# College Students' HOLISTIC WELL-BEING

**As they enter college, students are juggling a variety of challenges in their lives, ranging from physical and mental health to financial and social factors. These aspects all contribute to students' holistic well-being.**

## While most students are physically active...

**54%** rated their physical health as at least above average compared to their peers

**73%** spent at least 3 hours per week exercising

## ...many are experiencing mental health challenges...

**15%** have a psychological disorder

**52%** felt depressed in the past year

**82%** felt anxious in the past year

## ...and some have engaged in substance use.

**8%** vaped/used e-cigarettes

**19%** consumed beer

**27%** consumed wine/liquor

## As students face financial concerns...

**56%** have at least some concerns about their ability to finance their education

## ...they are also making choices due to current inflation rates.

**29%** have decided to attend college closer to home

**38%** will have to take out more loans than expected

**46%** will have to work more hours per week than anticipated

## Despite these challenges, students have a very good chance of engaging with diverse communities.

**26%** plan to work on a professor's research project

**40%** plan to participate in volunteer or community service work

**60%** plan to participate in student groups/clubs

**62%** plan to vote in a local, state, or national election

HERI

Information about students entering college helps enrollment planning, retention efforts, and provides a baseline for understanding college effectiveness. Register for the CIRP Freshman Survey at https://heri.ucla.edu/cirp-freshman-survey/.

Survey Source: 2024 CIRP Freshman Survey
By John Yang & Ellen Bara Stolzenberg, Ph.D.
www.heri.ucla.edu/infographic/

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