



The State of Spartan Health 2026

Impediments to Academic Success

Many issues — not just academics — can influence a student's success in college. Some (e.g., extracurricular activities, internet use) are within their power to prevent or control, and others (e.g., financial difficulties, death of a loved one) are not. Students can learn to cope with these challenges effectively, and the university is committed to supporting them along the way.

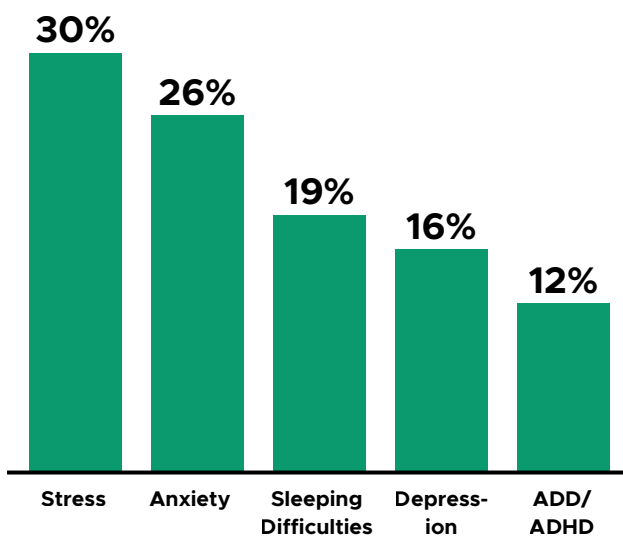
Key Findings

72% of students experienced **stress** in the past year. 30% reported that it negatively impacted their performance.

59% of students experienced **anxiety** in the past year. 26% reported that it negatively impacted their performance.

45% of students experienced **sleep difficulties** in the past year. 19% reported that it negatively impacted their performance.

Top Five Impediments to Academic Success



Other Considerations

- Of 25% of students who experienced the death of a loved one in the past year, 41% reported that it negatively impacted their academic performance.
- Of the 73% of students who drank alcohol in the past year, 97% reported that alcohol did not impact their academic performance.

Learn More

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

