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

- 69% Of MSU students experienced stress last year, and 25% reported that stress seriously impacted their academic performance.
- 31% Of MSU students identified financial issues as being traumatic or very difficult to handle in the past year.

Top 7 Impediments to Academic Performance
(Percent of MSU Students Experiencing - 2012)

- Stress: 26.5%
- Anxiety: 17.4%
- Sleep Difficulties: 17%
- Cold/flu/sore throat: 15.7%
- Internet use/computer games: 14.9%
- Work: 13%
- Depression: 10.6%

- 52% Of MSU students experienced sleep difficulties last year, and 17% reported that it seriously impacted their academic performance.
- 43% 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](http://counseling.msu.edu)
- **Recreational Sports and Fitness Services**: Keep active. Moving your body has many benefits including stress relief! [recreational.msu.edu](http://recreational.msu.edu)
- **Office of Financial Aid**: Help with student loans, budgeting, etc. [financialaid.msu.edu](http://financialaid.msu.edu)
- **Learning Resources Center**: Learning support for MSU students. [lrc.msu.edu](http://lrc.msu.edu)
- **Undergraduate University Division**: Advising to students for various concerns and help. [msu.edu/dept/uid](http://msu.edu/dept/uid)