



2021 **SNAPSHOT OF NDSU STUDENT WELL-BEING**

President's Council for Campus Well-being (PCCW)

PREPARED BY

PCCW Data Exploration Work Group

WELL-BEING

noun | /' ,wel ' ,bēiNG/

{defined}

Well-being is an optimal and dynamic state that allows people to achieve their full potential.

Well-being: NIRSA: Leaders in Collegiate Recreation, NASPA - Student Affairs Administrators in Higher Education and ACHA - American College Health Association (November 2020). Inter-association definition of well-being. Retrieved from www.nirsa.org/hands-in



By focusing on **THE WHOLE**, well-being becomes a multifaceted goal and a shared responsibility for the entire institution.



THE WHOLE
PERSON



THE WHOLE
**EDUCATIONAL
EXPERIENCE**



THE WHOLE
INSTITUTION



THE WHOLE
COMMUNITY

PURPOSE OF THE REPORT

This report is meant to provide faculty and staff who work closely with students an illustration of some of the well-being factors that impact NDSU students. This knowledge will help us who work with students to bring more empathy and understanding to our interactions with the goal of increasing well-being.

The report uses NDSU's average class size of 30 students to visualize the number of individuals who may be experiencing the well-being related behavior, experience or belief. This is not meant to be an exact statistical representation of every classroom, but may help visualize the prevalence of said behaviors, experiences and beliefs.

METHODS/SOURCES OF DATA

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. NDSU participated in the online administration of the survey in Spring 2021. The survey was sent to a random sample of 8,000 NDSU students and 671 (8.39%) students responded to the survey.

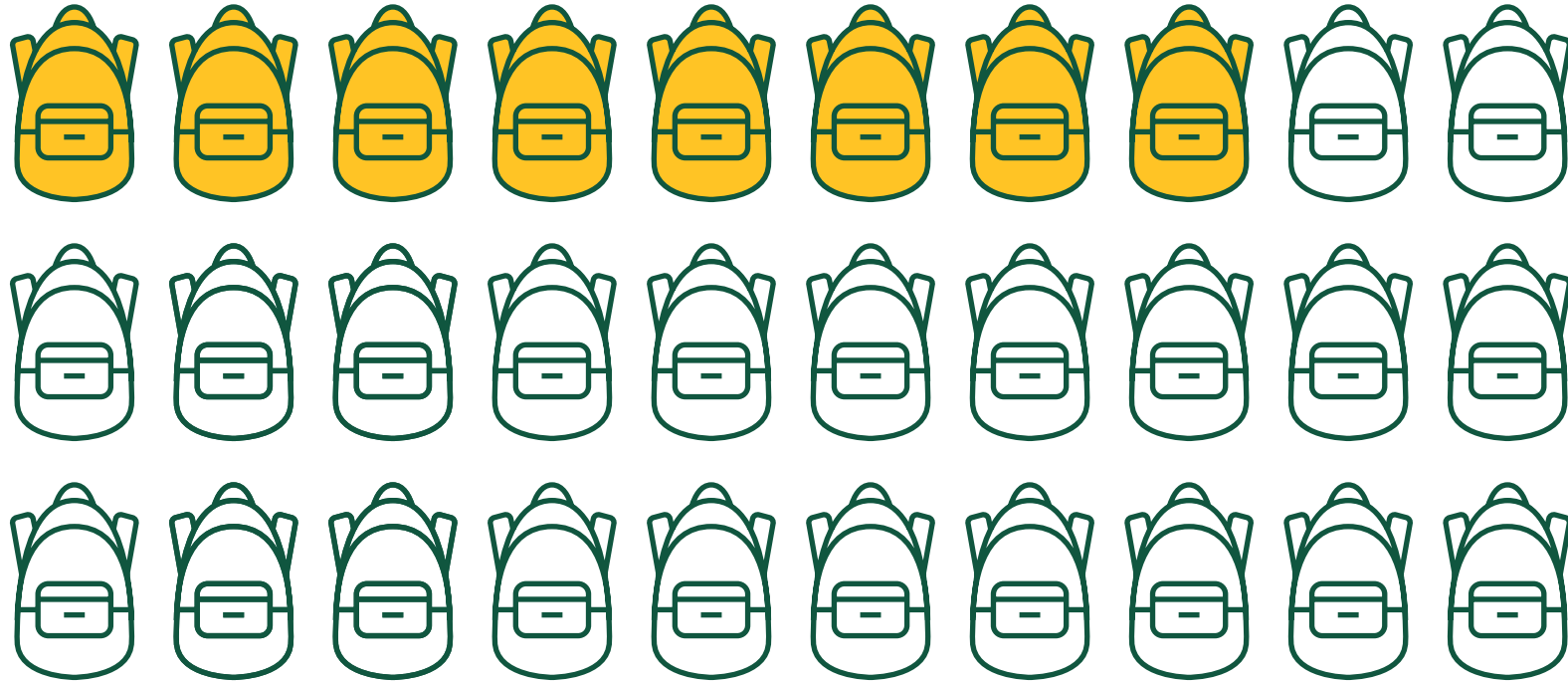
ACTION STEPS FOR FACULTY AND STAFF

- » **REVIEW** *The Decision Making Tree* for guidance in referring students to appropriate campus resources.
- » **ENROLL** in the *Mental Health First Aid* course taught at NDSU.
- » **ATTEND** a *Think...* session, organized by NDSU Health Promotion, to reflect on a variety of well-being related topics.
- » **REQUEST** a *presentation* to learn more about the PCCW and the ACHA-NCHA Survey results.

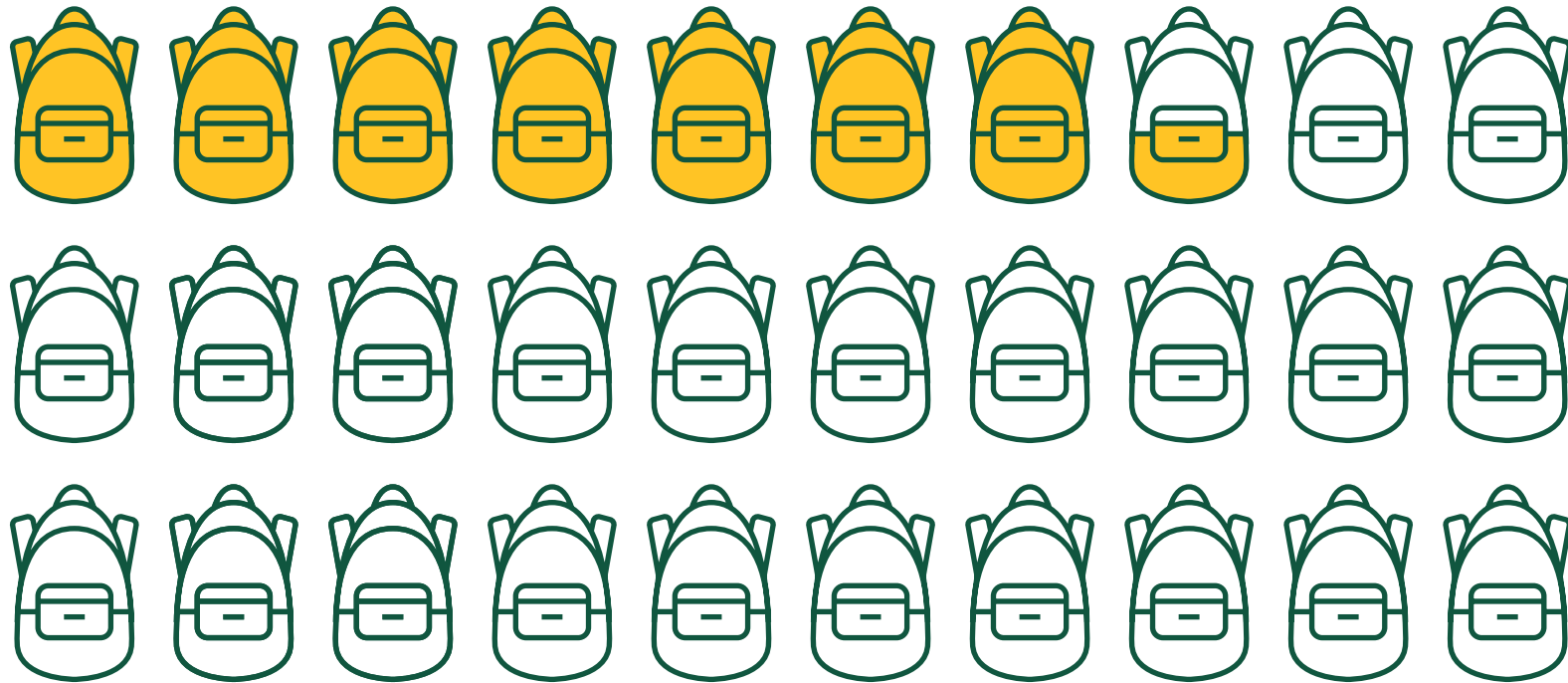




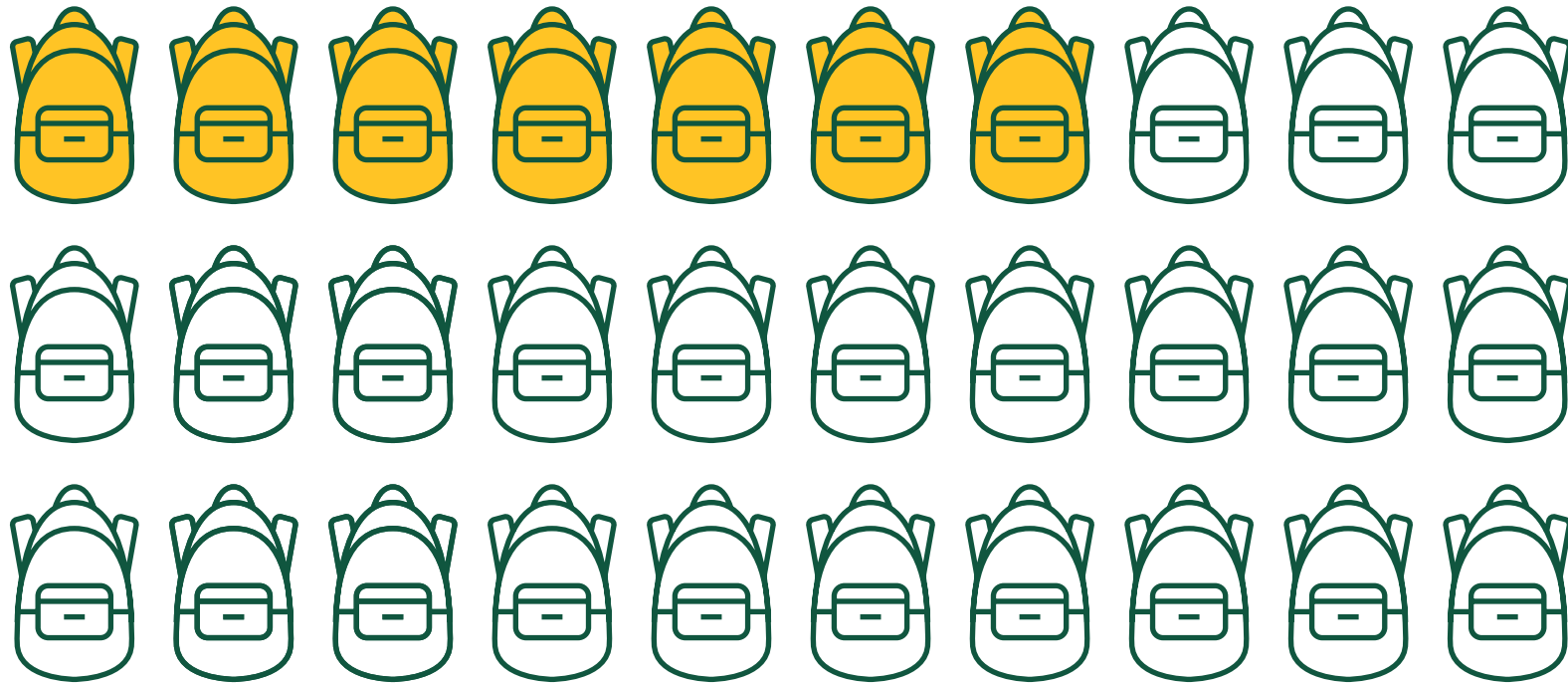
Physical
Health



8 STUDENTS OFTEN CUT THE SIZE OF THEIR MEALS BECAUSE THERE WASN'T ENOUGH MONEY FOR FOOD.



SLEEP DIFFICULTIES HAVE IMPACTED 7.5 STUDENTS' ACADEMIC PERFORMANCE.

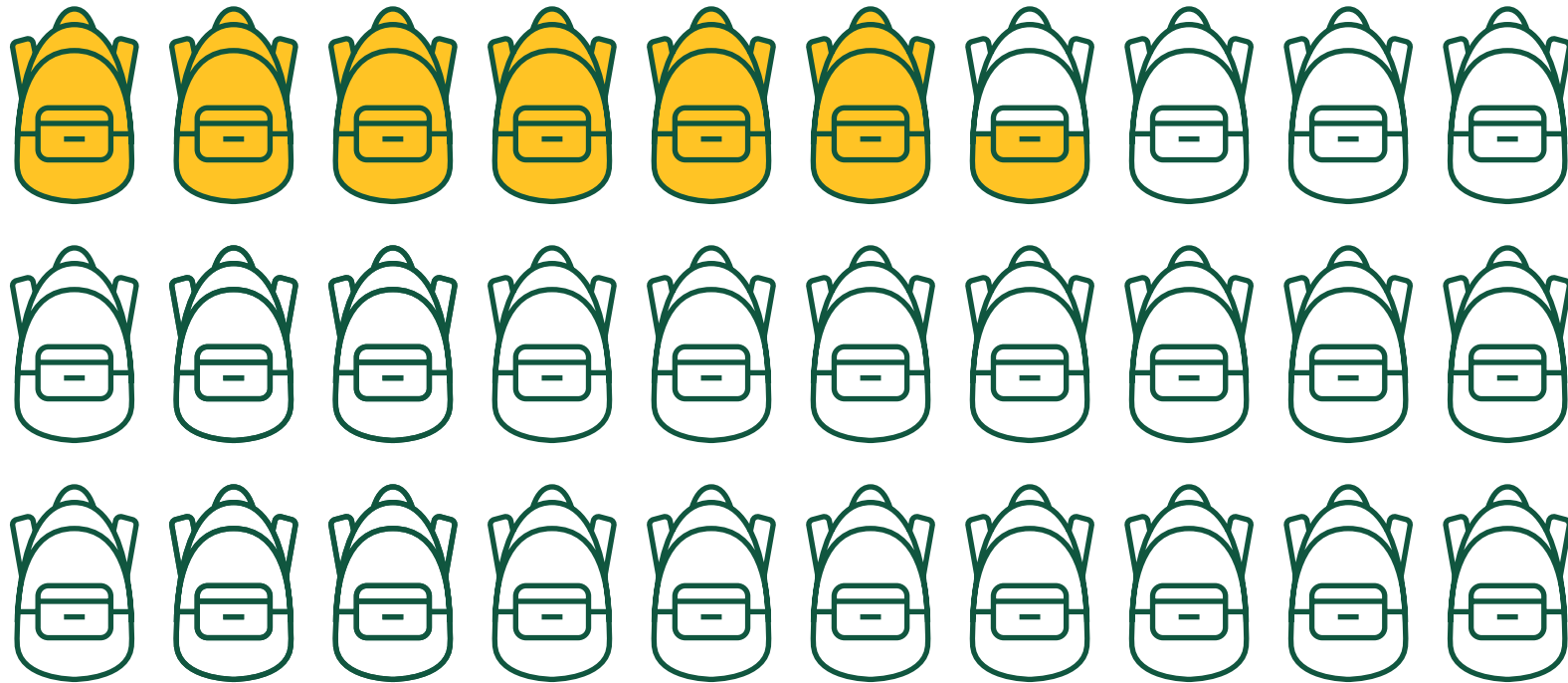


7 STUDENTS USED E-CIGARETTES OR OTHER VAPE PRODUCTS DURING THE PAST 3 MONTHS.

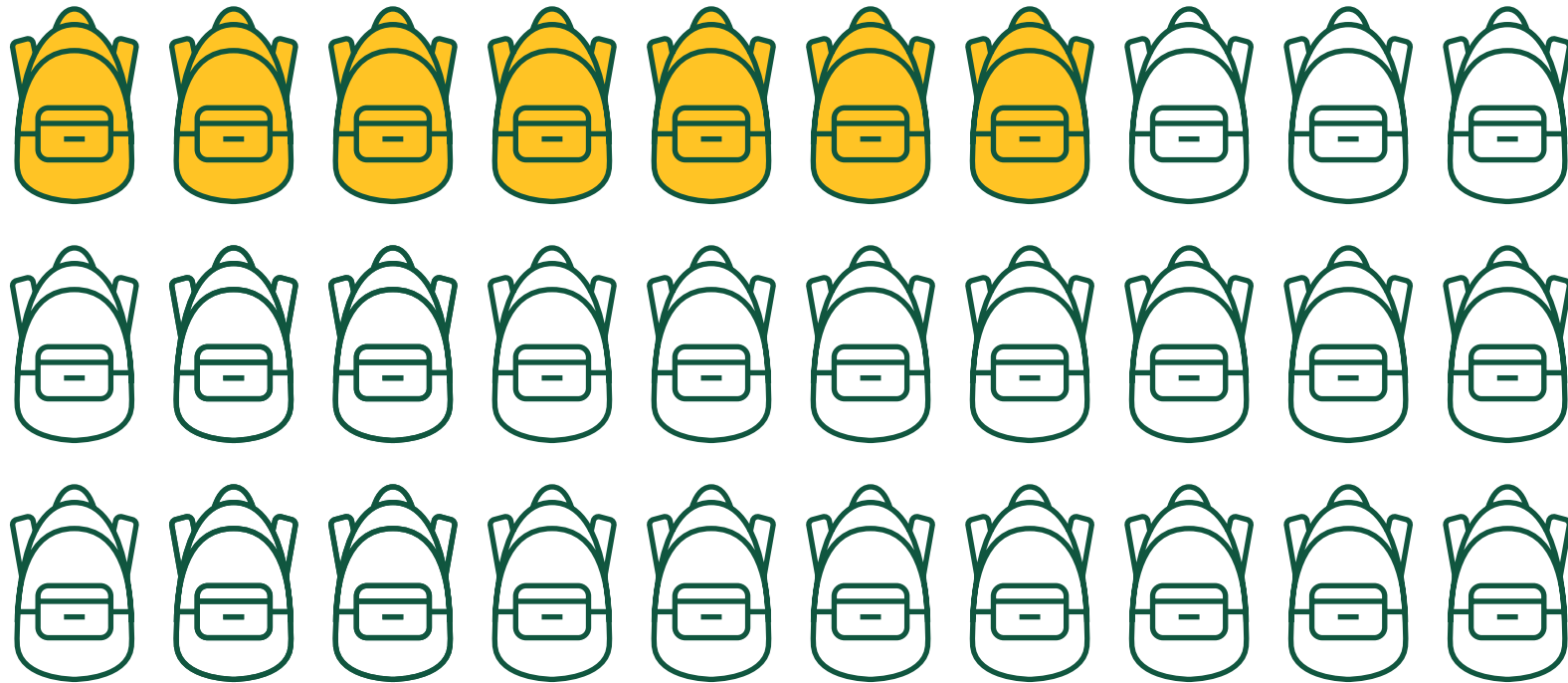
1 student has used chewing or smokeless tobacco in the past 3 months
2 students used cigarettes during the past 3 months



3 STUDENTS HAVE HAD A “BLACKOUT” AFTER DRINKING SOMETIME IN THE PAST 12 MONTHS (FORGOTTEN WHERE THEY WERE OR WHAT THEY DID FOR LARGE PERIODS OF TIME AND CANNOT REMEMBER, EVEN WHEN SOMEONE REMINDS THEM).



6.5 STUDENTS HAVE HAD A “BROWNOUT”
AFTER DRINKING SOMETIME IN THE PAST
12 MONTHS (FORGOTTEN WHERE THEY WERE OR WHAT THEY
DID FOR SHORT PERIODS OF TIME, BUT CAN REMEMBER ONCE SOMEONE
REMINDS THEM).



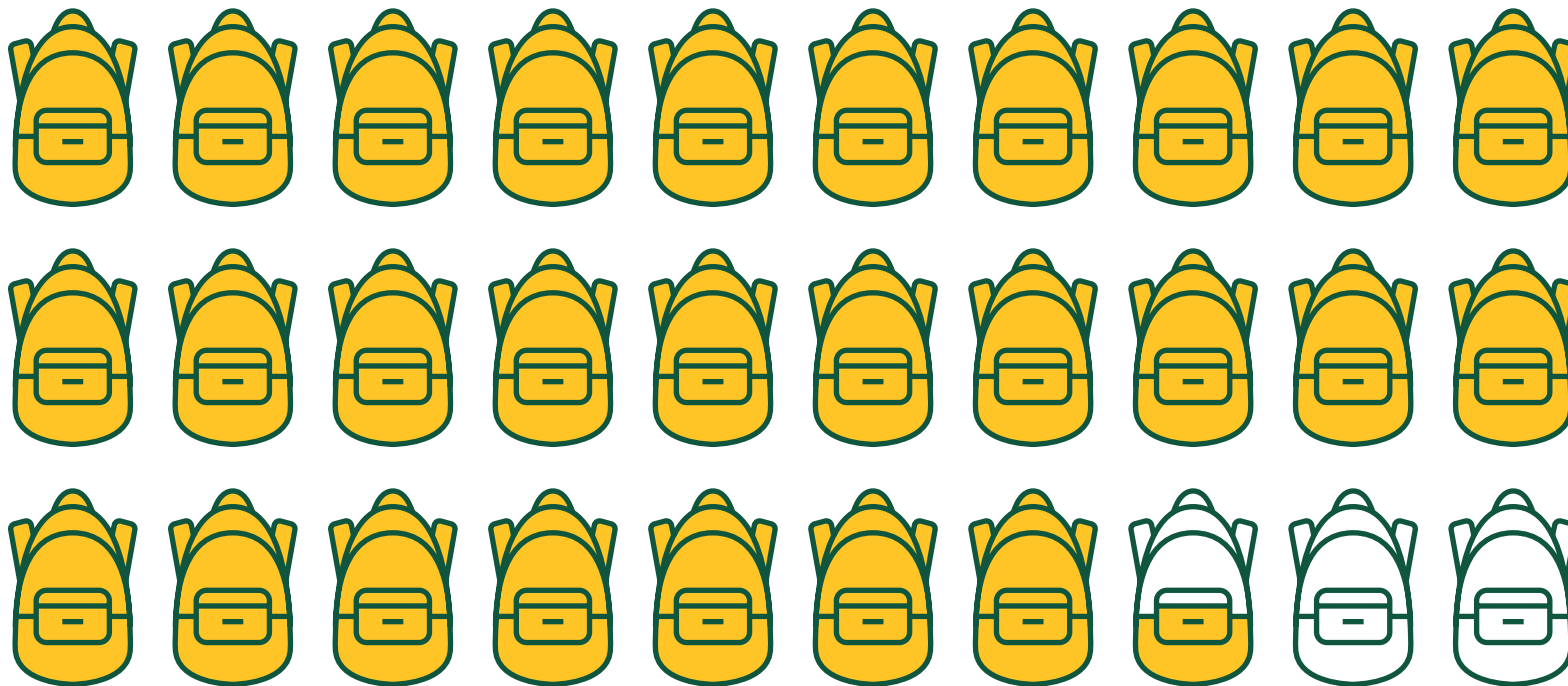
7 STUDENTS USED NON-MEDICINAL CANNABIS (SUCH AS MARIJUANA, WEED, HASH, EDIBLES, VAPED CANNABIS) WITHIN THE PAST 3 MONTHS.



Community Well-Being



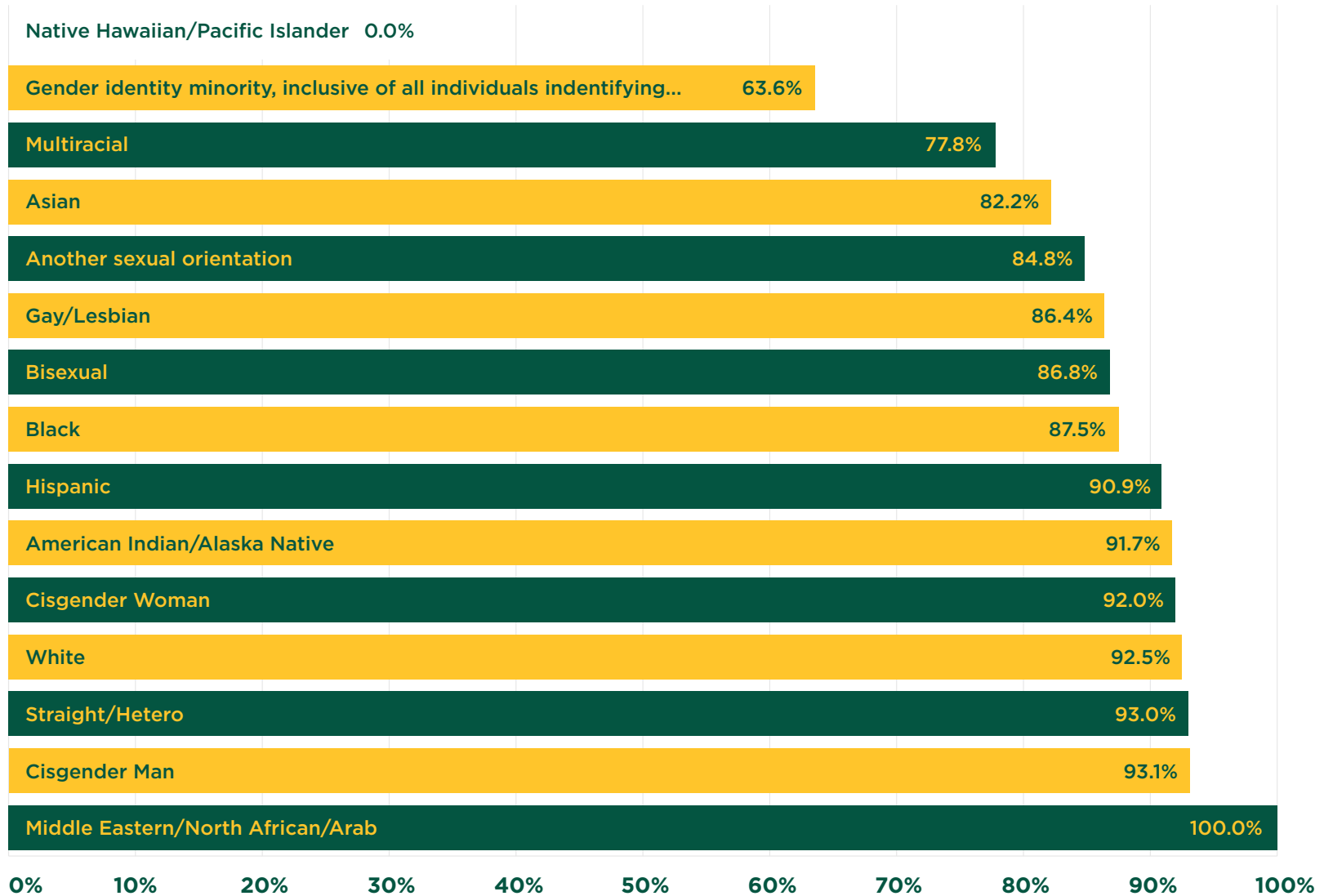
3 STUDENTS EXPERIENCED SOME FORM OF SEXUAL VIOLENCE WITHIN THE PAST 12 MONTHS.



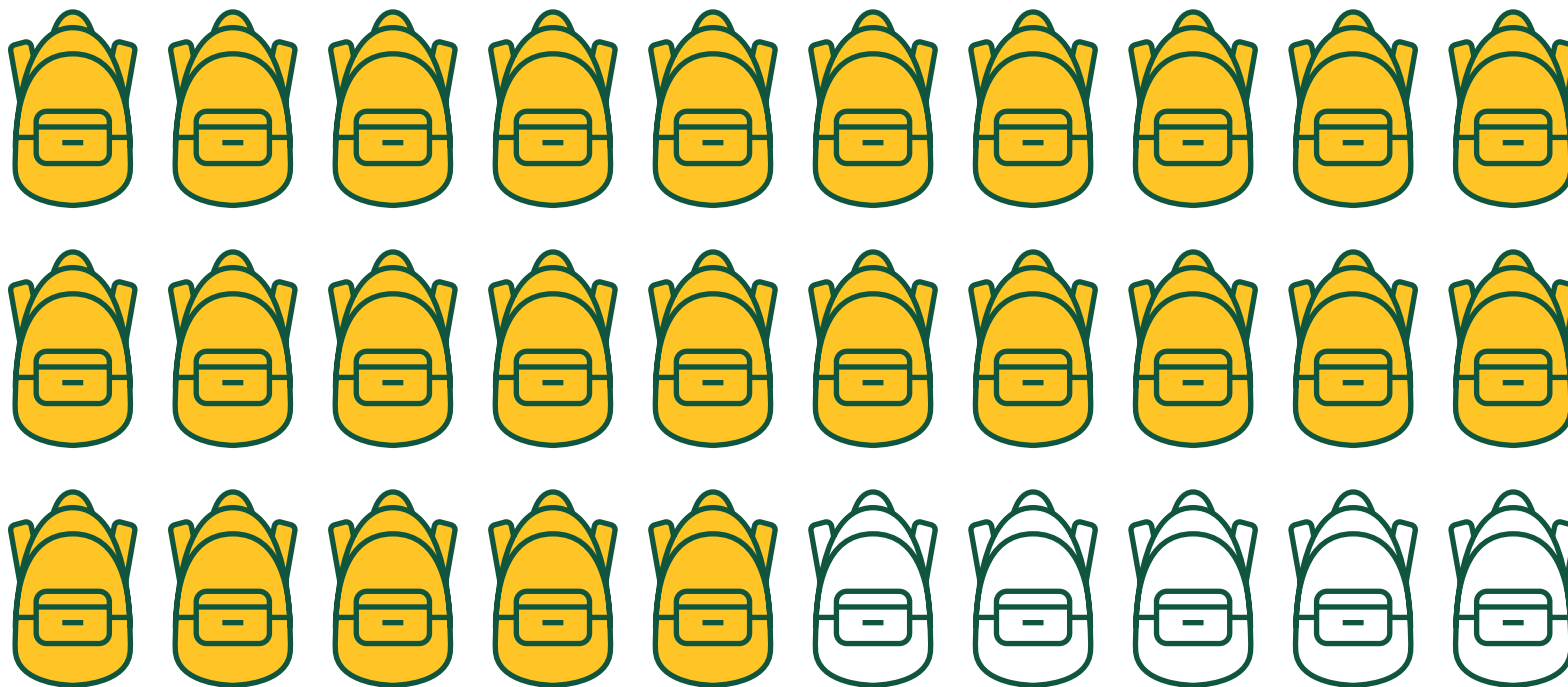
27.5 STUDENTS FEEL THAT THEY BELONG AT NDSU.

A CLOSER LOOK AT BELONGING...

I FEEL THAT I BELONG AT NDSU.



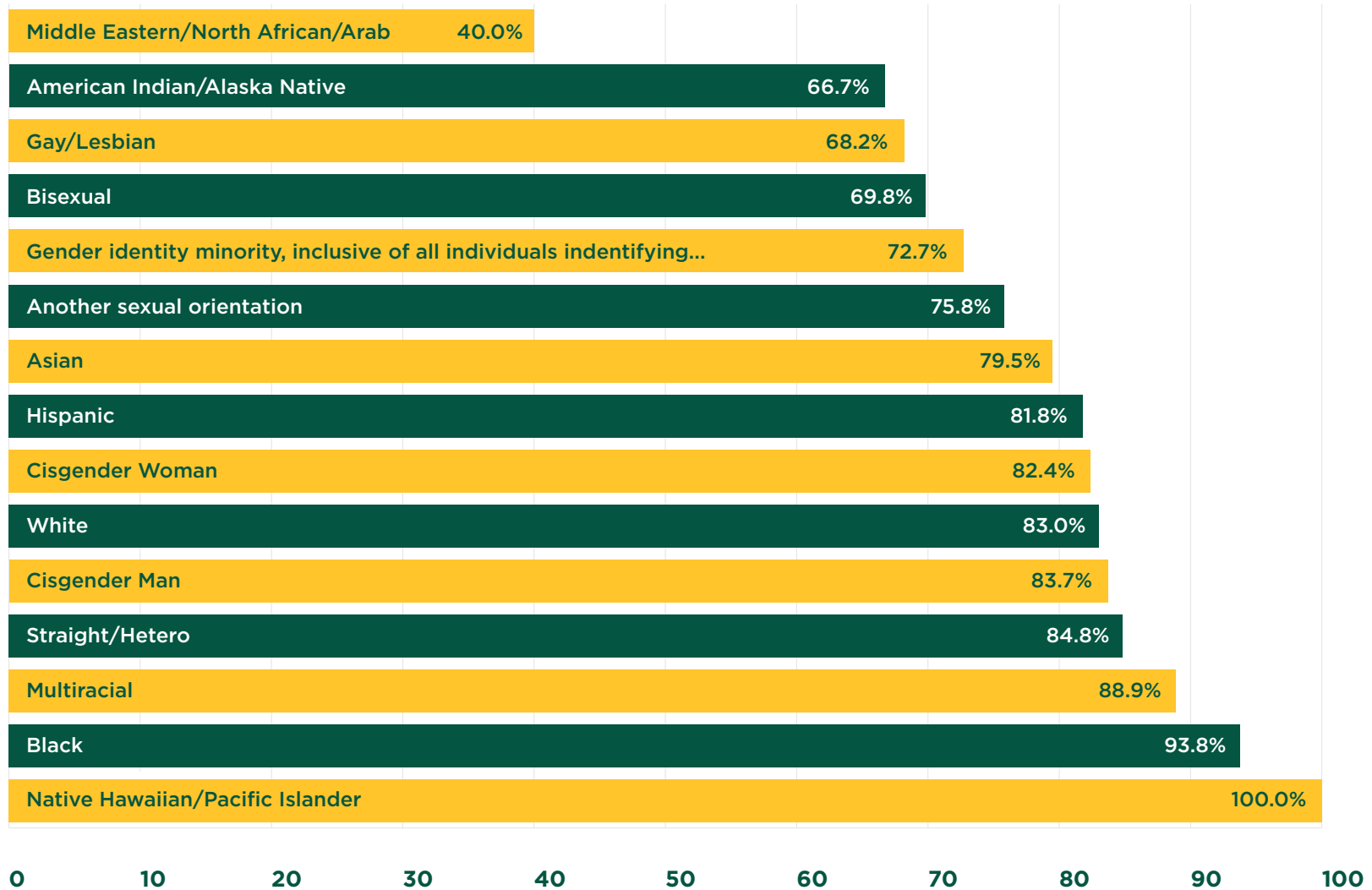
SOURCE: ACHA-National College Health Assessment, Spring 2021



25 STUDENTS BELIEVE NDSU IS A CAMPUS WHERE WE LOOK OUT FOR EACH OTHER.

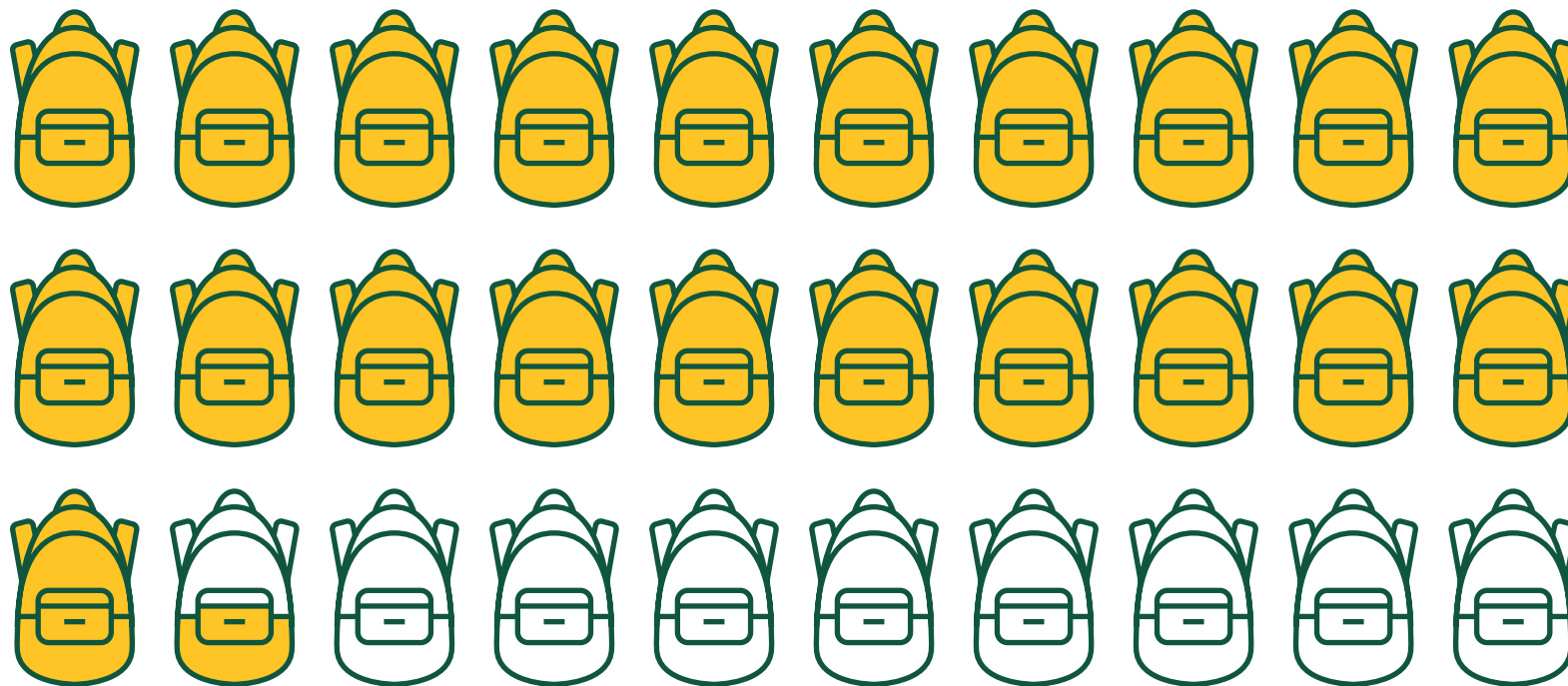
A CLOSER LOOK AT BELONGING...

AT NDSU, WE ARE A CAMPUS WHERE WE LOOK OUT FOR EACH OTHER.

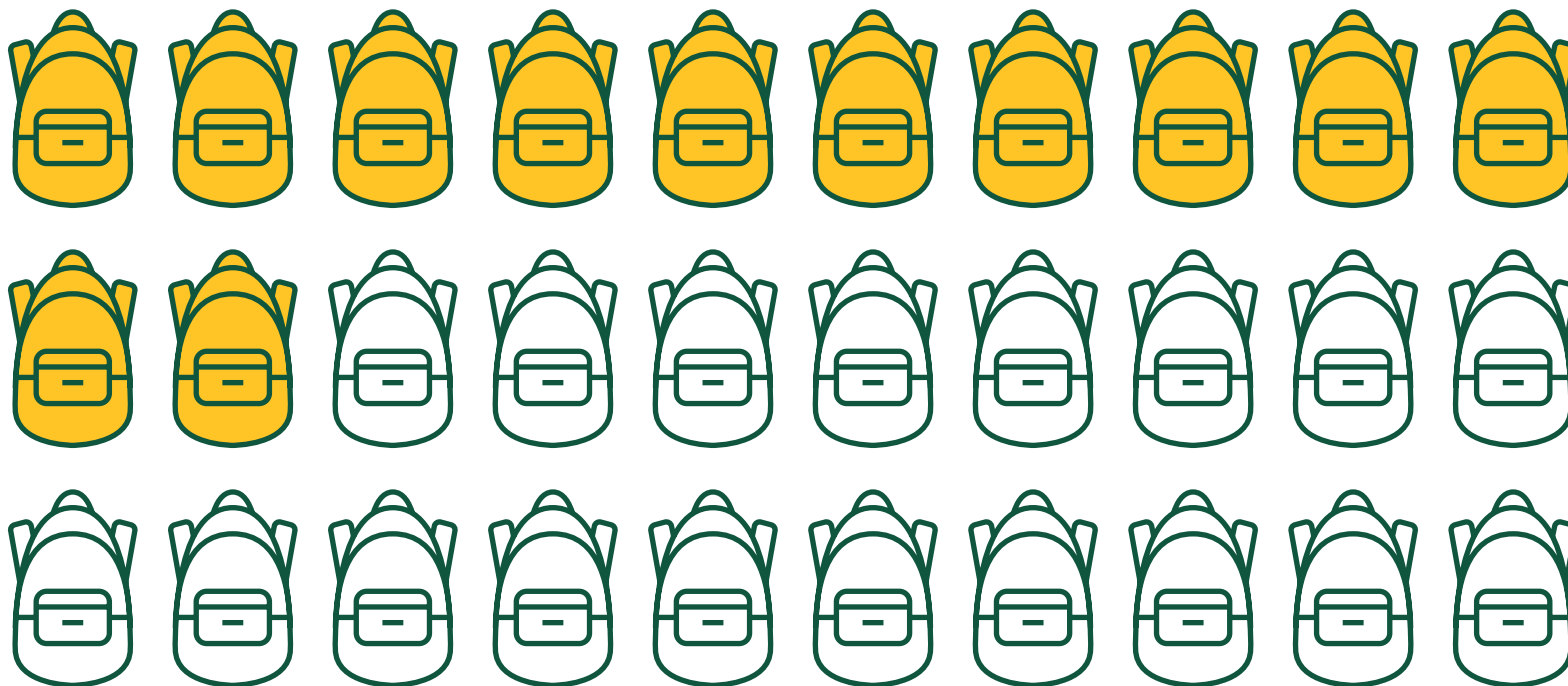




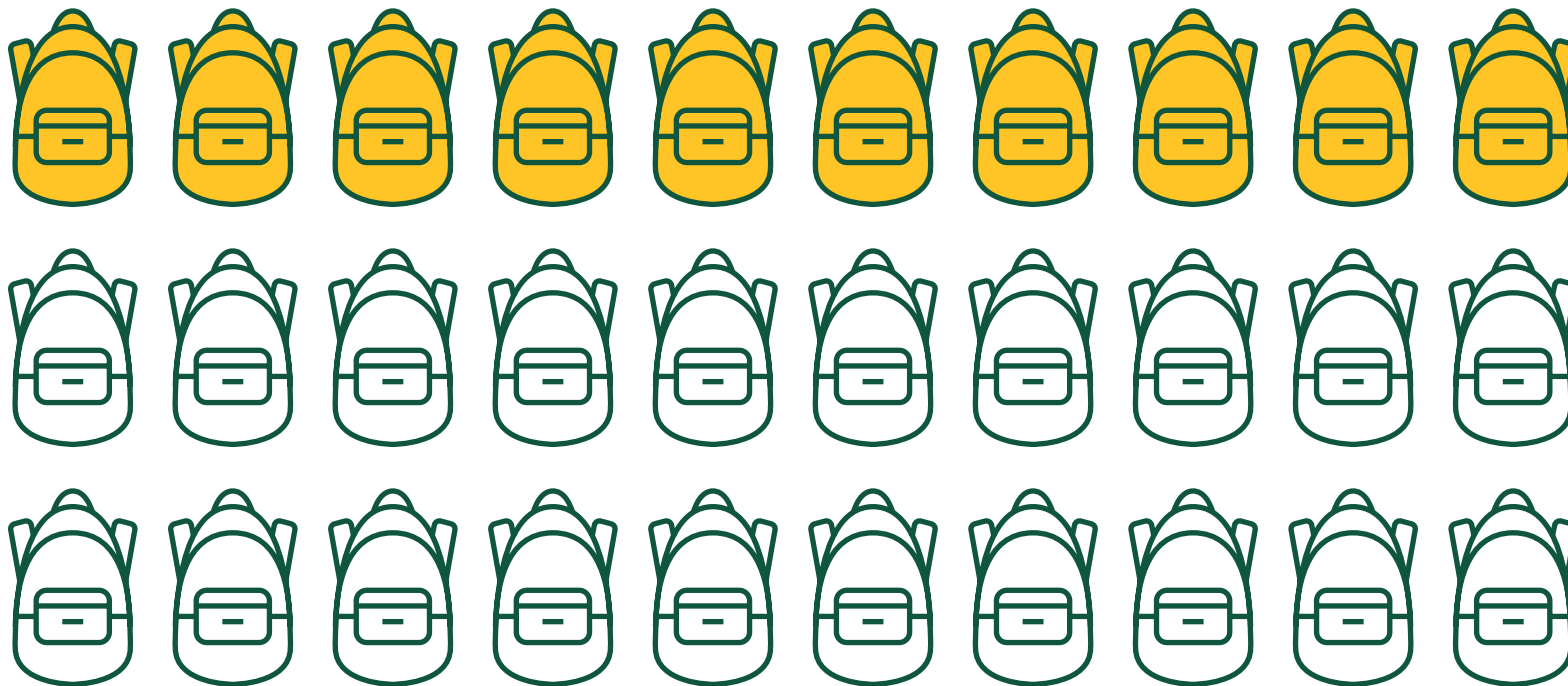
Mental Health



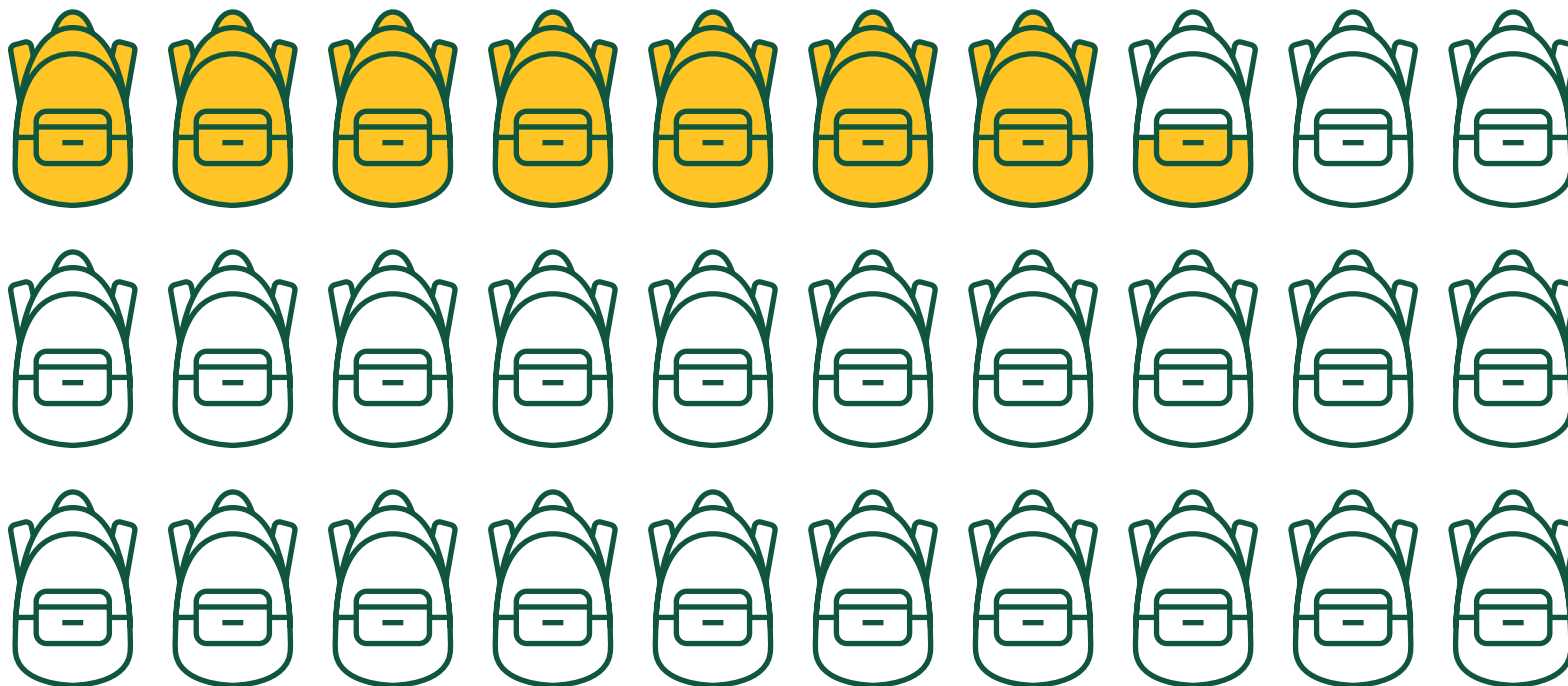
21.5 STUDENTS REPORTED THEIR
OVERALL LEVEL OF STRESS AS MODERATE
TO HIGH.



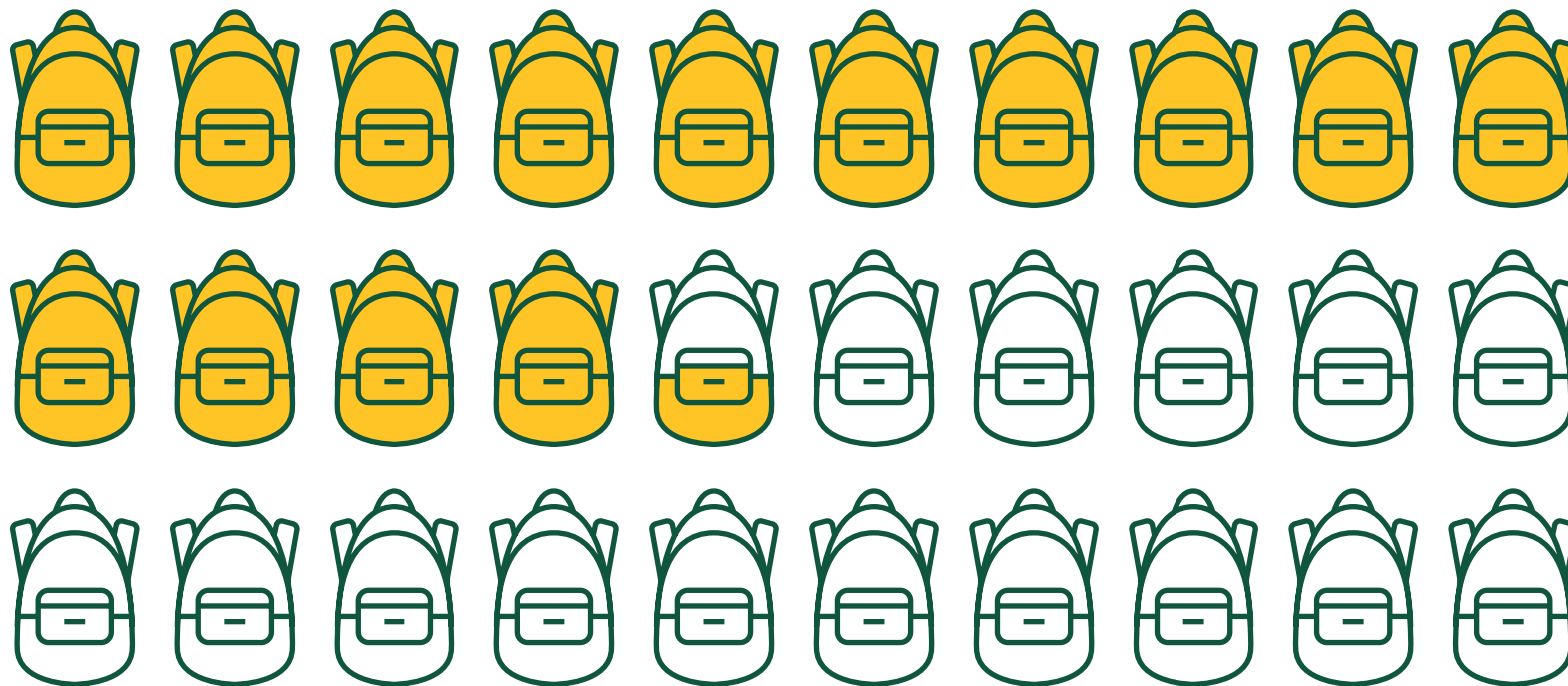
12 STUDENTS' ACADEMIC PERFORMANCE HAS BEEN NEGATIVELY IMPACTED BY STRESS.



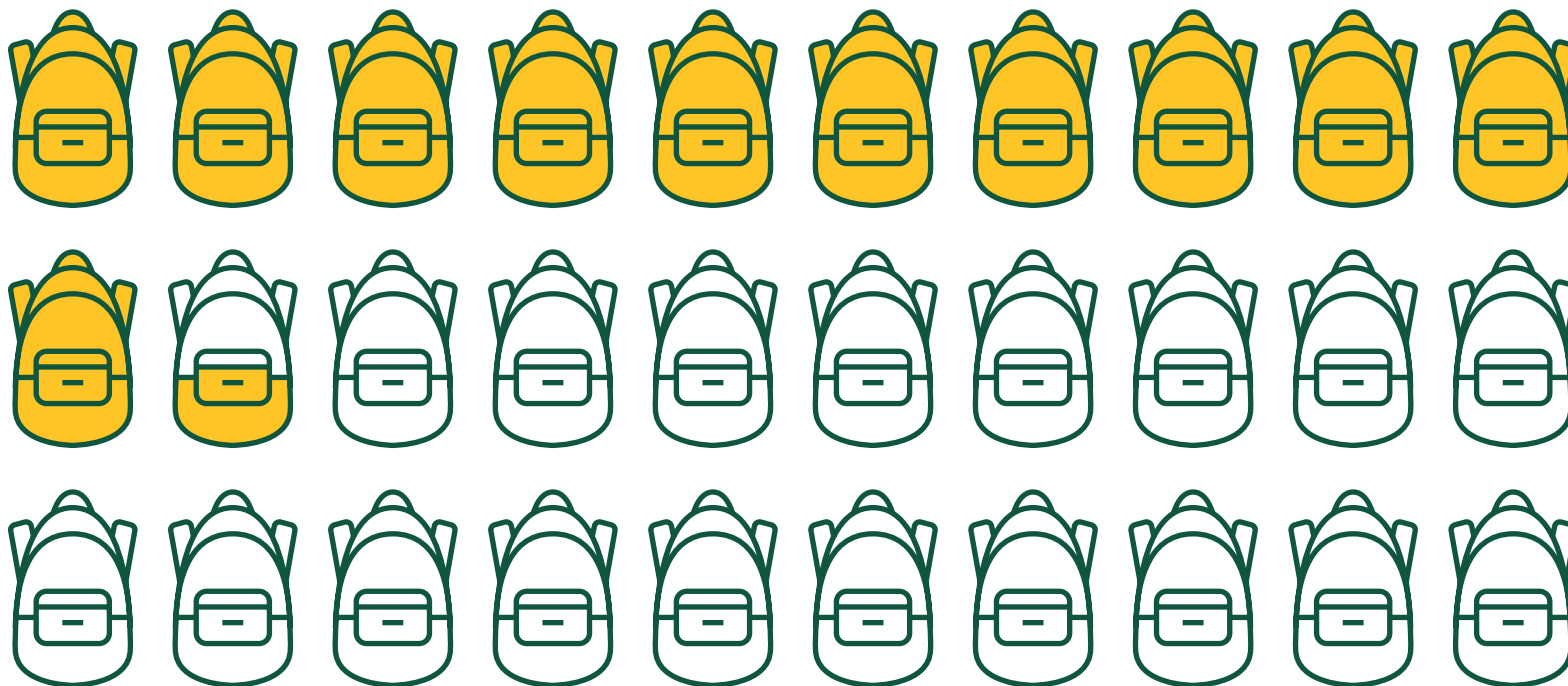
10 STUDENTS' ACADEMIC PERFORMANCE
HAS BEEN IMPACTED BY ANXIETY.



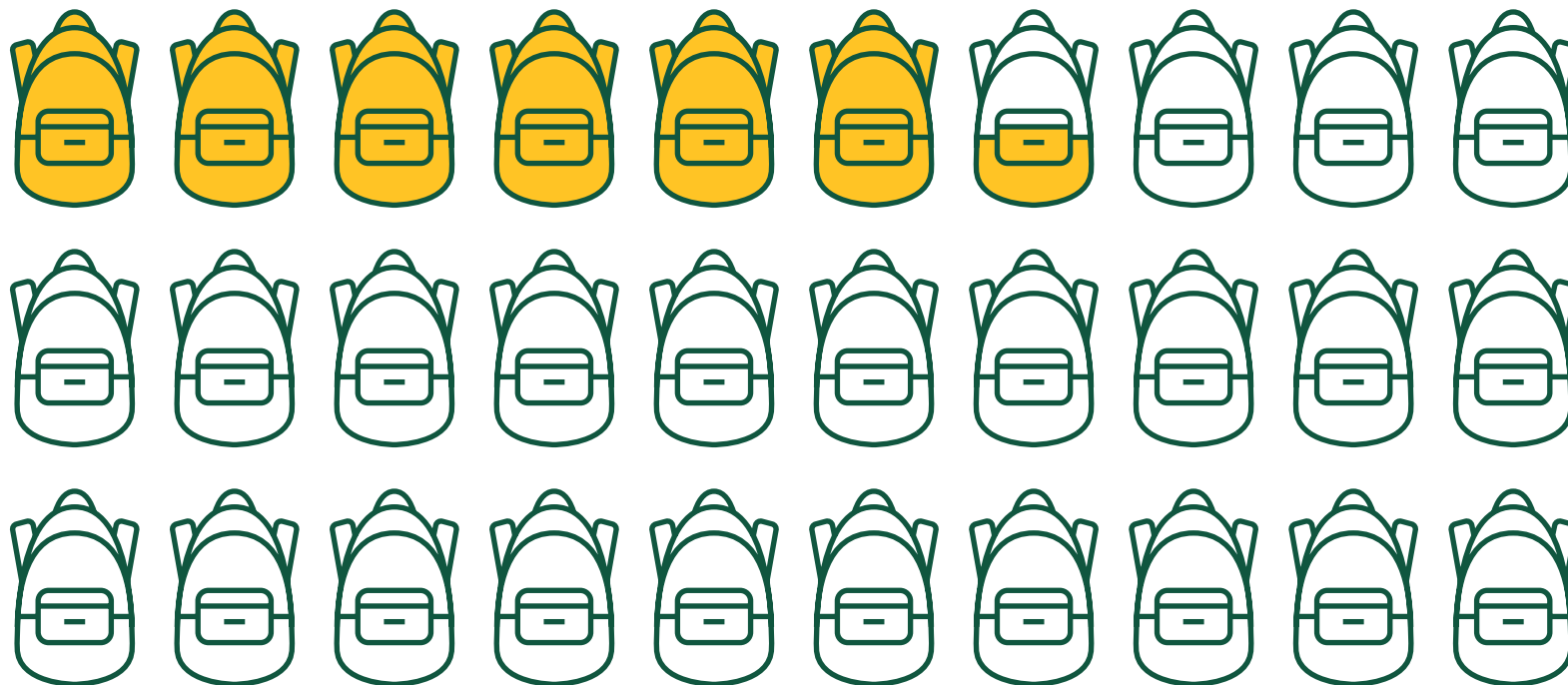
7.5 STUDENTS' ACADEMIC PERFORMANCE HAS BEEN IMPACTED BY DEPRESSION.



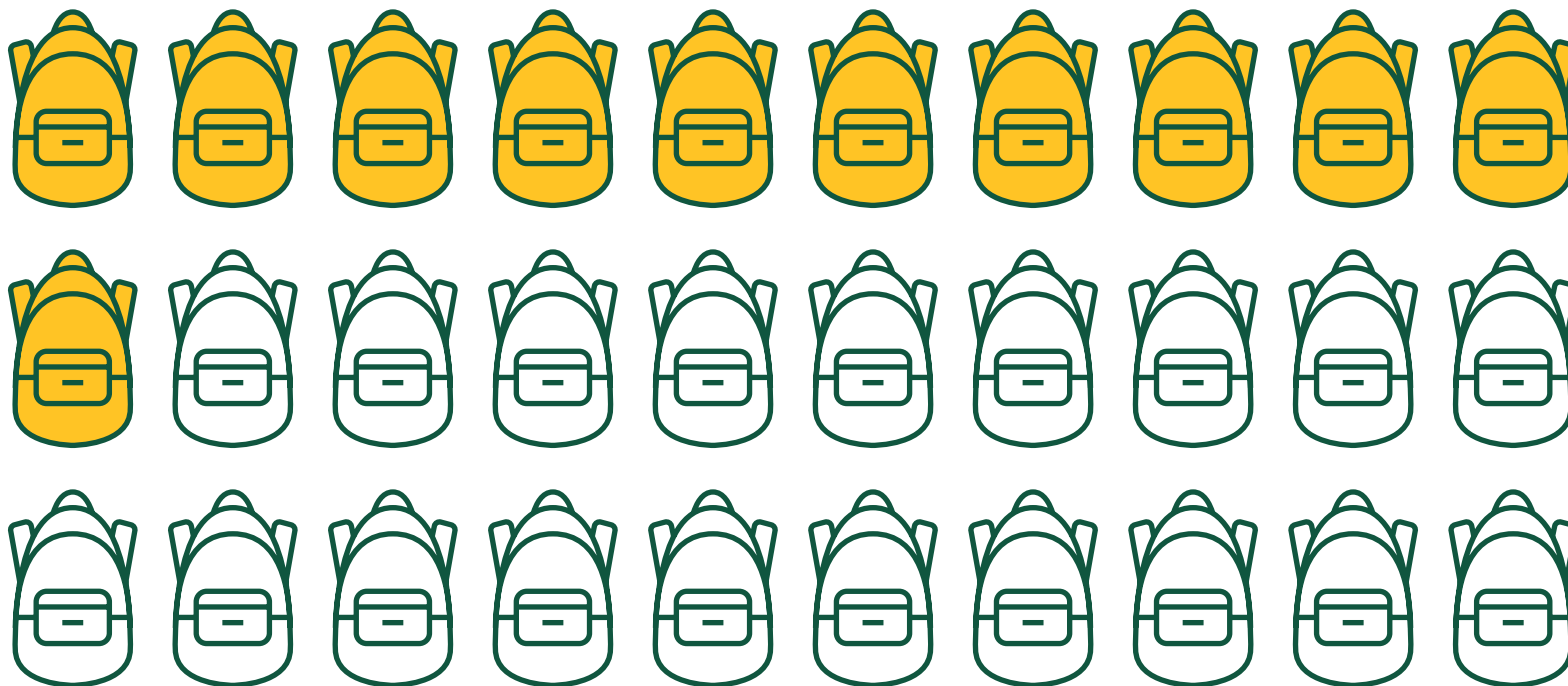
14.5 STUDENTS REPORTED PROBLEMS
OR CHALLENGES WITH THEIR PERSONAL
APPEARANCE.



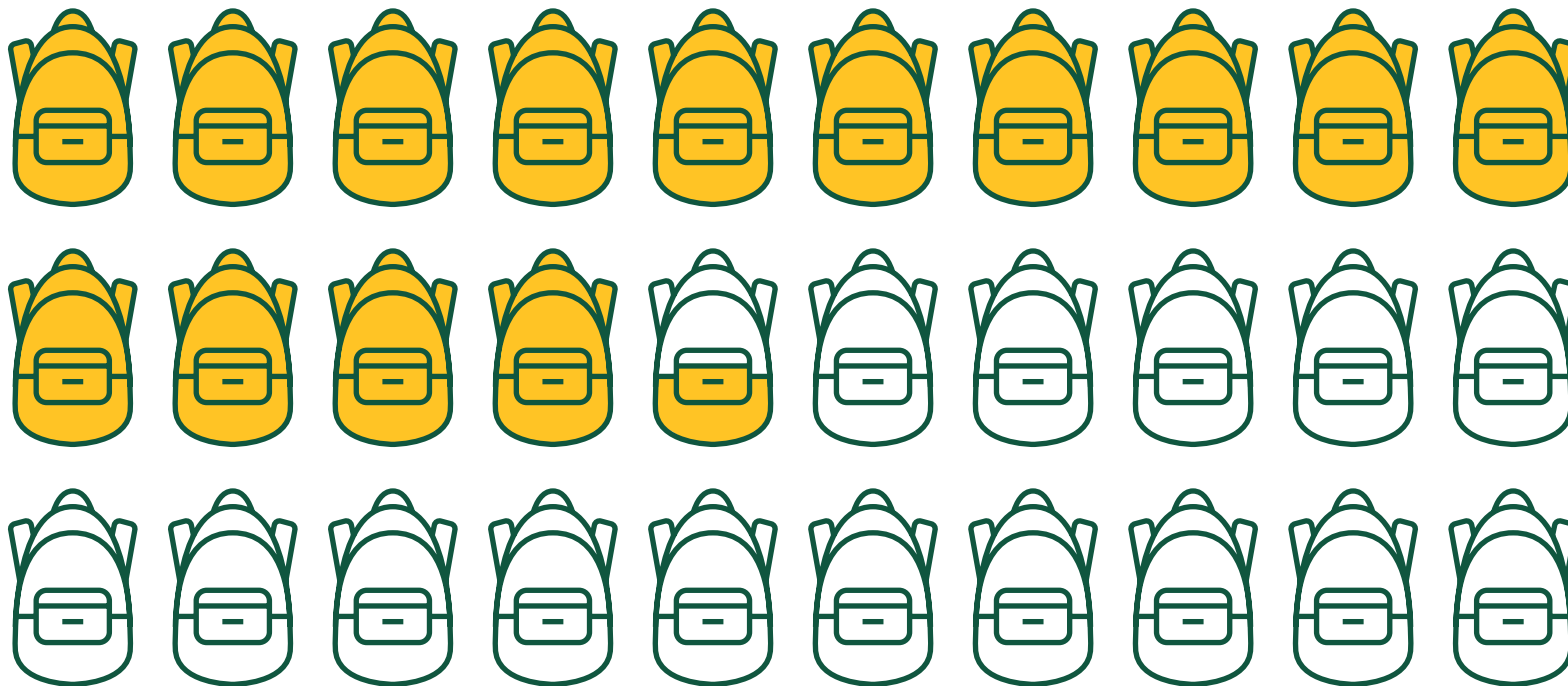
11.5 STUDENTS REPORTED A
MODERATE OR HIGH LEVEL OF DISTRESS
DUE TO ACADEMICS.



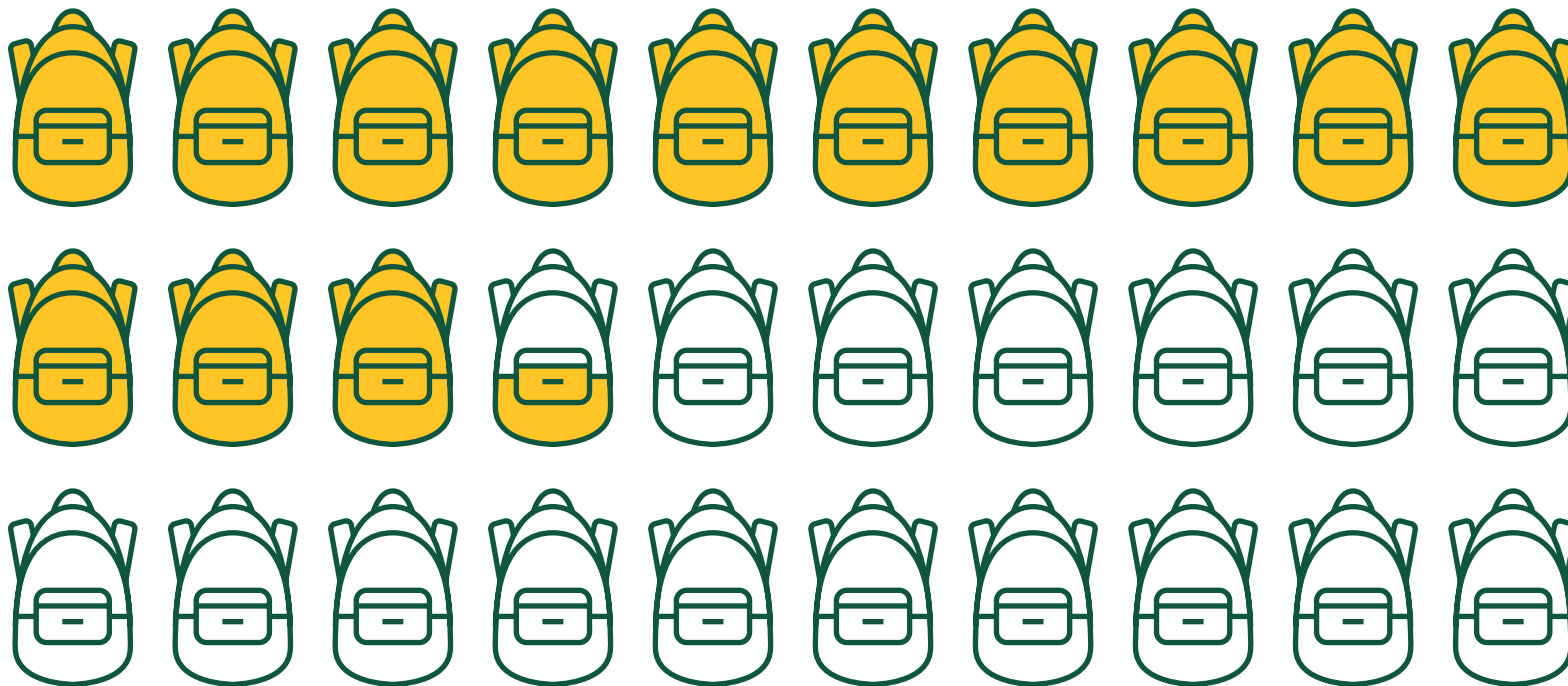
6.5 STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO THEIR ACADEMIC AND PROFESSIONAL CAREERS.



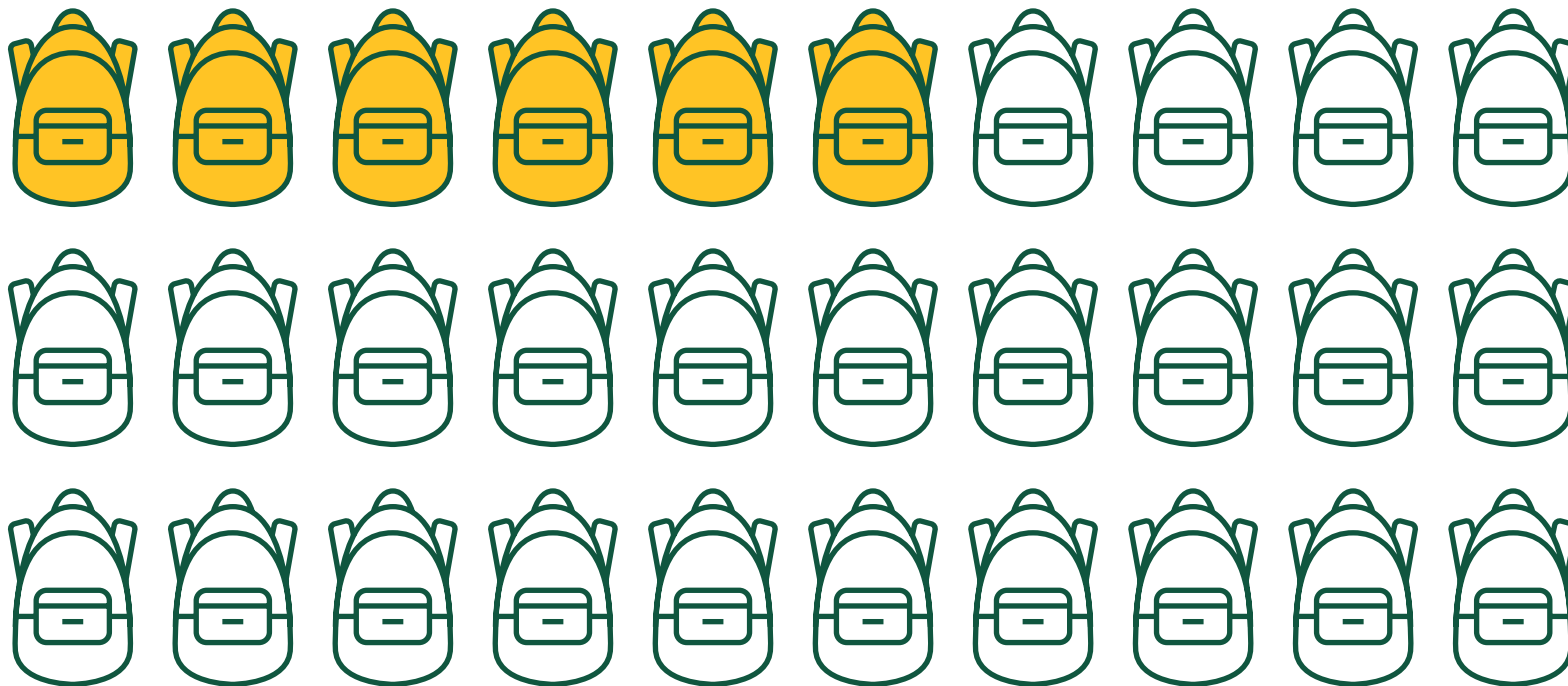
11 STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO FINANCES.



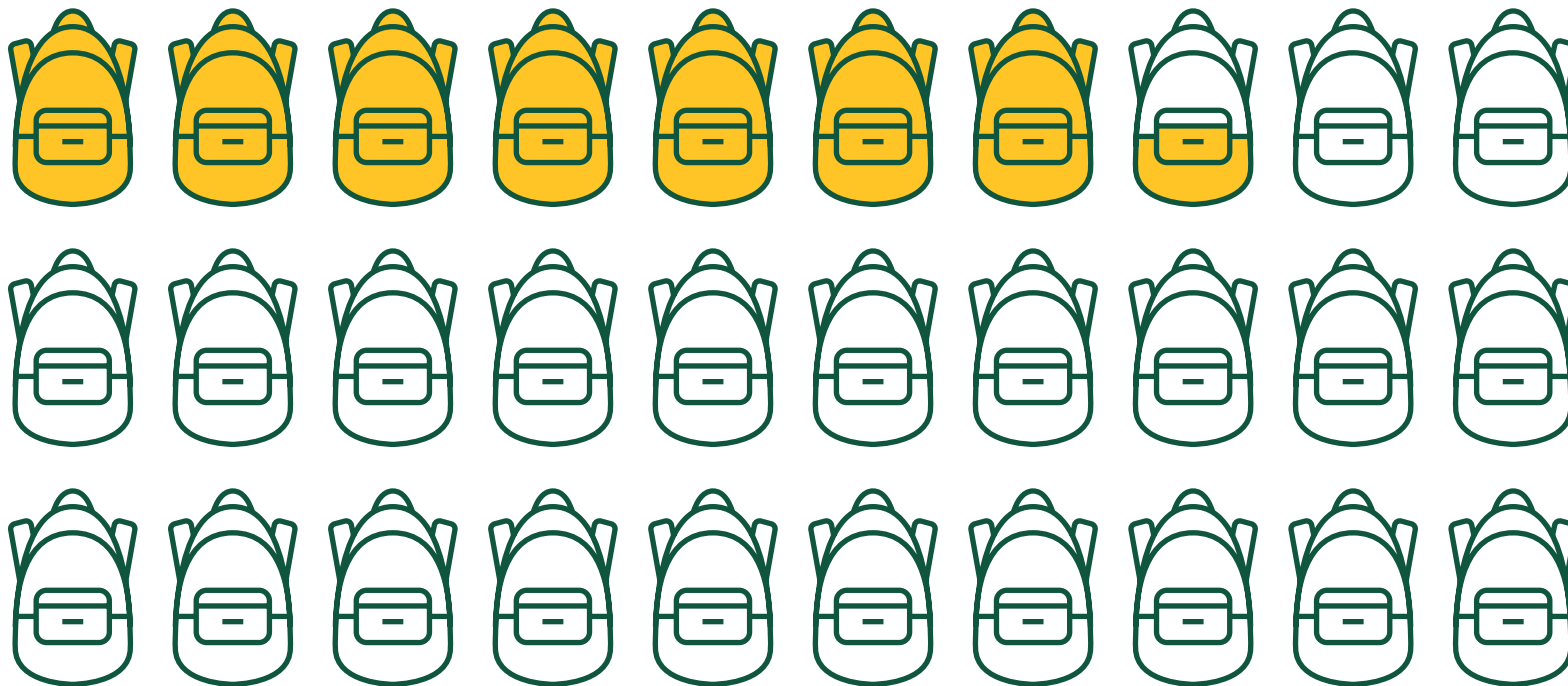
14.5 STUDENTS REPORTED A
MODERATE OR HIGH LEVEL OF DISTRESS
DUE TO PROCRASTINATION.



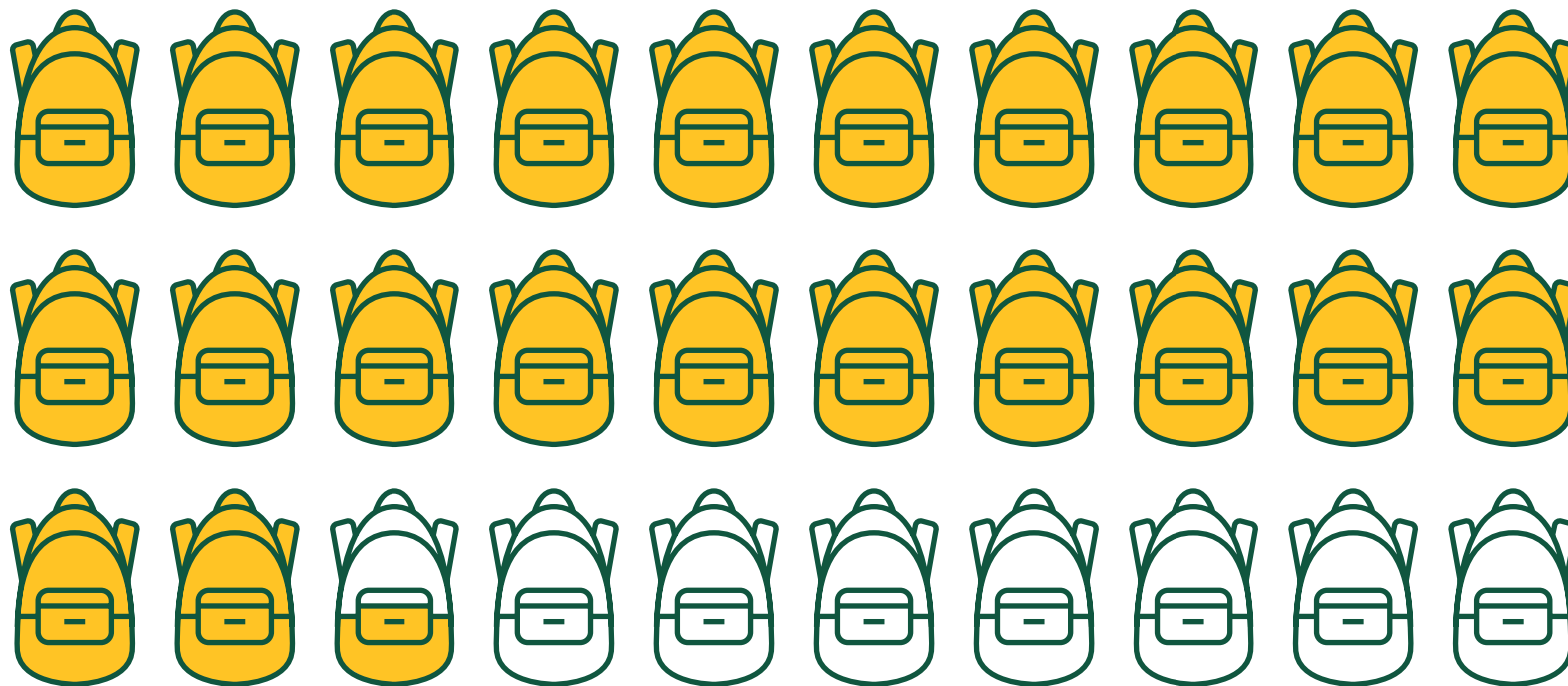
13.5 STUDENTS REPORTED EVER
HAVING THOUGHT ABOUT OR ATTEMPTED
TO KILL THEMSELVES.



6 STUDENTS REPORTED HAVING
PLANNED OR ATTEMPTED TO KILL
THEMSELVES AT LEAST ONCE.



7.5 STUDENTS HAVE RECEIVED
PSYCHOLOGICAL OR MENTAL HEALTH
SERVICES IN THE PAST 12 MONTHS.



22.5 STUDENTS WOULD CONSIDER SEEKING HELP FROM A MENTAL HEALTH PROFESSIONAL IN THE FUTURE IF EXPERIENCING A PERSONAL PROBLEM THAT WAS REALLY BOTHERING THEM.



NDSU NORTH DAKOTA
STATE UNIVERSITY

President's Council for Campus Well-being (PCCW)

ndsu.edu/presidentscouncil

PCCW Resources Page

ndsu.edu/presidentscouncil/resources