

A YEAR

OF CHANGE

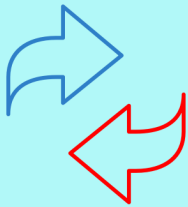


89.5% of first-year students feel their courses inspired them to think in new ways. But with so many new experiences, it can also be difficult for students to adjust. Understanding the first-year mindset and the impact of first-year programs is key to creating positive change.

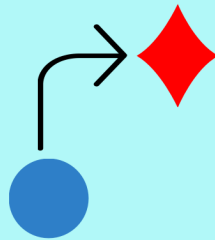
The first year of college is all about exploration...



86.4%
Said their college experience exposed them to diverse opinions, cultures, and values.



33.5%
Changed their major since entering college



34.4%
Changed their career choice.

...but all that change can be tough



49.4%
Had difficulty adjusting to the academic demands of college



25.1%
Frequently felt isolated from campus life



59.7% Struggled with effective time management.



48.0%
Had a hard time developing effective study skills



44.4%
Frequently felt overwhelmed by all they had to do.

Students look to faculty and peers to help them along the way.



29.2%
Communicated regularly with faculty.

36.9%
Received program advice from faculty.

76.2%
Felt empowered by faculty to learn



34.0%
Frequently studied with other students

38.3%
Received tutoring

Knowing that college is an important step for their career...

55.6%
Of students strongly agree that they should be thinking about their post-college career.



57.7%
Of students have a clear idea how to achieve their career goals.



39.0%
Of first-year students are satisfied with the relevance of their coursework to their future career plans.