



COLLEGE INSIGHTS REPORT THE STATE OF STUDENT MENTAL HEALTH

DECEMBER 2021

As students finish their first in-person term back on campus since the pandemic closed many colleges and universities in 2020 and 2021, Barnes & Noble College Insights™ wanted to get a better understanding of the state of their mental health and learn how the return to in-person classes may have made an impact.

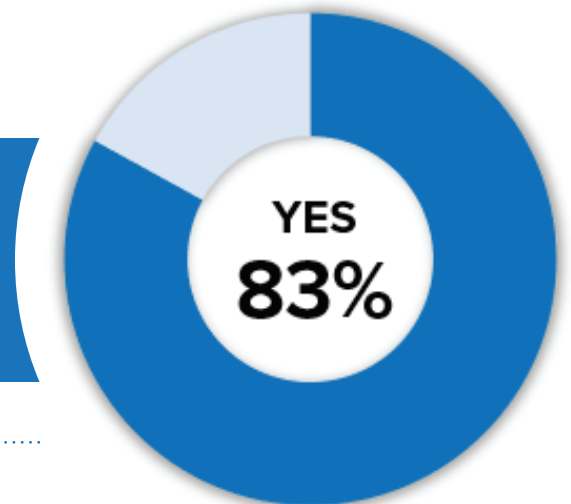
The Student Mental Health Pulse Survey included 1,116 college students aged 18-24 years old, across the U.S. in the first two weeks of November 2021.

Here's an overview of the results.

MENTAL HEALTH RESOURCES

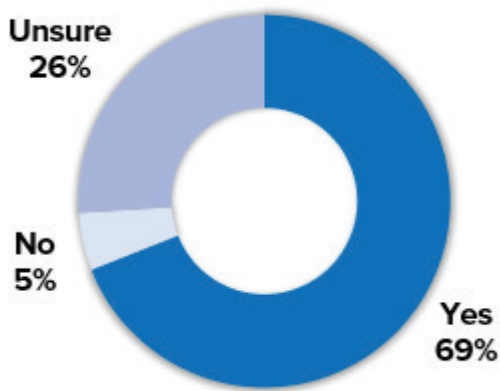
8 in 10 students (83%) reported experiencing feelings of significant stress or anxiety since the fall 2021 semester started

Have you experienced any feelings of significant stress or anxiety since the semester started?



- Nearly 70 percent of students indicated that their campuses provided mental health resources
- Over half of those students (54%) said they felt those resources would be helpful to them
- However, 80 percent of students who acknowledged their campus provided support said they rarely or never take advantage of the resources available to them





Does your college/university provide resources for mental health/student well-being?

AMONG STUDENTS AT SCHOOLS WHERE RESOURCES ARE AVAILABLE

Believe that the resources around mental health/well-being offered by their school would be helpful for them

54%

Rarely or never take advantage of these resources

80%

TAKING A BREAK

29 percent of students said they thought about taking a year off college this year

DISCUSSING MENTAL HEALTH

42 percent of students said they were comfortable discussing their mental health with friends and family, while almost half of students (45%) said they were not



MENTAL HEALTH STRESSORS

When students were asked to rank what caused the most stress for them academically, the survey found:

- Over half of students (57%) ranked getting good grades as the number one stressor
- Only a quarter of students (25%) said accumulating debt/paying for tuition caused the most stress
- Just over one-in-ten students (12%) ranked finding a job post grad as the factor stressing them out the most
- Just 3 percent of students said lack of academic resources caused the most stress and another 3 percent listed lack of mental health resources as the biggest stressor

ACADEMIC STRESSORS	RANKED #1
Getting good grades	57%
Accumulating debt/paying for tuition or other school-related expenses (room & board)	25%
Finding a job post-grad	12%
Lack of academic resources	3%
Lack of mental health resources	3%

When asked about non-academic stressors, the survey found:

- 38 percent of students listed the COVID pandemic and if it will end as the number one stressor
- 20 percent of students said the health of the environment/future of the planet was causing the most stress
- Another 20 percent of students said it was the political division within the country
- Just over one-in-ten students (12%) said racial injustice and equality was the number one stressor
- Just 9 percent of students claimed gun violence as their number one non-academic stressor

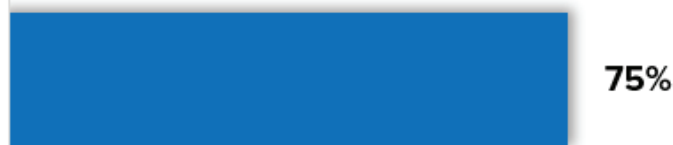
NON-ACADEMIC STRESSORS	RANKED #1
COVID pandemic and if it will ever end	38%
The health of the environment and future of the planet	20%
Political division within the country	20%
Racial injustice and equality	12%
Gun violence/mass shootings	9%

HAPPIER BACK ON CAMPUS

- 75 percent of students who are attending in-person or hybrid classes feel happy now that they are back on campus and participating in in-person learning and on-campus activities
- 73 percent of students said that being on campus in-person helped them feel a sense of community

Students Attending In-Person or Hybrid Classes Somewhat/Strongly Agree...

"I feel happy now that I am back on campus and participating in in-person learning and/or on-campus activities."



"Being on campus in-person helps me feel a sense of community."



SURVEY METHODOLOGY

Barnes & Noble College Insights™ conducted an online quantitative survey of 1,116 college students aged 18-24 years, across the U.S. in November 2021 to better understand the state of student mental health.





Our forward-thinking solutions are designed to help colleges and universities navigate the fast-paced changes occurring in higher education, solve pressing challenges on campus and drive much-needed revenue. Let Barnes & Noble College help your institution achieve success today! For more information visit www.bncollege.com.

