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:

- **67%** Experienced stress last year, and 32% reported that stress seriously impacted their academic performance.
- **31%** Said their financial issues were traumatic or very difficult to handle in the past year.
- **49%** Experienced sleep difficulties last year, and 21% reported that it seriously affected their academic performance.
- **25%** Said anxiety seriously affected their academic performance in the past year.

![Top Seven Impediments to Academic Performance (2020)¹](image)

### Campus Resources

- **Counseling & Psychiatric Services** ([caps.msu.edu](http://caps.msu.edu)): Individual or group counseling, psychiatry, etc.
- **SPARTANfit** ([healthpromotion.msu.edu/fitness](http://healthpromotion.msu.edu/fitness)): Support for your fitness and wellness goals.
- **Office of Financial Aid** ([finaid.msu.edu](http://finaid.msu.edu)): Help with student loans, budgeting, etc.
- **Neighborhood Student Success Collaborative** ([nssc.msu.edu](http://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.