



The State of Spartan Health 2026

Emotional Wellness

While academics can be a significant source of stress for college students, they are not the only challenges students face. Many students experience personal, social, and financial problems that impacts their emotional health and well-being beyond the classroom.

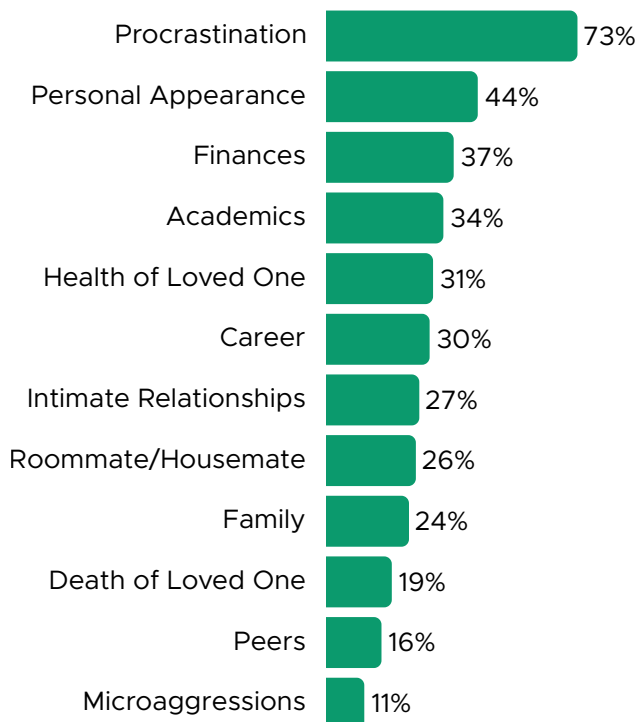
Key Findings

73% of students experienced problems with **procrastination** in the past year. Of those students, 57% reported that it caused moderate to high distress.

44% of students experienced problems with **personal appearance** in the past year. 49% of female-identifying and 38% of male-identifying students report experiencing this issue.

37% of students experienced problems with **finances** in the past year. Of those students, 71% reported that it caused moderate to high distress.

% of Respondents who Experienced Various Problems in the Past Year



Other Considerations

- 74% of students indicate that in the future, if they were having a personal problem that was really bothering them, they would consider seeking help from a mental health professional.
- 56% of students report often (14%) or some of the time (42%) feeling isolated from others.
- 78% of students agree or strongly agree that they feel they belong at MSU.

Learn More

Scan the QR code to find more data at our State of Spartan Health webpage.

