



The State of Spartan Health 2022

Impediments to Academic Performance

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.

Of MSU Students:

67%

Experienced stress last year, and 30% reported that stress seriously impacted their academic performance.

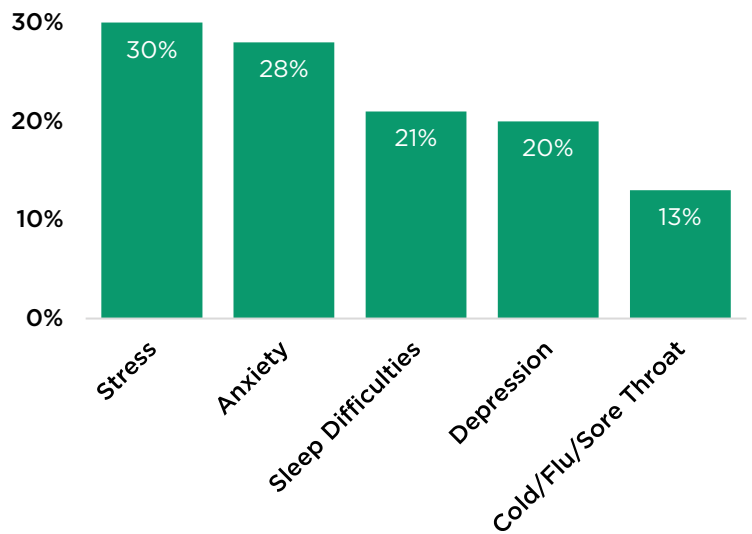
49%

Experienced sleep difficulties last year, and 21% reported that it seriously impacted their academic performance.

33%

Said personal appearance was an issue that was very difficult or traumatic. Among female-identifying students, 41% report dealing with this issue.

Top Five Impediments to Academic Performance



What We’re Watching

- The percent of students for whom **personal appearance** was very difficult or traumatic has doubled since 2010 — and much of the increase has occurred since 2020.
- **Anxiety** has steadily increased for more than 10 years, peaking in 2021 at 71 percent of students reporting having experienced overwhelming anxiety. In 2022, the number declined slightly to 69 percent.
- The **number of drinks** students report consuming when they last partied has decreased by nearly half over the past 20 years. Drinking significantly declined during the pandemic. Students reported having more drinks in 2022, but still fewer than pre-pandemic levels.

Learn More

There is more where this came from! Scan the QR code below or visit healthpromotion.msu.edu/data for data on topics like nutrition, fitness, emotional wellness and more.

