

# Portrait of a Resilient College Student

## WANTS

*"I want to attend college on campus where I fit in and feel welcome, but close enough to home to be supported when I need it."*

## NEEDS

*"I need an ally to navigate my newfound independence and growing pressures."*

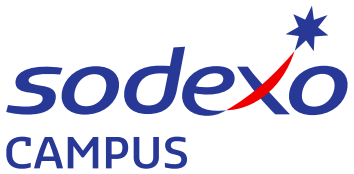


GOALS

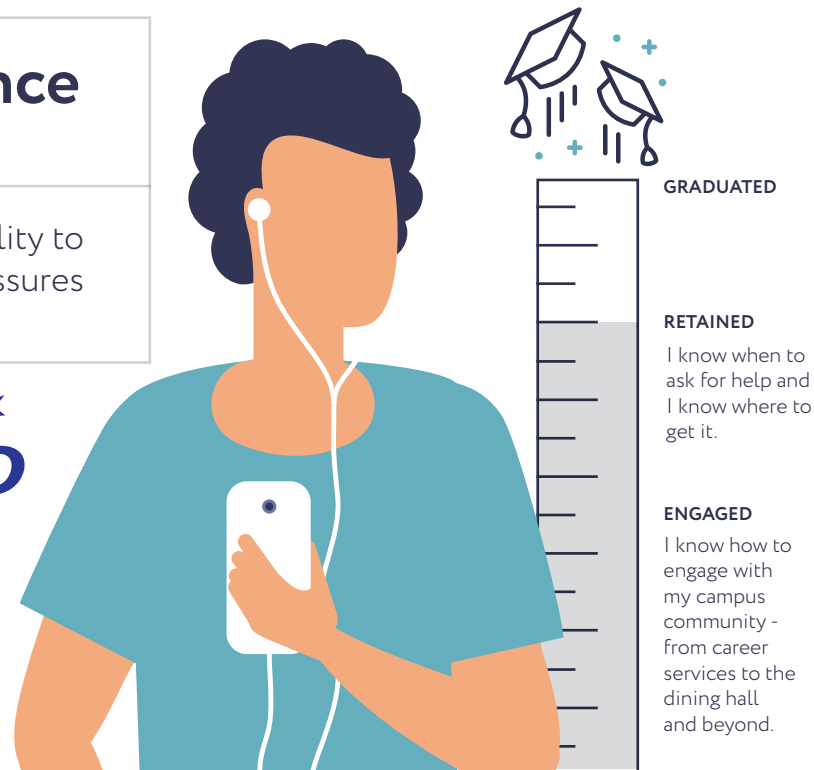
- ✓ Have autonomy in my health
- ✓ Feel secure in my finances
- ✓ Build my character
- ✓ Pave the path to my future
- ✓ Experience all my campus has to offer

**re•sil•ience**  
noun

<sup>1</sup>A student's ability to manage the pressures of college life.



Visit us online to view the full '22-'23 Student Lifestyle Report.



GRADUATED

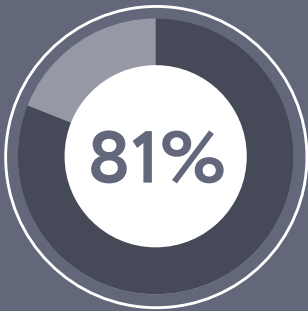
RETAINED

I know when to ask for help and I know where to get it.

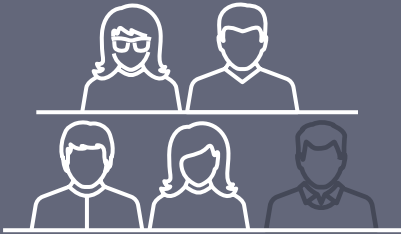
ENGAGED

I know how to engage with my campus community - from career services to the dining hall and beyond.

## FINANCIAL SECURITY



of college students believe finding an institution that's **affordable is the most important factor.**



**4/5 students are** concerned about money.

There is an opportunity to increase perceived value and ally support through partnership and wrap-around services.

Schools have an opportunity to be an ally with resources to manage students' mental health and feelings of anxiety.

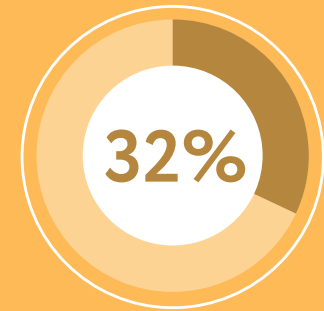


defined major stressors as **time management, managing increased pressures, and making new friends.**

In 2017, students cited financial stress as the #1 reason they considered dropping out. In 2022, the **#1 reason was mental health.**

## MENTAL HEALTH

## SOCIAL SUCCESS



of students feel their university will support issues with their social lives. **The lowest out of all factors.**



Students on meal plans feel more satisfied with their social lives. In fact they are **nearly 2x more engaged with the campus community.**

Campus dining is the **#1 way to bring students together.**

Dining can be improved by **prioritizing convenience and access to healthy food.**



Prioritization of **eating healthy has decreased 11 percentage points from 2020 - 2022.**

Students perceive healthy eating in a variety of ways.

**26%** Define as Low Calorie

**25%** Define as Organic/Local

**22%** Define as Plant-Based/Plant-Forward

## PHYSICAL HEALTH

