

COVID-19 & THE TRANSITION TO COLLEGE STUDY

COHORT 2 - FALL 2022

STUDY SUMMARY

In summer 2021, we began a project exploring student experiences of COVID-19 and transition to college. We have been looking at how the pandemic affected this formative time in students' lives. Our work began with Marquette University incoming students in fall 2021 and has expanded to a 2nd cohort and multiple institutions in 2022. More details on the study can be found on the [study website](#).

INSTITUTIONS



73 Survey
20 Interview



94 Survey
41 Interview



41 Survey
11 Interview

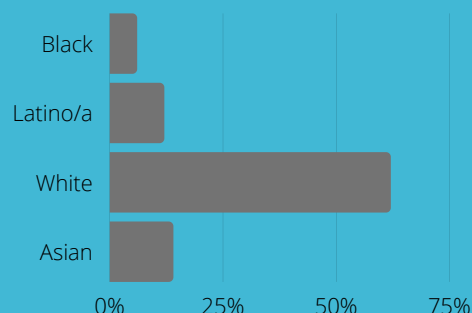
SURVEYS

SAMPLE

Total N: 212 (includes small # from other institutions)

- 75% identified as female
- 25% had free/reduced lunch in high school
- 73% had parents with 4-year or graduate degree

RACE/ETHNICITY

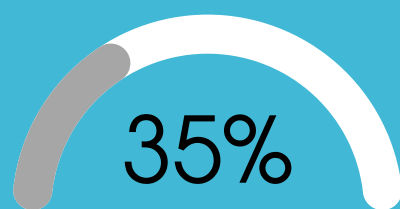


FLOURISHING

43.8

AVERAGE OUT OF 56 ON FLOURISHING MEASURE, INDICATING VERY HIGH PSYCHOLOGICAL WELL-BEING AND LIFE SATISFACTION

MENTAL HEALTH



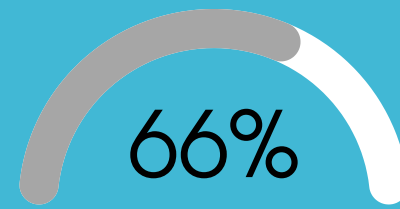
AT RISK FOR DEPRESSION AND ANXIETY DISORDERS

NOTE: 41% OF STUDENTS OF COLOR WERE AT RISK

GETTING HELP

Not being able to get mental health care when they need it	40 %
Difficulty getting academic help or support when they need it	35 %

CAREER CONCERNS



REPORTED THAT THEY WERE STRONGLY CONCERNED ABOUT THEIR CAREERS

DISTRESS



ONLY 1 IN 4 REPORTED ABOVE A 5 ON A SCALE OF 1 TO 10 ON HOW MUCH DISTRESS THEY EXPERIENCE DUE TO THE PANDEMIC

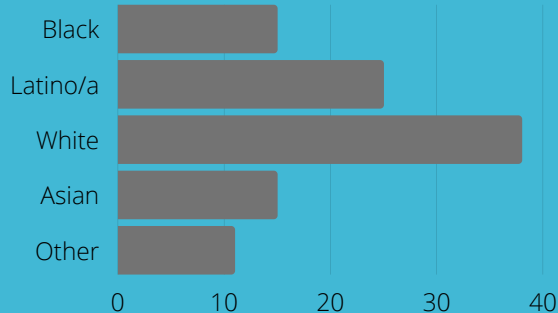
INTERVIEW SUBGROUP

SAMPLE

Total Participants: 71

- 32 % had free/reduced lunch in high school
- 55 % reported their parents did not have a 4-year or graduate degree
- 66 % identified as female, 27 % as male, and 7 % as other

RACE/ETHNICITY



Main Themes

- 1) Divergent experiences with academics: some experienced lasting motivational challenges and gaps, others developed independence, productive study habits
- 2) Limited impact on thinking about future or college; senior year felt normal for many
- 3) Mental health challenges were prevalent, some learned coping strategies
- 4) Physical health was highly variable - some much more sedentary and some engaged in more outdoors time and activity
- 5) Overall more focus on things that mattered to them and sense of gratitude

Example Quotes

"I'll probably remember how difficult it was at first, but how it made me a better person because it gave... downtime and actually enjoy my downtime and enjoy time with myself."

"Senior year...Yeah, I was super stressed out from college applications, college decisions, all the stuff happening...But it was just so much easier to be eating lunch with your friends and going, oh my god, everything's so terrible."

COVID-19 and the Transition to College Study Website:

<https://www.marquette.edu/education/centers-and-clinics-research/emerging-from-covid-research.php>