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) 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

- 68% Of MSU students experienced stress last year, and 29% reported that stress seriously impacted their academic performance.
- 29% Of MSU students identified their financial issues as being traumatic or 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 these 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.).

Top 7 Impediments to Academic Performance in 2018 (Percent of MSU Students Experiencing)

- Stress: 29.1%
- Anxiety: 21.5%
- Sleep Difficulties: 16.2%
- Depression: 16.4%
- Cold/flu/sore throat: 15.6%
- Work: 12.5%
- Internet use/computer games: 10.7%

- 47% Of MSU students experienced sleep difficulties last year, and 18% reported that it seriously impacted their academic performance.
- 22% Of MSU students reported that their anxiety seriously impacted their academic performance in the past year.

Resources on Campus

- MSU Counseling & Psychiatric Services: Walk-in individual counseling, group counseling, Psychiatric services, student resources. caps.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 to students for those seeking help in achieving their academic goals. nssc.msu.edu

The data in this document were obtained from the 2018 National College Health Assessment (NCHA) by MSU Student Health & Wellness, a member of the American College Health Association (ACHA).