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 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.).

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)

- Stress: 26.9%
- Anxiety: 21.0%
- Sleep Difficulties: 17.9%
- Cold/flu/sore throat: 15.0%
- Work: 15.0%
- Internet use/computer games: 14.4%
- Depression: 12.4%

- 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.

Resources on Campus

- MSU Counseling Center: Short-term individual counseling, group counseling, substance abuse assessment/services, prevention education. 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
- Office of Financial Aid: Help with student loans, budgeting, etc. finaid.msu.edu
- Learning Resources Center: Learning support for MSU students. lrc.msu.edu
- Neighborhood Student Success Collaborative: Provides academic advising for students seeking help in achieving their academic goals. nssc.msu.edu

The data in this document were obtained from the 2016 National College Health Assessment (NCHA) through Student Health Services at MSU Health Center’s membership in the American College Health Association (ACHA).