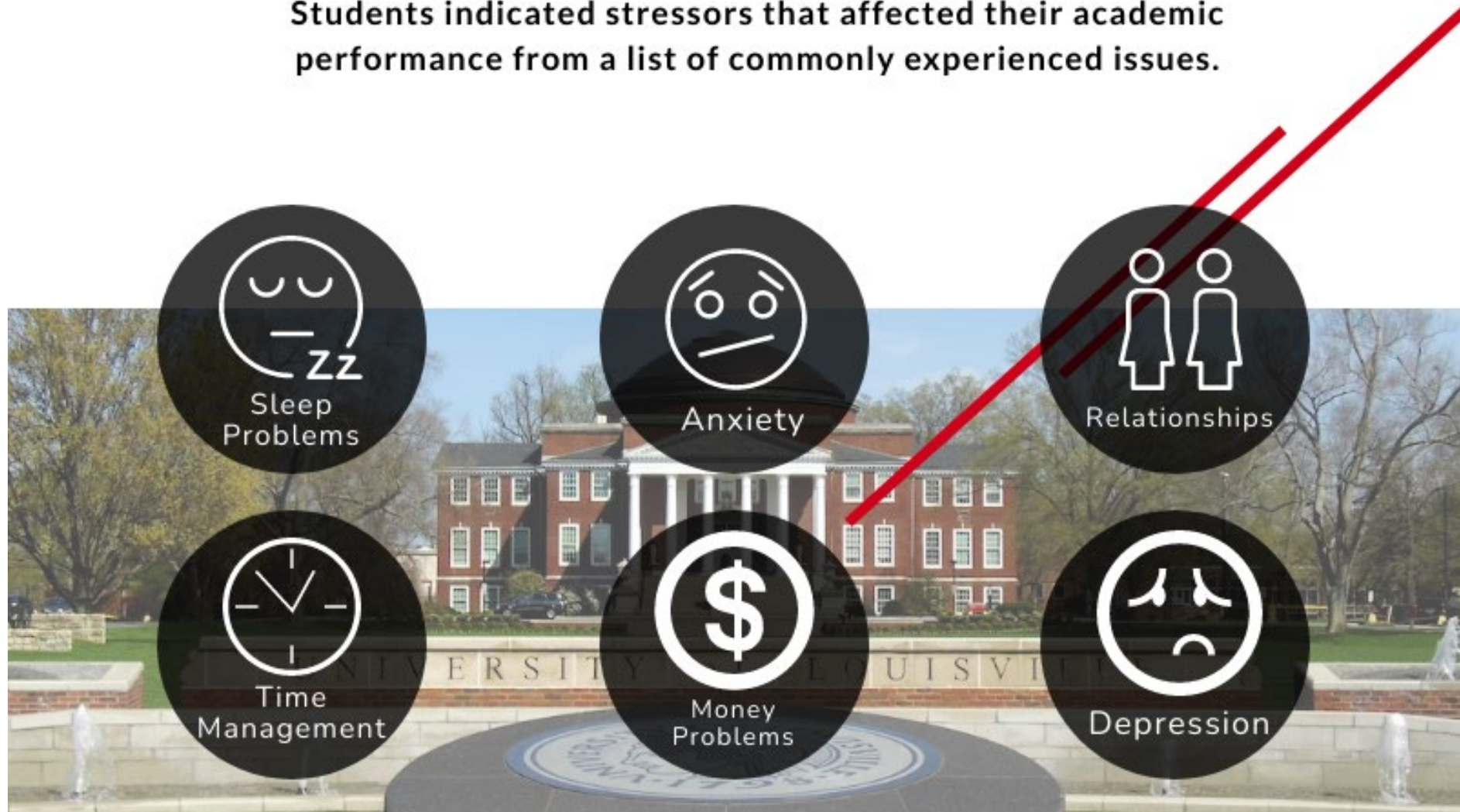
Activate Wellbeing Factors to
GR  W Your Resilience Capacity



TOP 6 STRESSORS

UofL Undergraduate & Graduate Students

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



OTHER STUDENTS AGREE.

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.

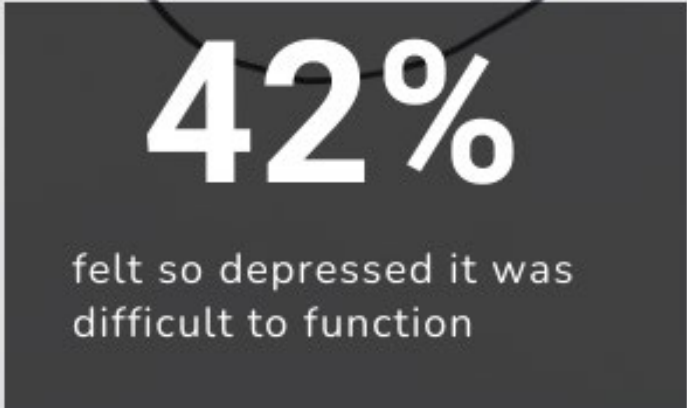
HINT: THAT'S NOT GOOD.

undergrad: 65.68%, grad: 59.95%



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%)

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

66%

undergrads said "satisfied" or "very satisfied"

75%


undergrads said "satisfied" or "very satisfied"

#3 STRESSOR: PERSONAL RELATIONSHIPS

"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."

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%

#4 STRESSOR: TIME MANAGEMENT



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

#5 STRESSOR: FINANCIAL/MONEY PROBLEMS

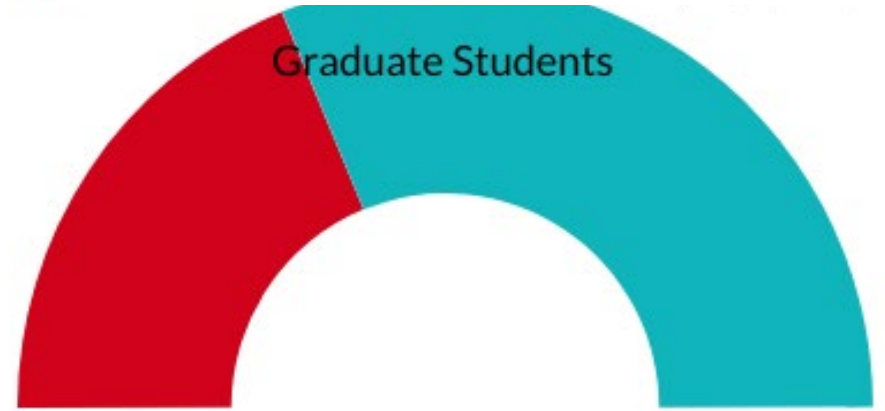


A Gallup Index found that the **#1 negative driver** of college student wellbeing is student loan debt.


Do you have enough money to meet your needs?



■ "not at all" to "moderately" (43.71%) ■ "mostly" to "completely" (56.29%)



■ "not at all" to "moderately" (37.54%) ■ "mostly" or "completely" (62.46%)



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.

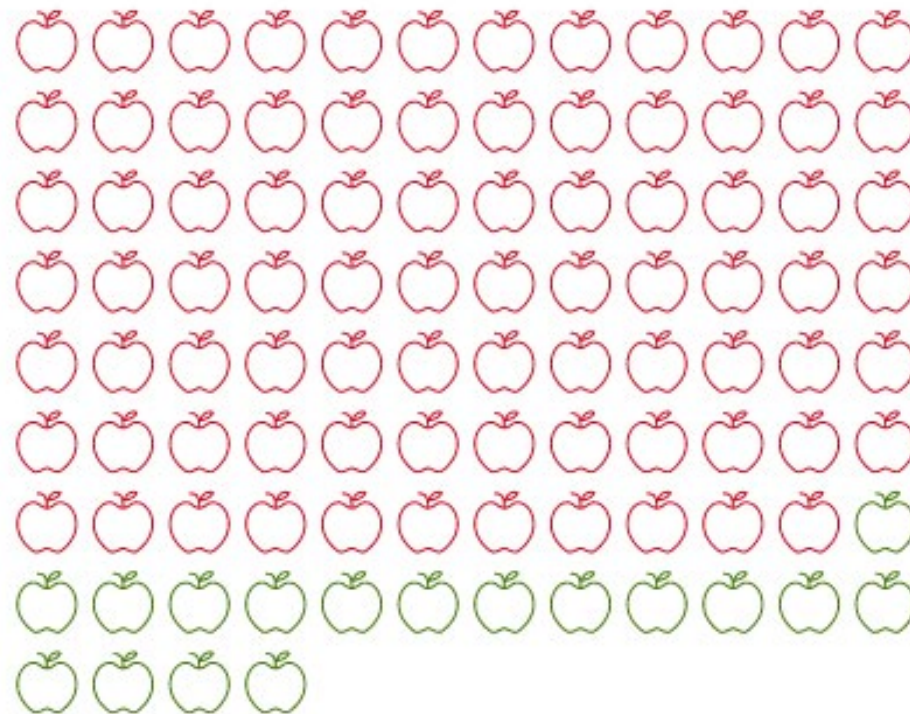


32%

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

NUTRITION

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



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

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?

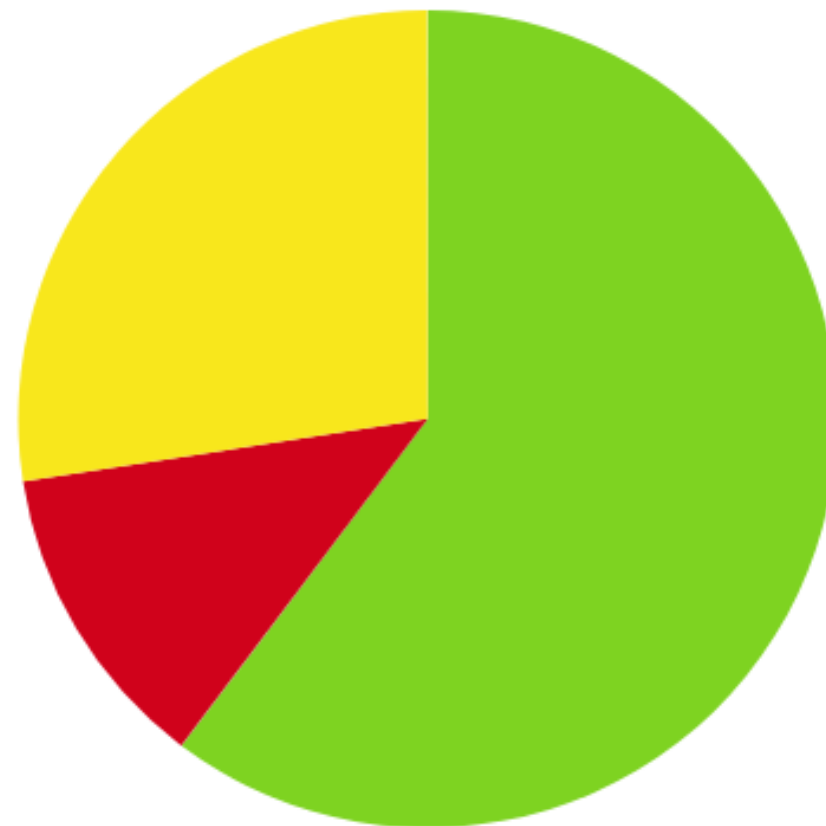


Undergraduate Students



■ No (50.19%) ■ Yes (22.27%) ■ Not sure (27.54%)

Graduate Students



■ No (60.29%) ■ Yes (12.29%) ■ Not sure (27.42%)



BODY IMAGE/ AWARENESS



Are you able to accept
your bodily appearance?

42% AND **40%**
of undergrad students... of graduate students...

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



PURPOSE & ENGAGEMENT



The Gallup Index indicated that the **#1 driver of college student wellbeing** is a student's 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"





83%

of undergrad students...

AND

92%

of graduate students...

Support the enforcement of UofL's smoke-free policy, which includes all forms of tobacco and nicotine-based devices.



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.



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%)



SUICIDAL THOUGHTS OR BEHAVIOR


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.

About 58% said a person's suicidal thoughts or behavior happened while enrolled at UofL... 

HOW DID THIS EXPERIENCE AFFECT YOU?

"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."

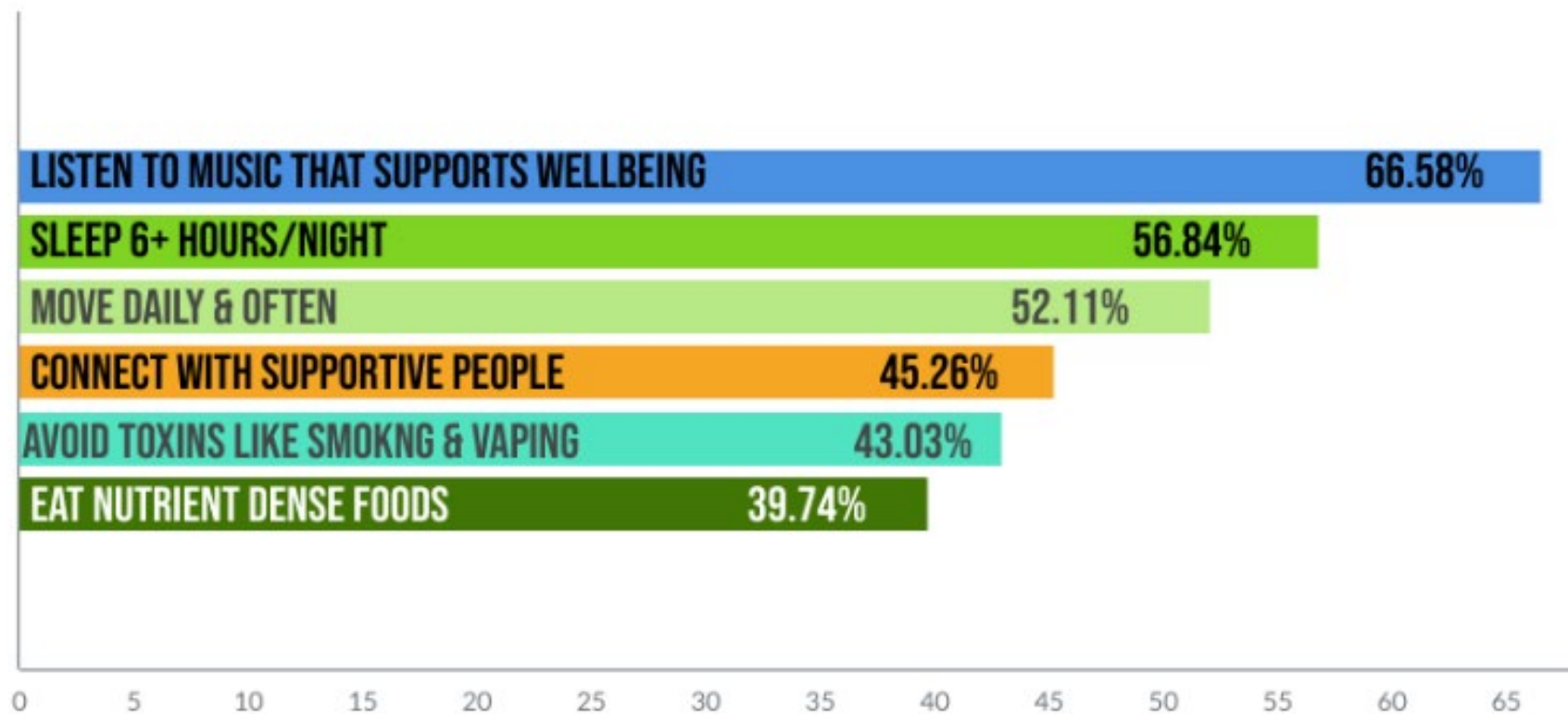
"I cared"

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



2019 U OF L WELLBEING & RESILIENCE SURVEY
Undergraduate Response Rate: 15.57% n= 781

SCHOOL OF NURSING
KENT SCHOOL OF SOCIAL WORK
OFFICE OF INSTITUTIONAL EFFECTIVENESS
SCHOOL OF PUBLIC HEALTH & INFORMATION SCIENCES
HEALTH PROMOTION, A DIVISION OF CAMPUS HEALTH SERVICES