



# The State of Spartan Health 2016

## Impediments to Academic Performance

### Why it Matters

- A student's success in college may be directly influenced by a variety of issues in their lives, not just academics.
- Some of the problems (e.g., participation in extracurricular activities, internet use) are within their power to prevent or control. Others (e.g., financial difficulties, death of a family member or friend, assault) may not be within their ability to prevent but may be managed or coped with more or less well.
- The transition to college can be stressful at times, but there are ways to make feeling overwhelmed and/or stressed-out more manageable.

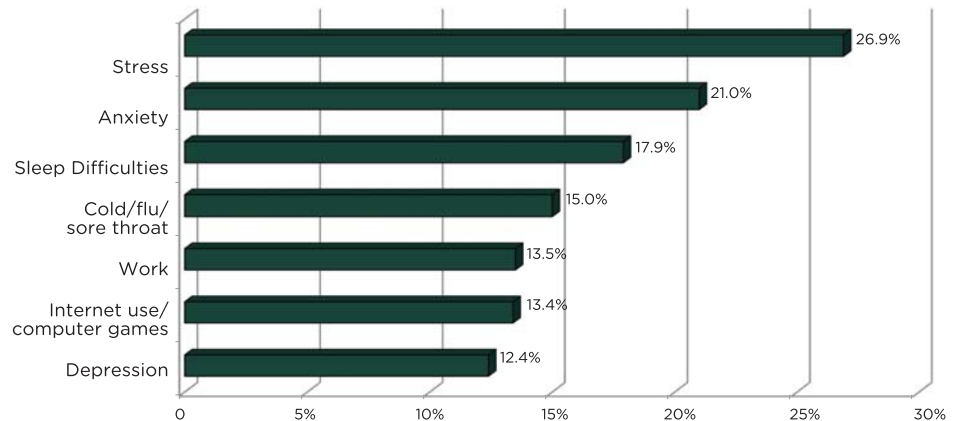


## What MSU students say and do

**67%** Of MSU students experienced stress last year, and 28% reported that stress seriously impacted their academic performance.

**28%** Of MSU students identified financial issues as being traumatic or very difficult to handle in the past year.

Top 7 Impediments to Academic Performance in 2016  
(Percent of MSU Students Experiencing)



**46%** Of MSU students experienced sleep difficulties last year, and 19% reported that it seriously impacted their academic performance.

**46%** Of MSU students reported that their academics were traumatic/very difficult to handle in the past year.

## What you can do

- Be aware of the prevalence of these problems and their potential impacts on your life.
- Seek help and be aware of the many resources available at MSU.
- Understand that the transition to college can be difficult; being aware of the issues and connecting with resources is key to improving success.
- Not sure where to turn? Talk to someone (i.e., your RA, advisor, or Engagement Center Director); they are there to help!
- Attend your classes and participate every day.
- Talk to your professors and go to their office hours if you need help.
- Use coping mechanisms that worked for you in the past to counter stress (i.e., listening to music, exercise, talking to family or friends, prayer, etc.)

## Resources on Campus

**MSU Counseling Center:** Short-term individual counseling, group counseling, substance abuse assessment/services, prevention education. [counseling.msu.edu](http://counseling.msu.edu)

**Recreational Sports and Fitness Services:** Keep active! Moving your body has many benefits including stress relief. Find out more at [recsports.msu.edu](http://recsports.msu.edu)

**Office of Financial Aid:** Help with student loans, budgeting, etc. [finaid.msu.edu](http://finaid.msu.edu)

**Learning Resources Center:** Learning support for MSU students. [lrc.msu.edu](http://lrc.msu.edu)

**Neighborhood Student Success Collaborative:** Provides academic advising for students seeking help in achieving their academic goals. [nssc.msu.edu](http://nssc.msu.edu)