

The State of Spartan Health 2020

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. Others (e.g., financial difficulties, death of a loved one) are outside their ability to prevent or control, but students can learn to cope with them effectively.

Of MSU Students¹:



Experienced stress last year, and 32% reported that stress seriously impacted their academic performance.



Said their financial issues were traumatic or very difficult to handle in the past year.

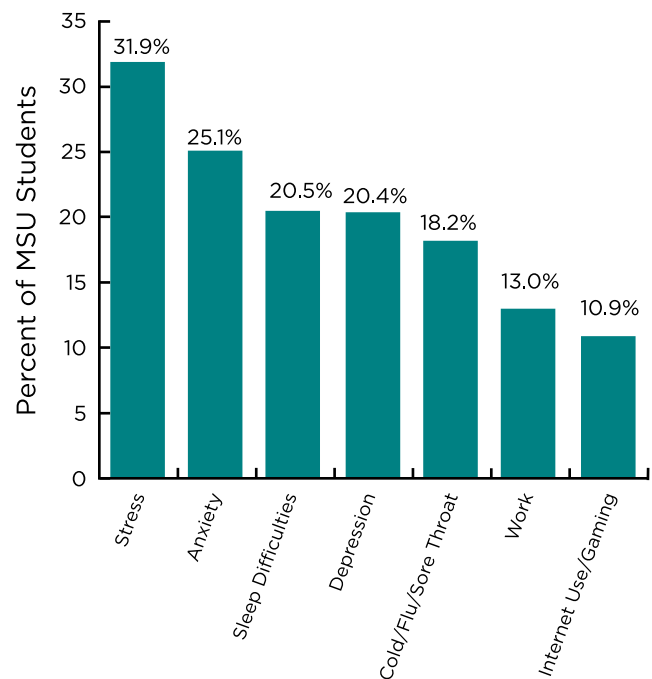


Experienced sleep difficulties last year, and 21% reported that it seriously affected their academic performance.



Said anxiety seriously affected their academic performance in the past year.

Top Seven Impediments to Academic Performance (2020)¹



Campus Resources

Counseling & Psychiatric Services (caps.msu.edu): Individual or group counseling, psychiatry, etc.

SPARTANfit (healthpromotion.msu.edu/fitness): Support for your fitness and wellness goals.

Office of Financial Aid (finaid.msu.edu): Help with student loans, budgeting, etc.

Neighborhood Student Success Collaborative (nssc.msu.edu): Academic advising and learning resources to help students achieve academic goals.

Tips for Students

Ask your RA, academic advisor, or engagement center director about available resources; they are there to help!

Attend your classes and participate every day. Talk to your professors or go to office hours if you need help.

Use coping mechanisms that worked for you in the past to counter stress - listen to music, exercise, talk to family or friends, pray, etc.