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...

- 33.5% Changed their major since entering college
- 34.4% Changed their career choice.
- 86.4% Said their college experience exposed them to diverse opinions, cultures, and values.

...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.