



2024 **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 a dynamic, highly interdependent state that is created at the intersection of health in person, place and planet.



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 related factors that impact NDSU students. Having this knowledge will help all of 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 students in a class that 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 extent of the issue.

METHODS/SOURCES OF DATA

The National College Health Assessment 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 2024. The survey was sent to a random sample of 11,300 NDSU students and 644 (5.7%) students responded to the survey. Among respondents, 467 were degree-seeking undergraduates.

ACTION STEPS FOR FACULTY AND STAFF

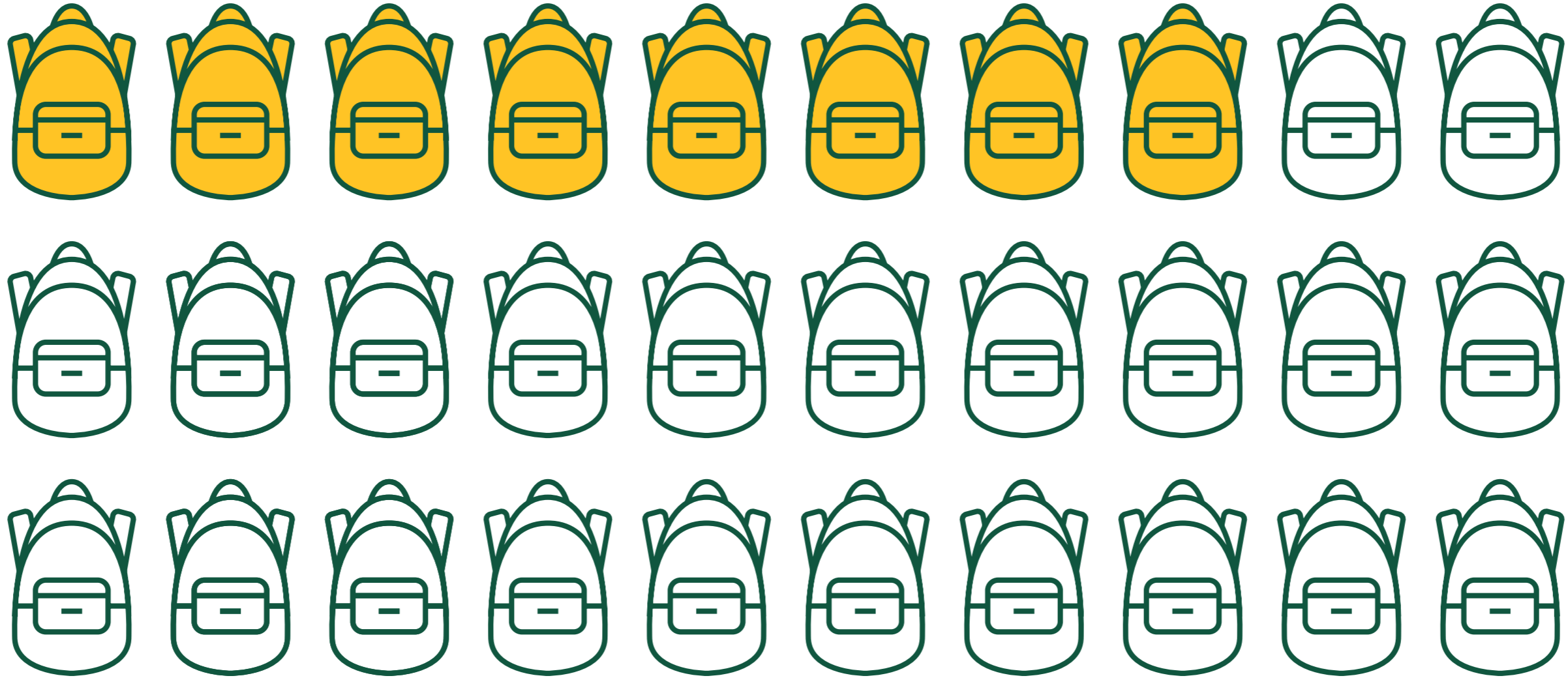
- » **REVIEW** *The Decision Making Tree* for guidance in referring students to appropriate campus resources.
- » **ENROLL** in the *Mental Health First Aid* course taught at NDSU.
- » **REQUEST** a *presentation* to learn more about the PCCW and hear a deeper analysis of the 2024 data.





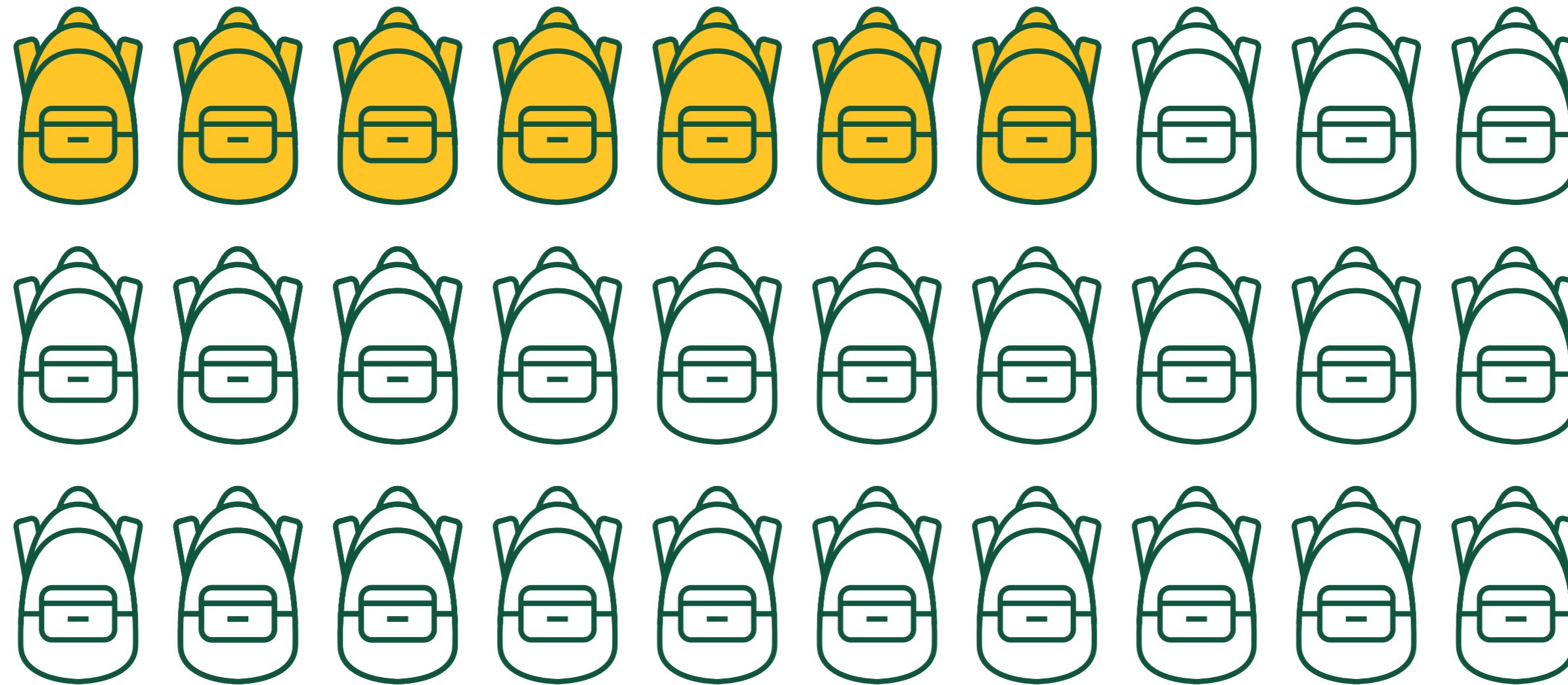
Physical
Health

PHYSICAL HEALTH



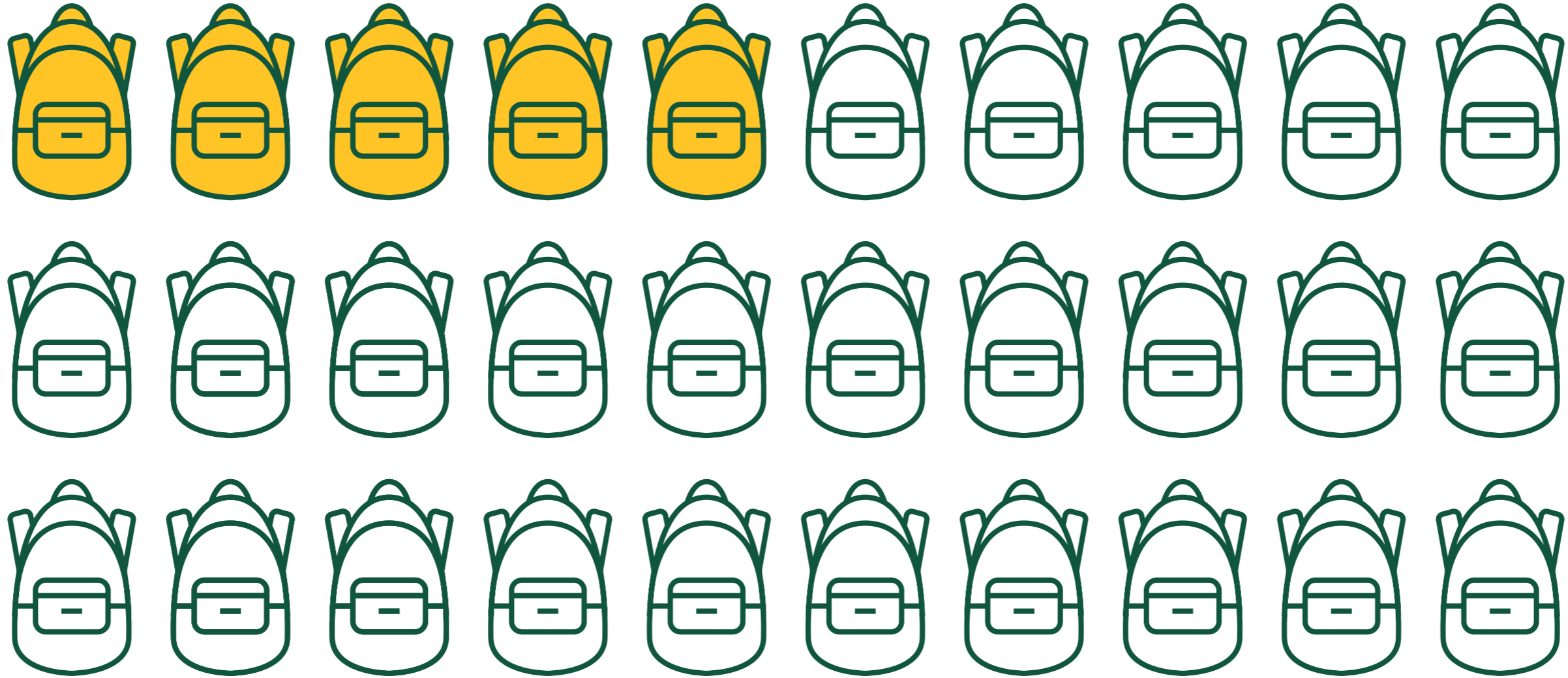
8 STUDENTS OFTEN CUT THE SIZE OF THEIR MEALS BECAUSE THERE WASN'T ENOUGH MONEY FOR FOOD.

PHYSICAL HEALTH



7 STUDENTS' ACADEMIC PERFORMANCE HAVE BEEN IMPACTED BY SLEEP DIFFICULTIES.

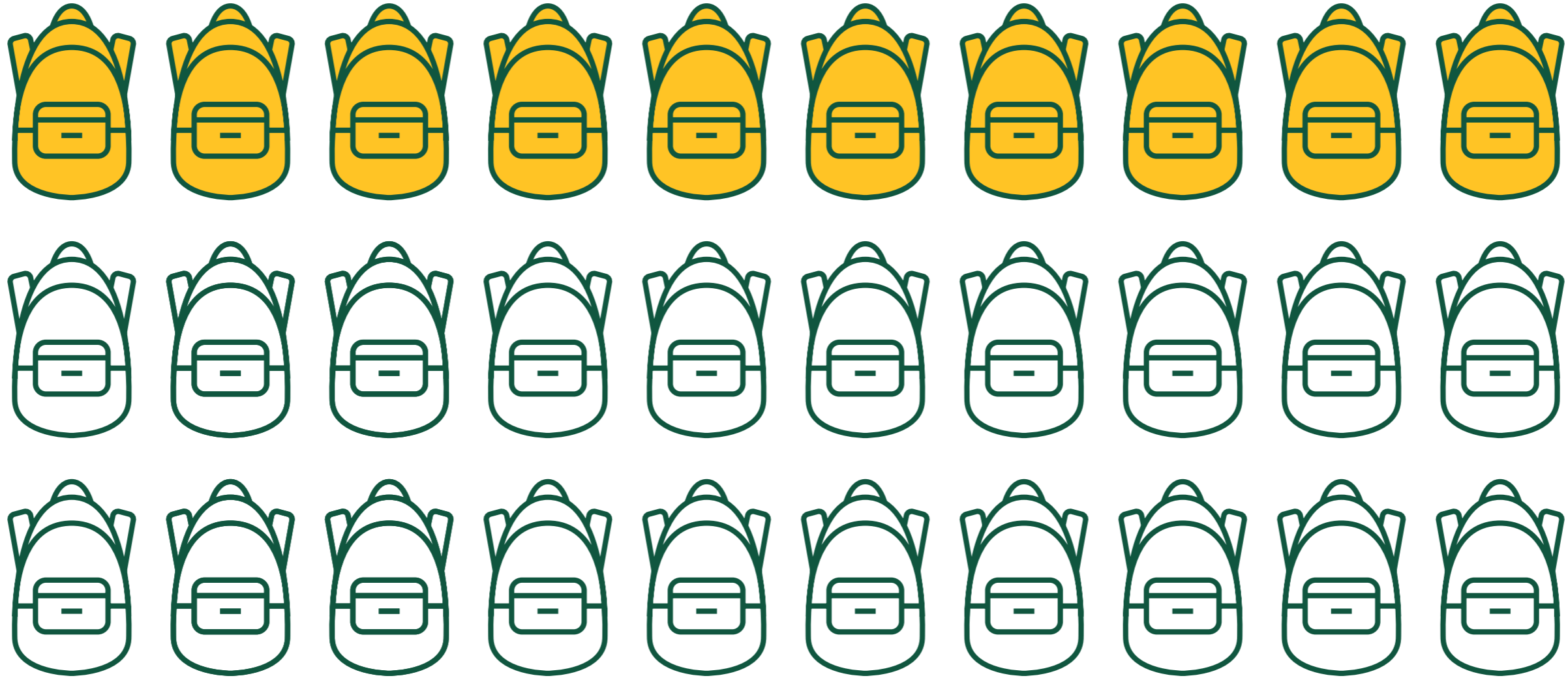
PHYSICAL HEALTH



5 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

PHYSICAL HEALTH



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

PHYSICAL HEALTH



2 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).

PHYSICAL HEALTH

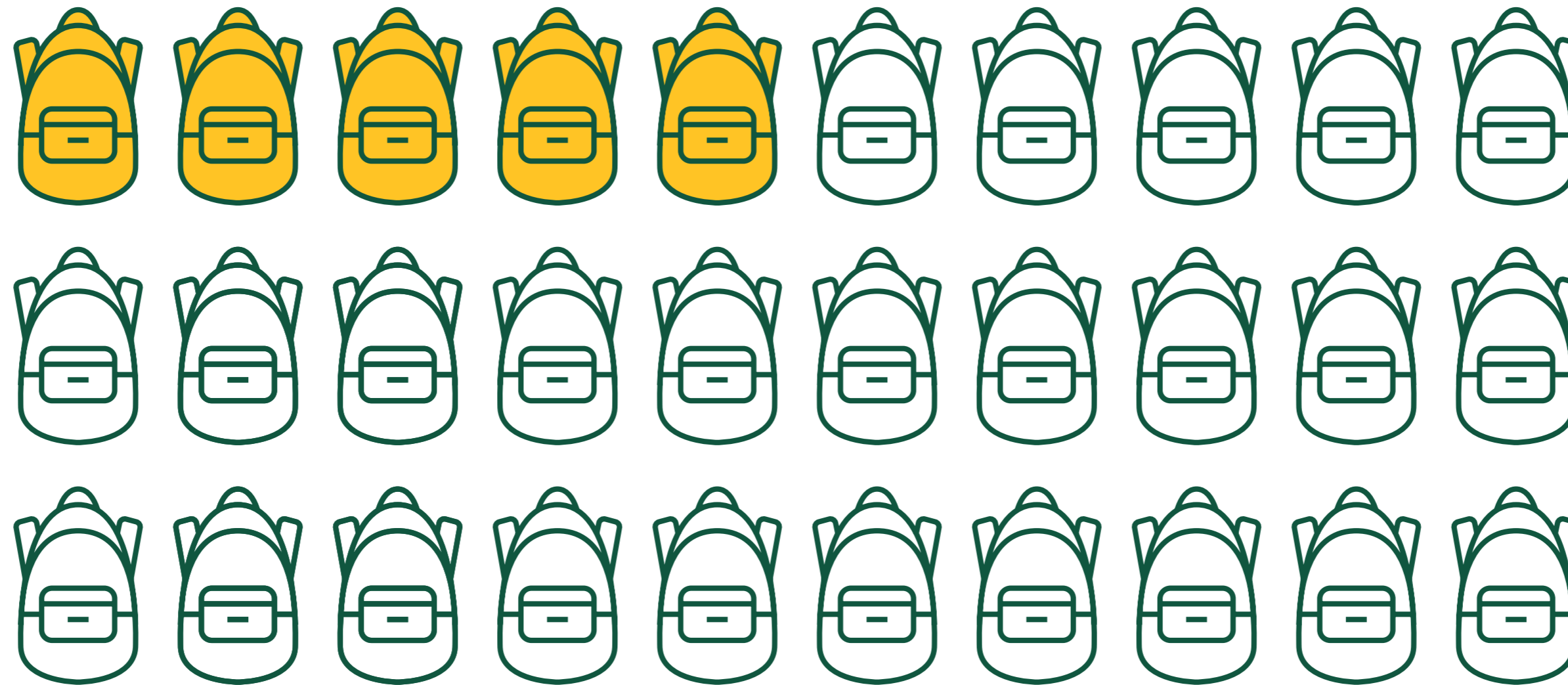


4 STUDENTS HAVE HAD A “BROWNOUT”
AFTER DRINKING SOMETIME IN THE PAST
12 MONTHS (FORGOTTEN WHERE THEY WERE OR WHAT THEY
DID FOR SHORT PERIODS OF TIME, BUT CAN REMEMBER ONCE SOMEONE
REMINDS THEM).



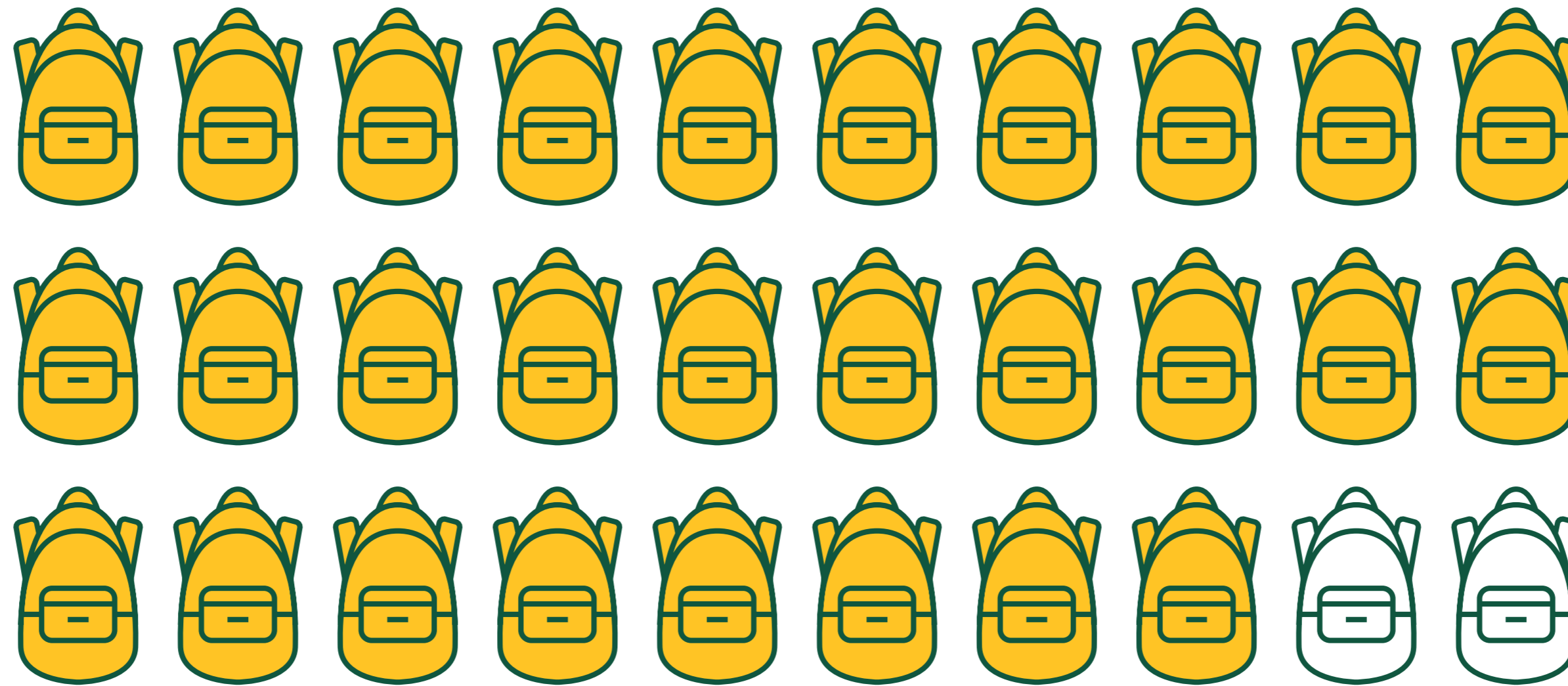
Community Well-Being

COMMUNITY WELL-BEING



5 STUDENTS EXPERIENCED SEXUAL OR RELATIONSHIP VIOLENCE WITHIN THE PAST 12 MONTHS.

COMMUNITY WELL-BEING

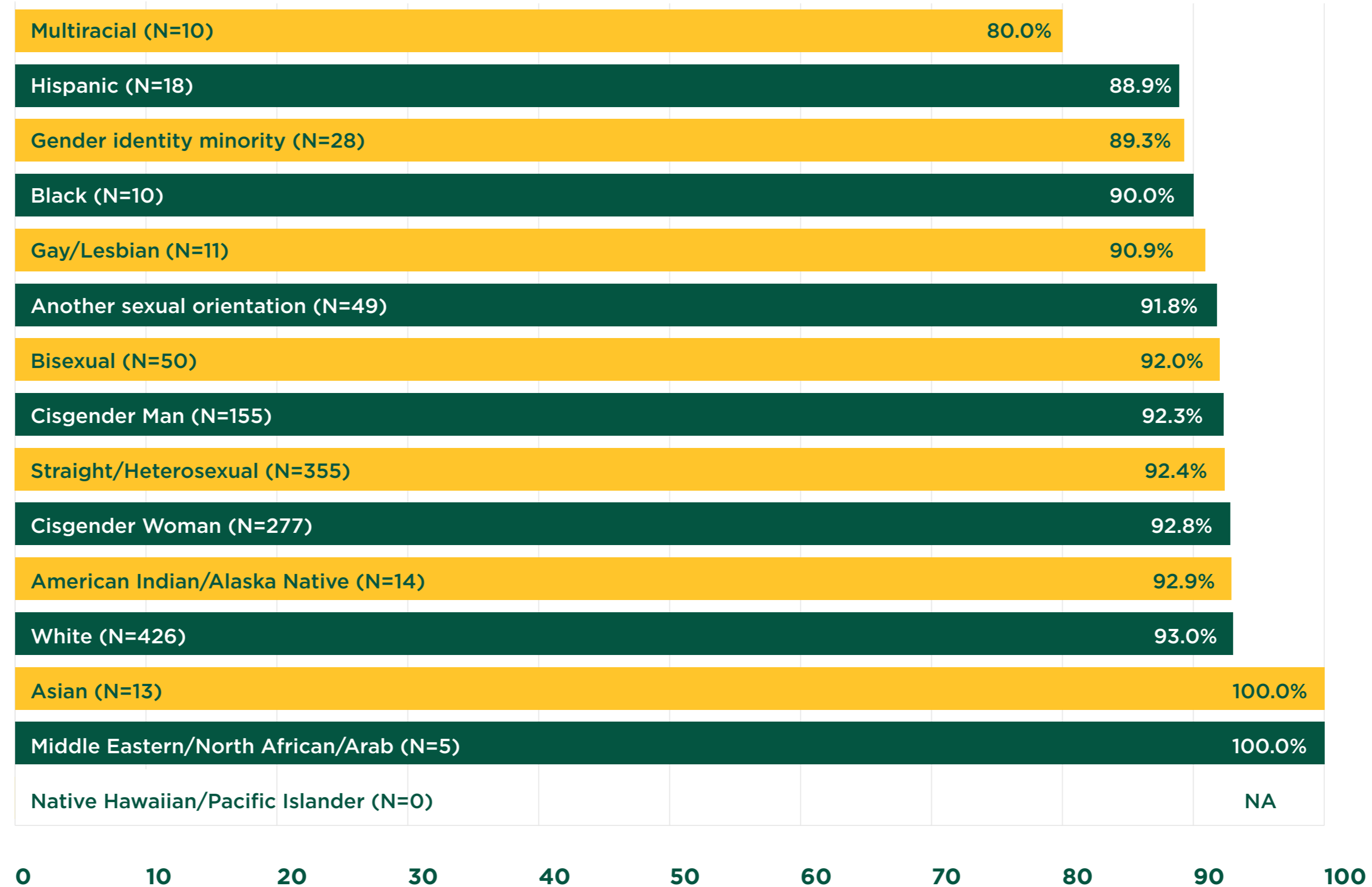


28 STUDENTS FEEL THAT THEY BELONG AT NDSU.

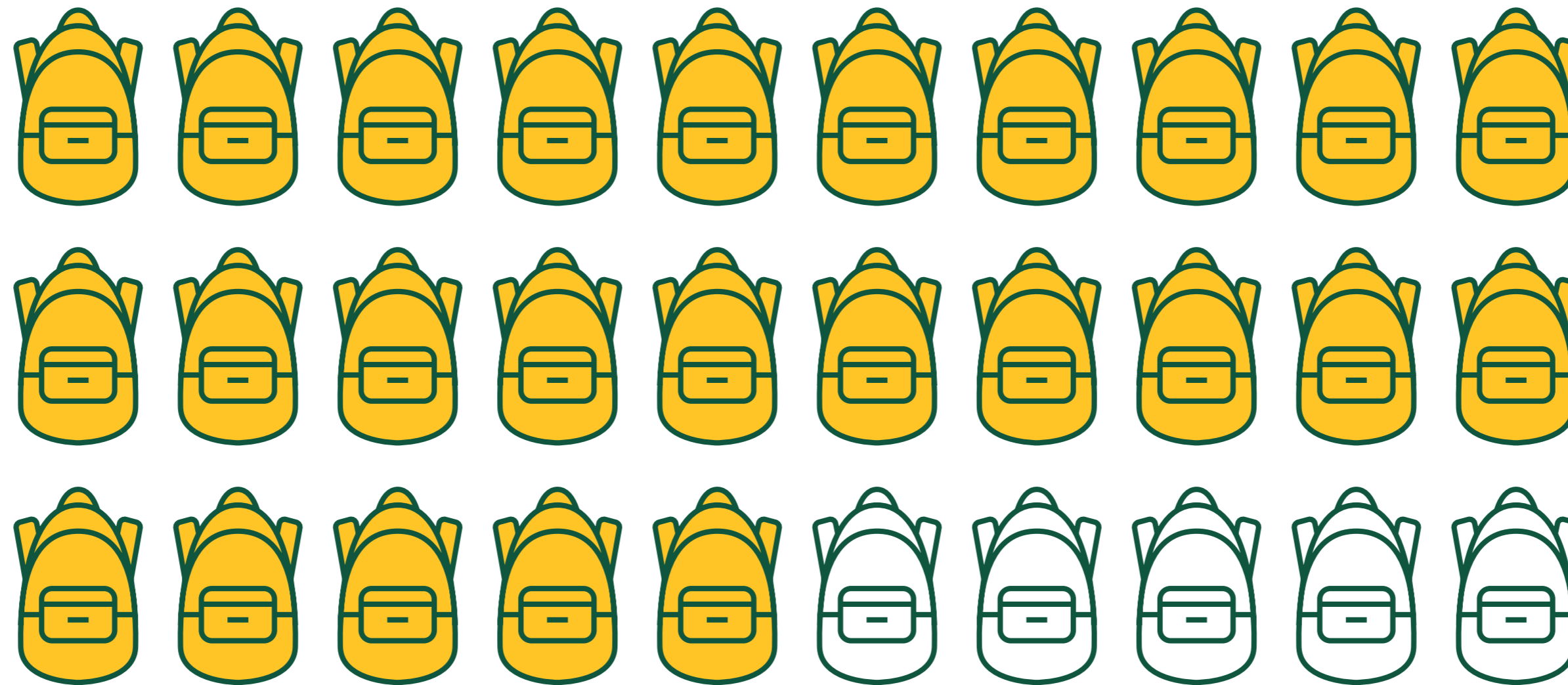
COMMUNITY WELL-BEING

A CLOSER LOOK AT BELONGING...

I FEEL THAT I BELONG AT NDSU.



COMMUNITY WELL-BEING

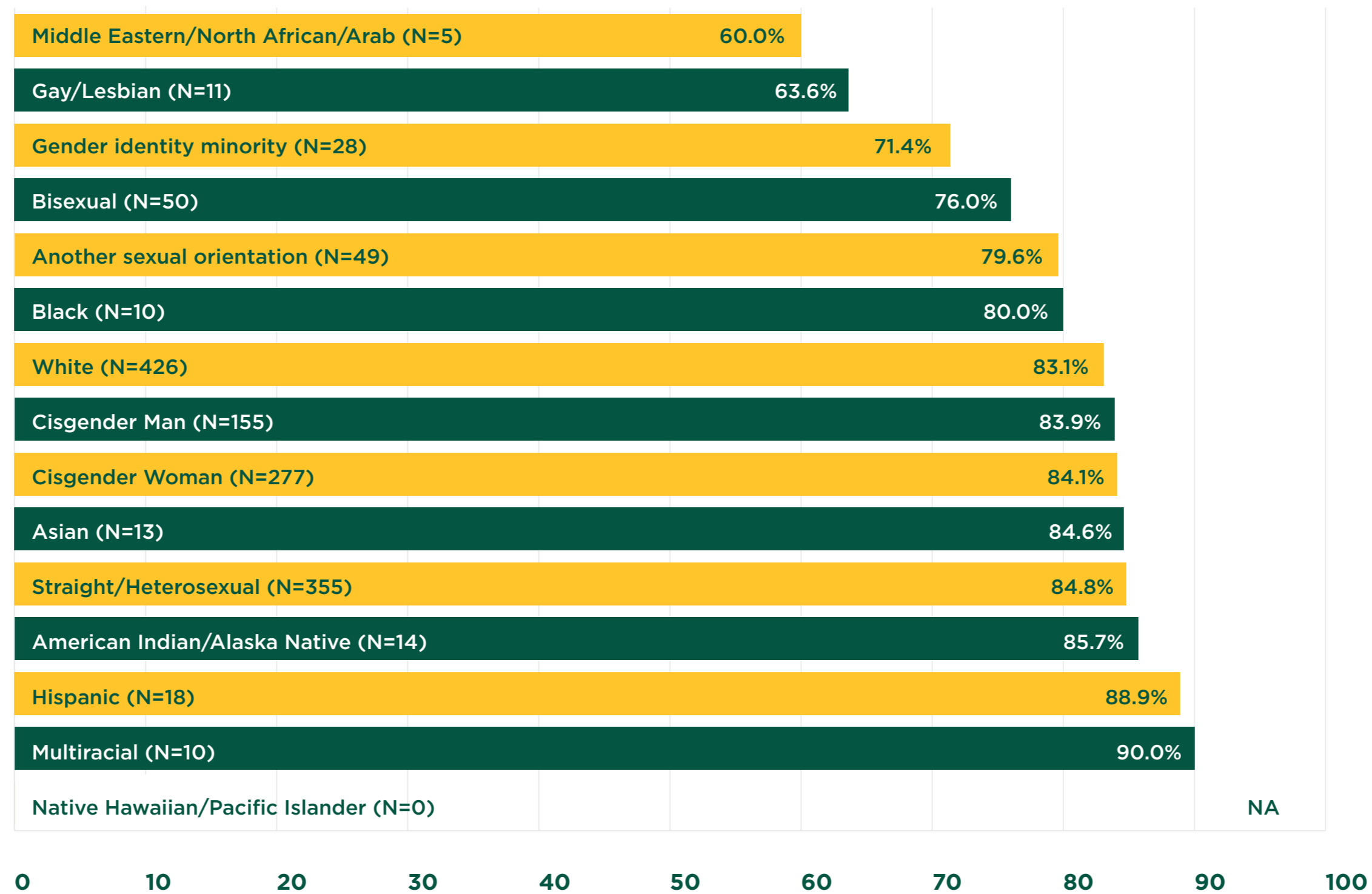


25 STUDENTS BELIEVE NDSU IS A CAMPUS WHERE WE LOOK OUT FOR EACH OTHER.

COMMUNITY WELL-BEING

A CLOSER LOOK AT BELONGING...

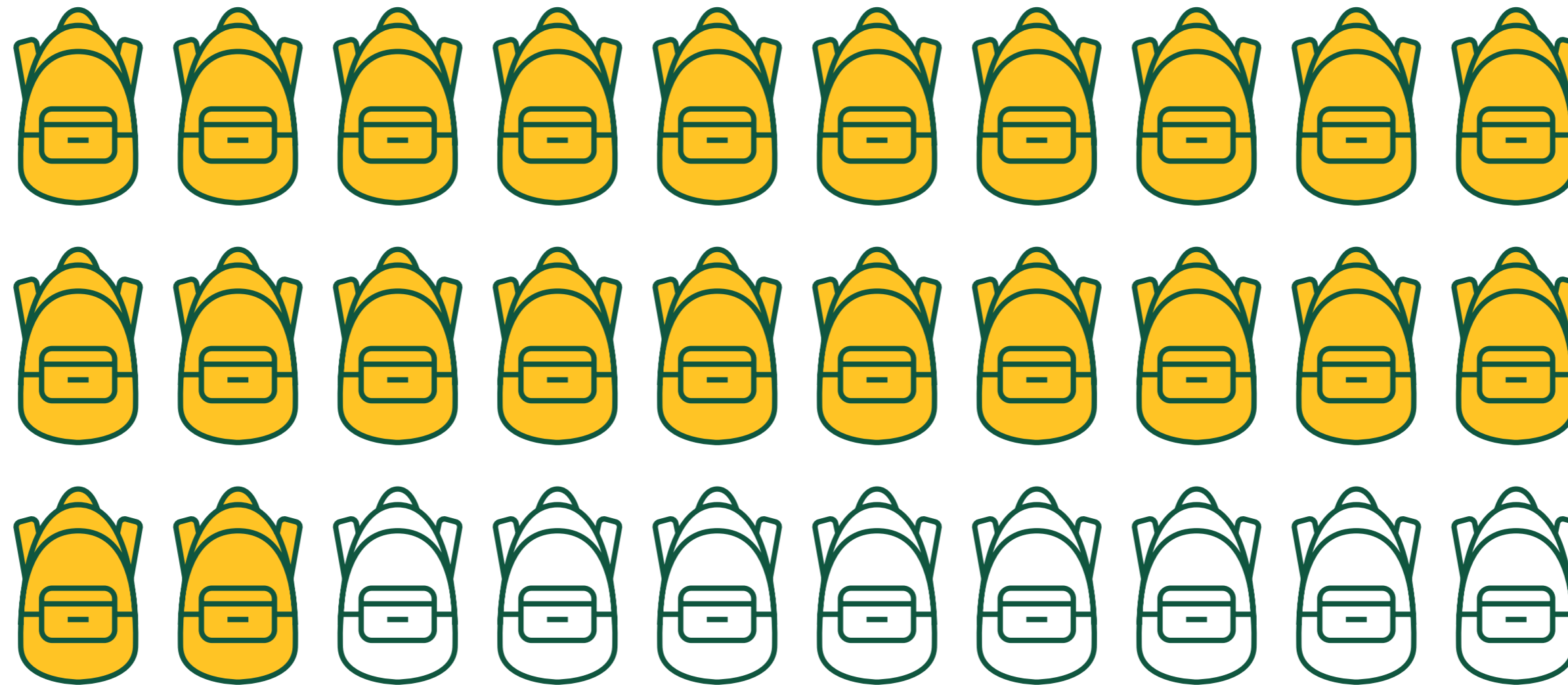
AT NDSU, WE ARE A CAMPUS WHERE WE LOOK OUT FOR EACH OTHER.





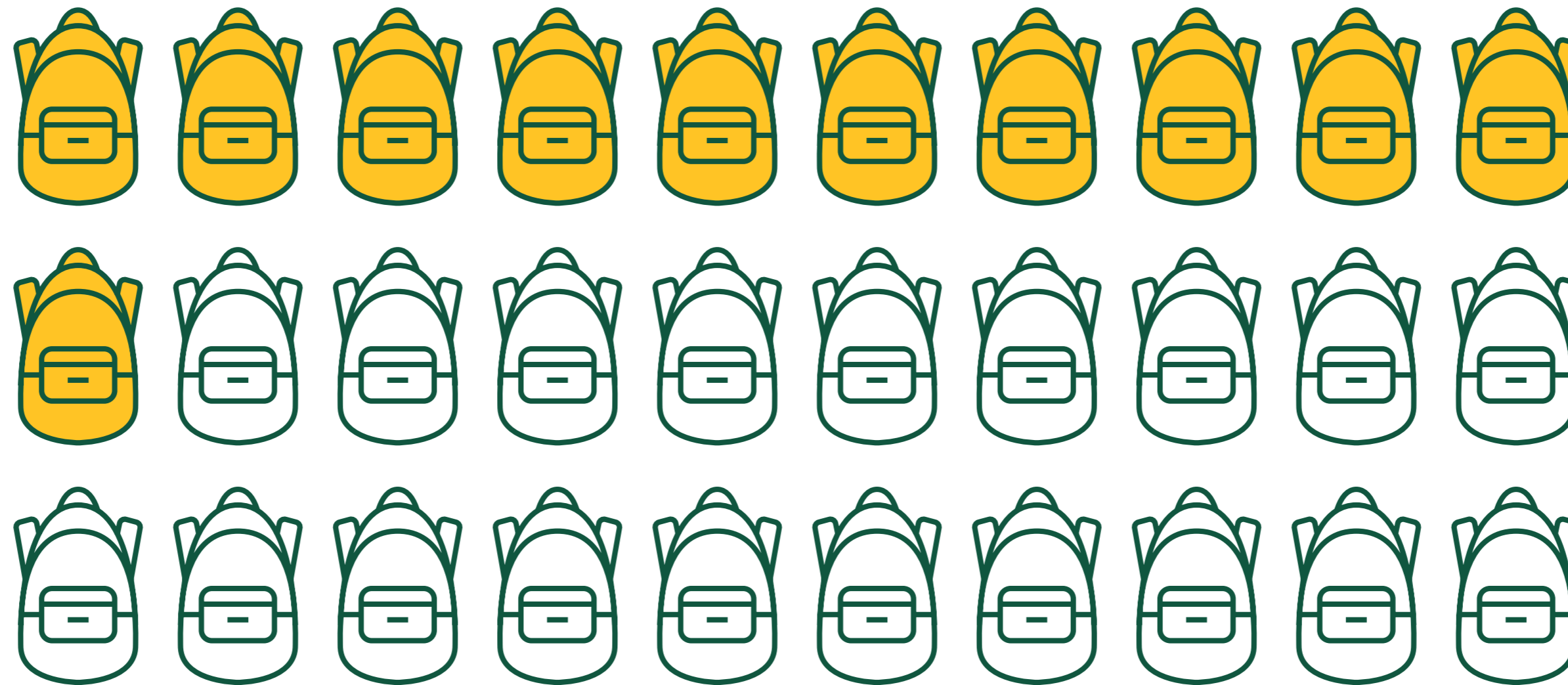
Mental Health

MENTAL HEALTH



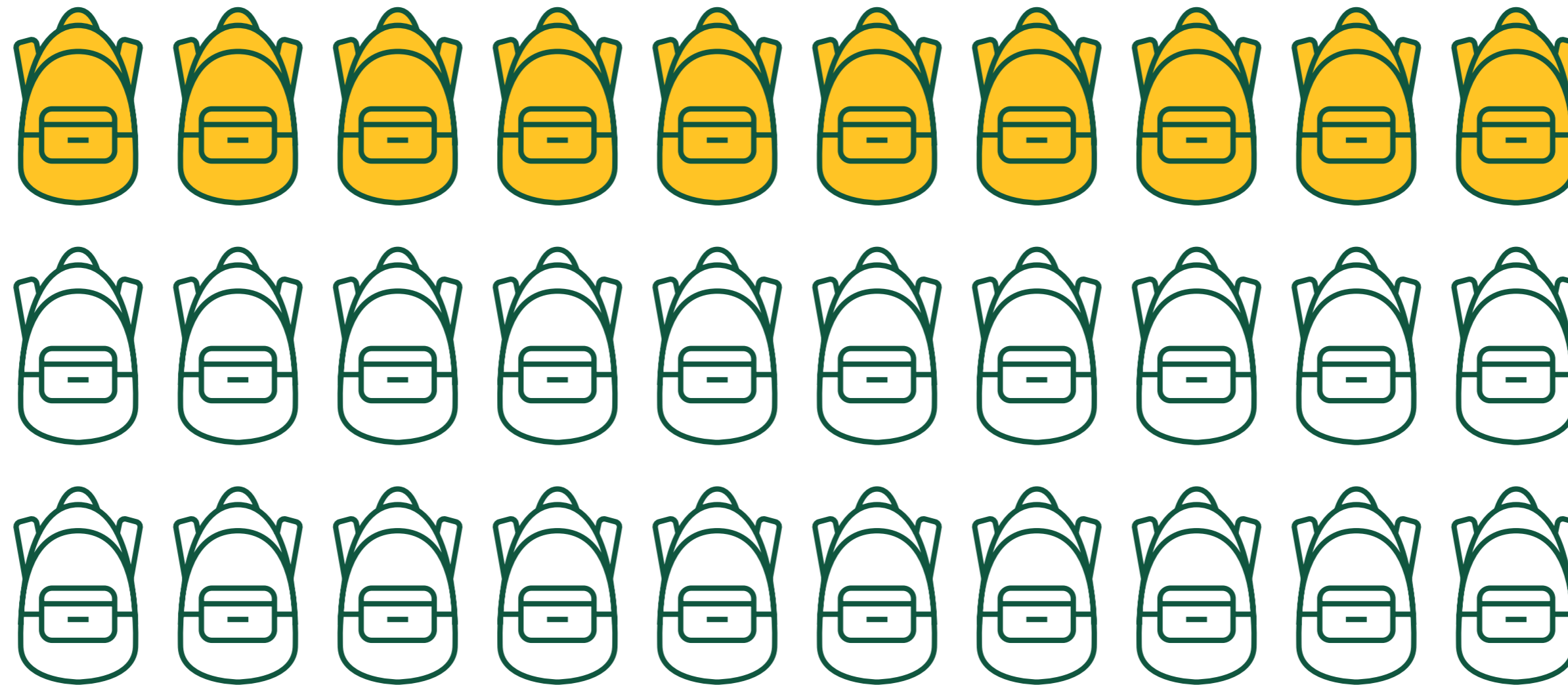
22 STUDENTS REPORTED THEIR
OVERALL LEVEL OF STRESS AS MODERATE
TO HIGH.

MENTAL HEALTH



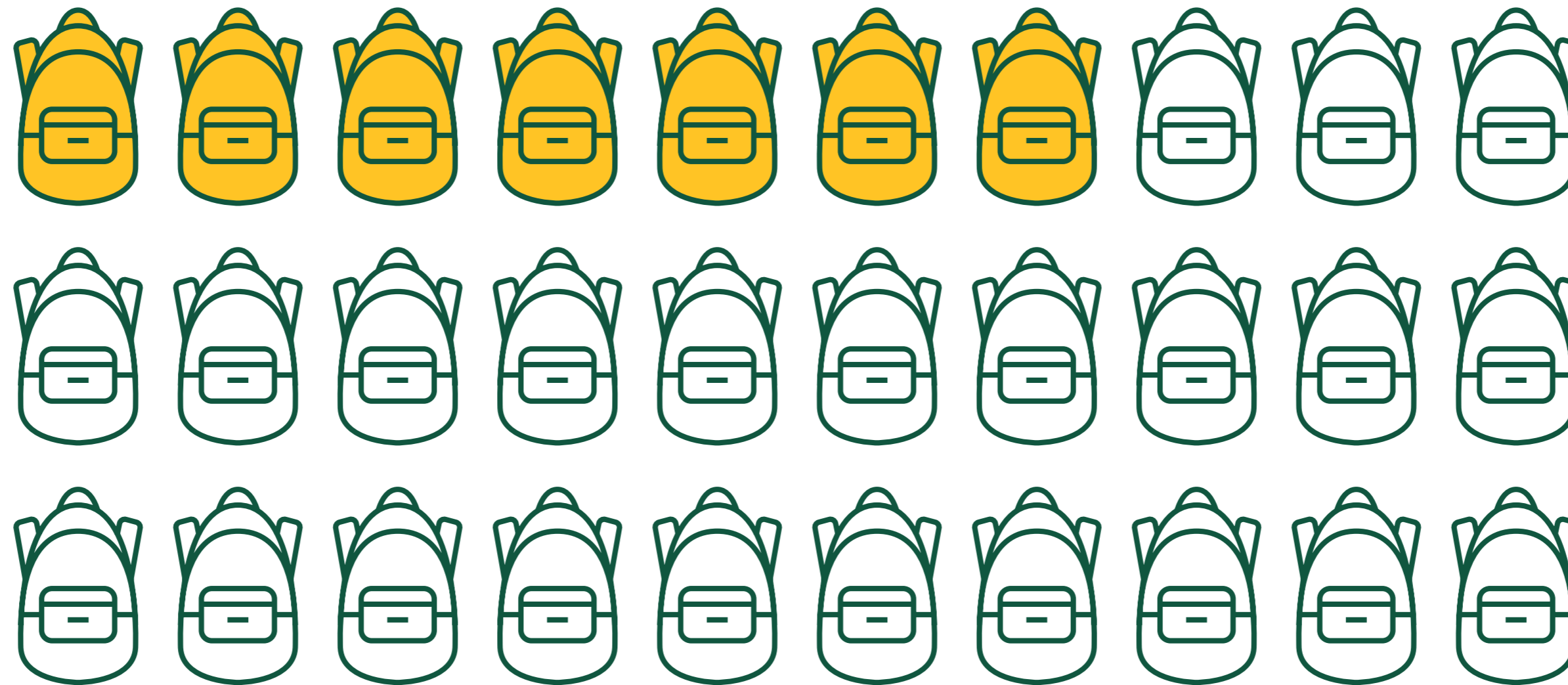
11 STUDENTS' ACADEMIC PERFORMANCE HAS BEEN NEGATIVELY IMPACTED BY STRESS.

MENTAL HEALTH



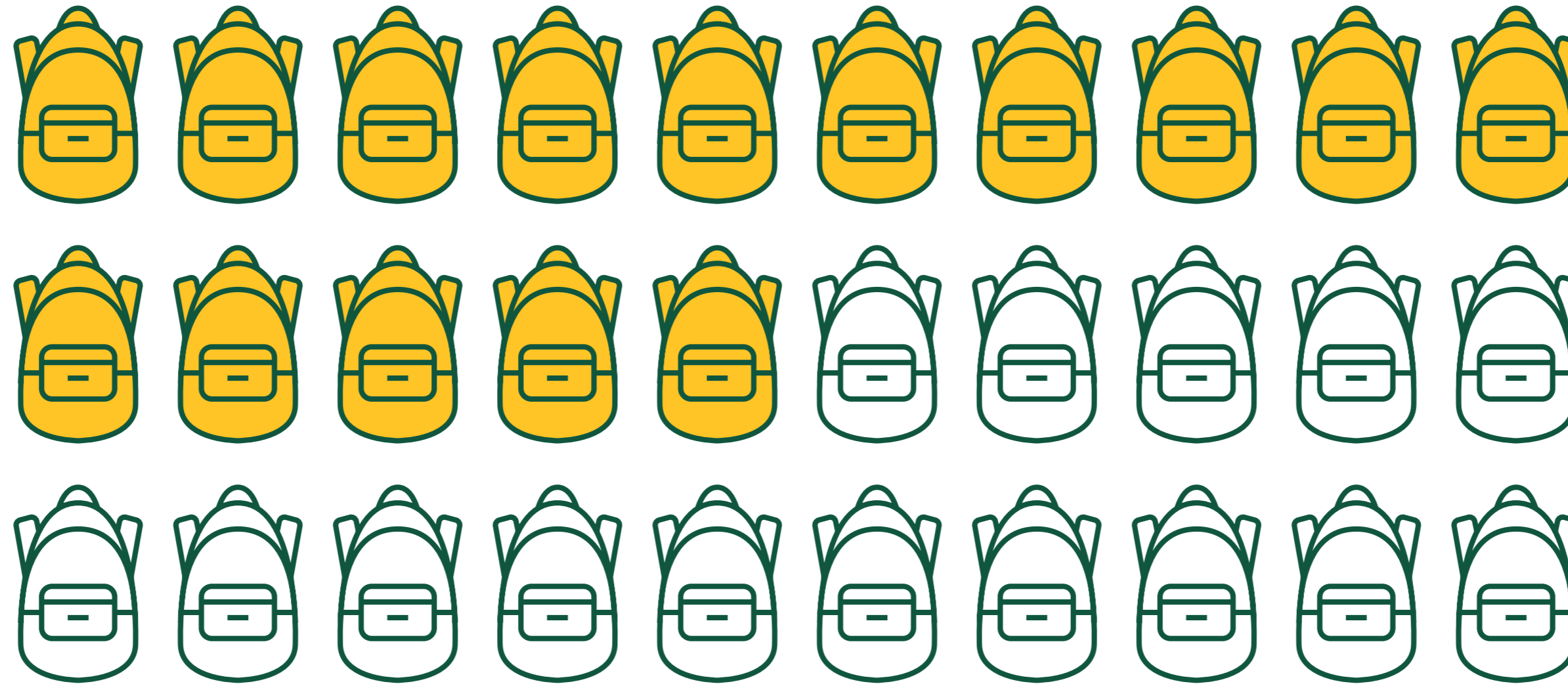
10 STUDENTS' ACADEMIC PERFORMANCE HAS BEEN IMPACTED BY ANXIETY.

MENTAL HEALTH



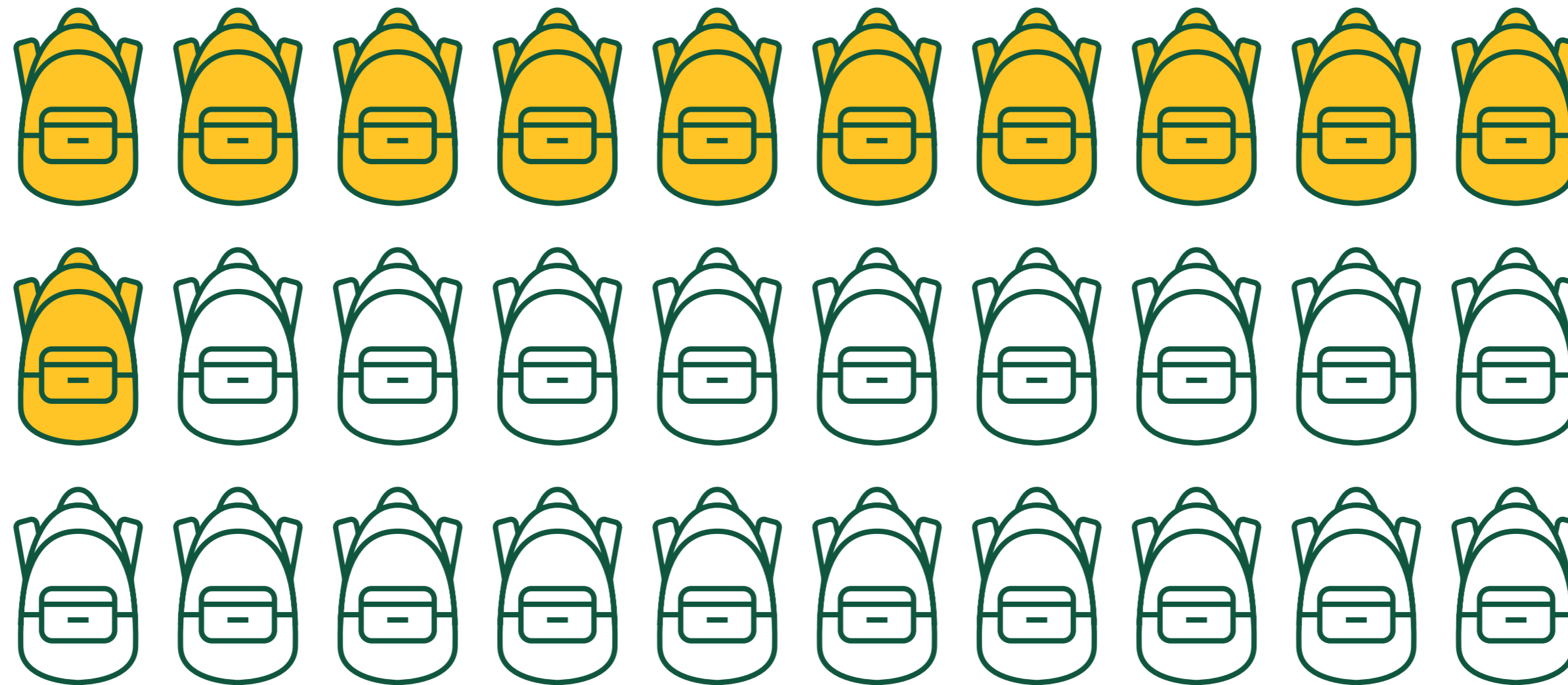
7 STUDENTS' ACADEMIC PERFORMANCE HAS BEEN IMPACTED BY DEPRESSION.

MENTAL HEALTH



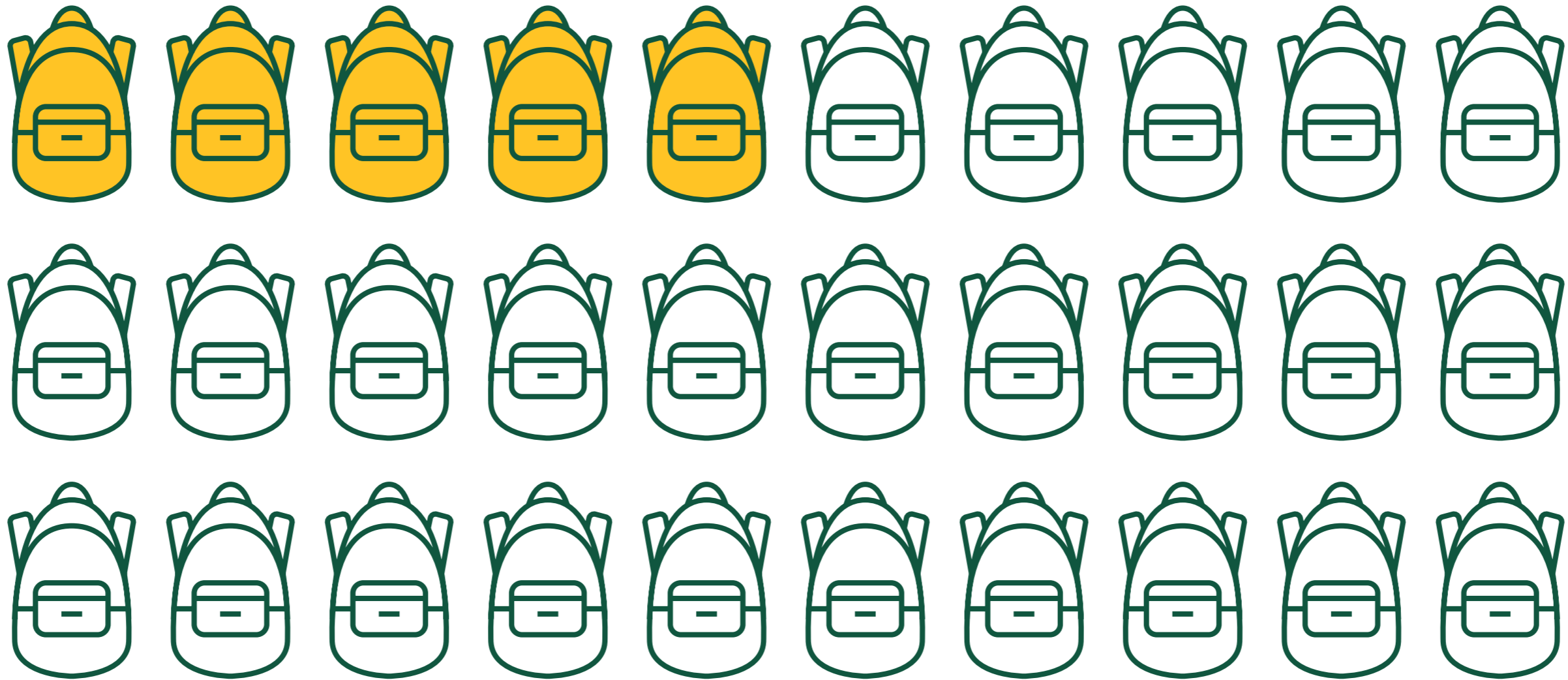
15 STUDENTS REPORTED PROBLEMS
OR CHALLENGES WITH THEIR PERSONAL
APPEARANCE.

MENTAL HEALTH



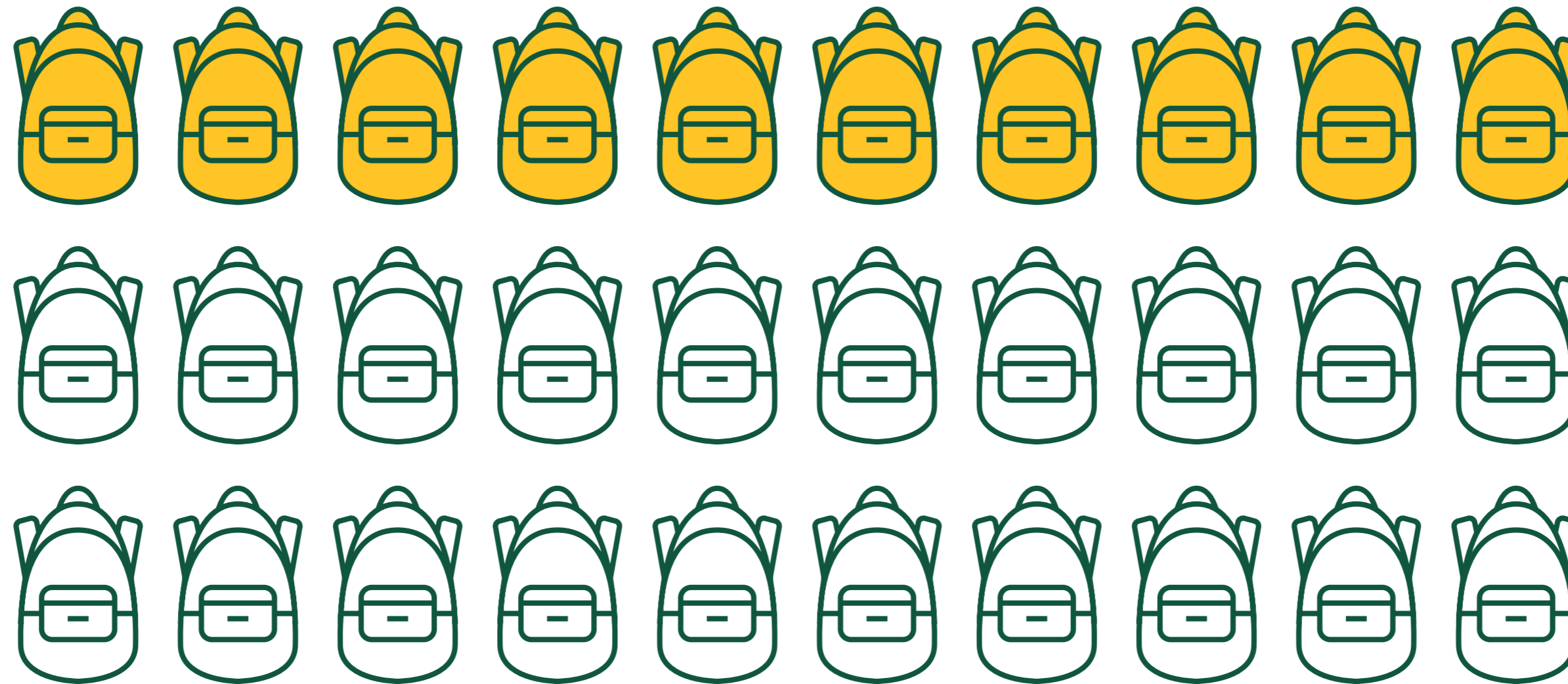
11 STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO ACADEMICS.

MENTAL HEALTH



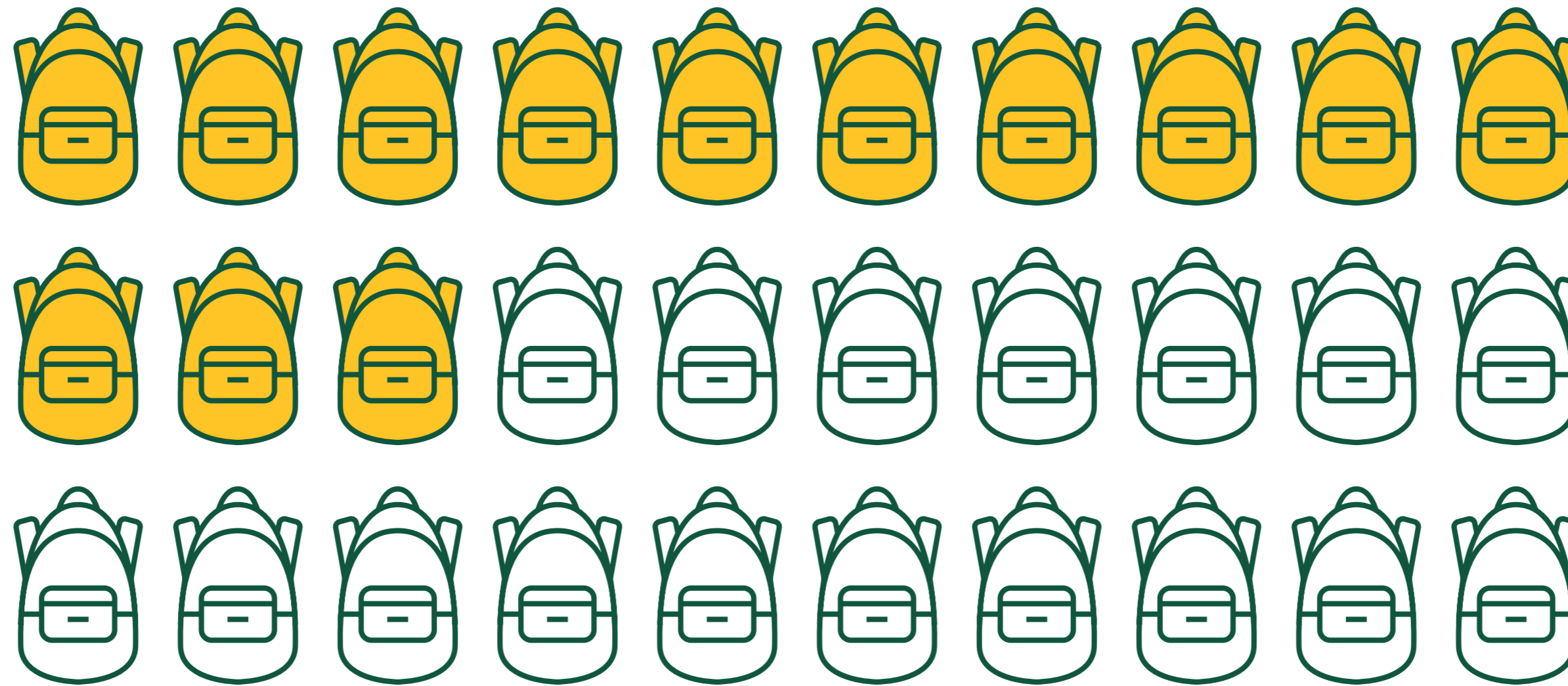
5 STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO THEIR ACADEMIC AND PROFESSIONAL CAREERS.

MENTAL HEALTH



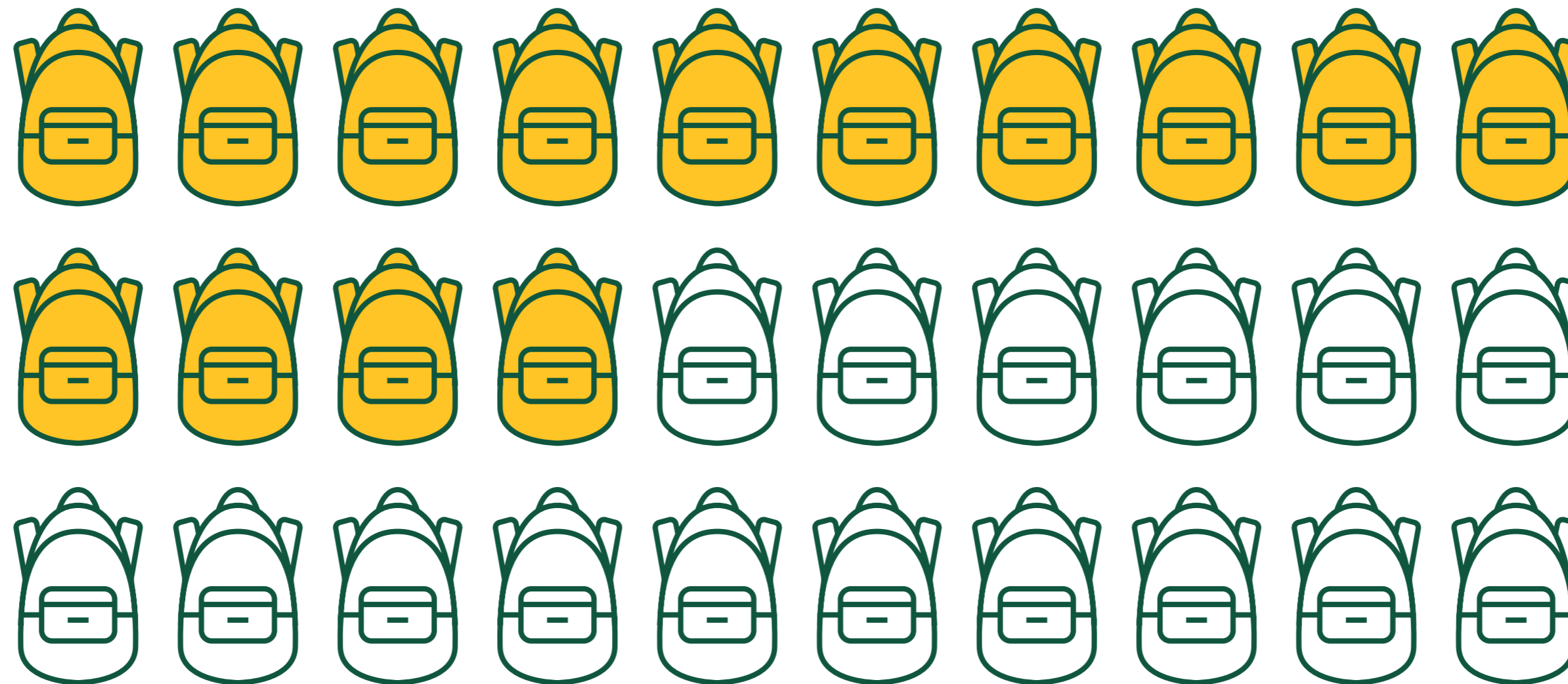
10 STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO FINANCES.

MENTAL HEALTH



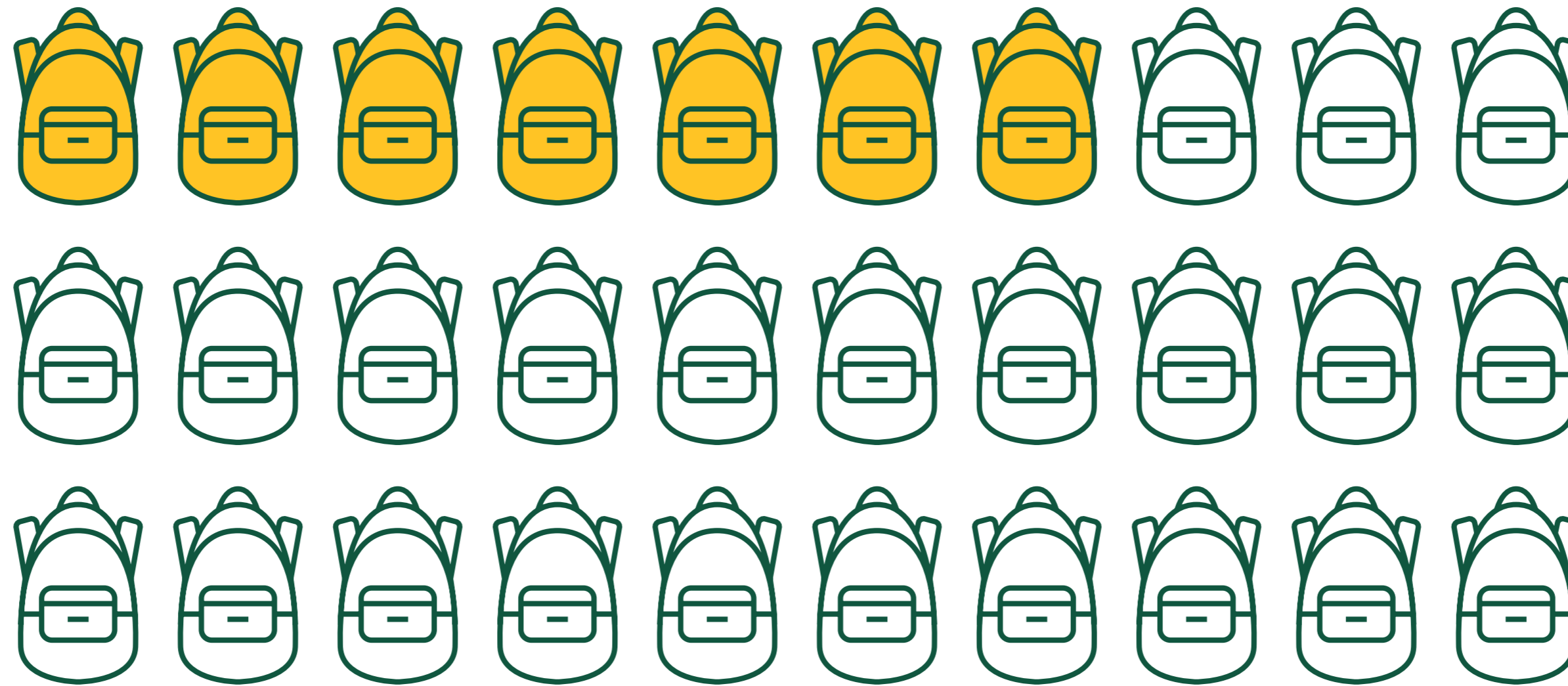
13 STUDENTS REPORTED A MODERATE OR HIGH LEVEL OF DISTRESS DUE TO PROCRASTINATION.

MENTAL HEALTH



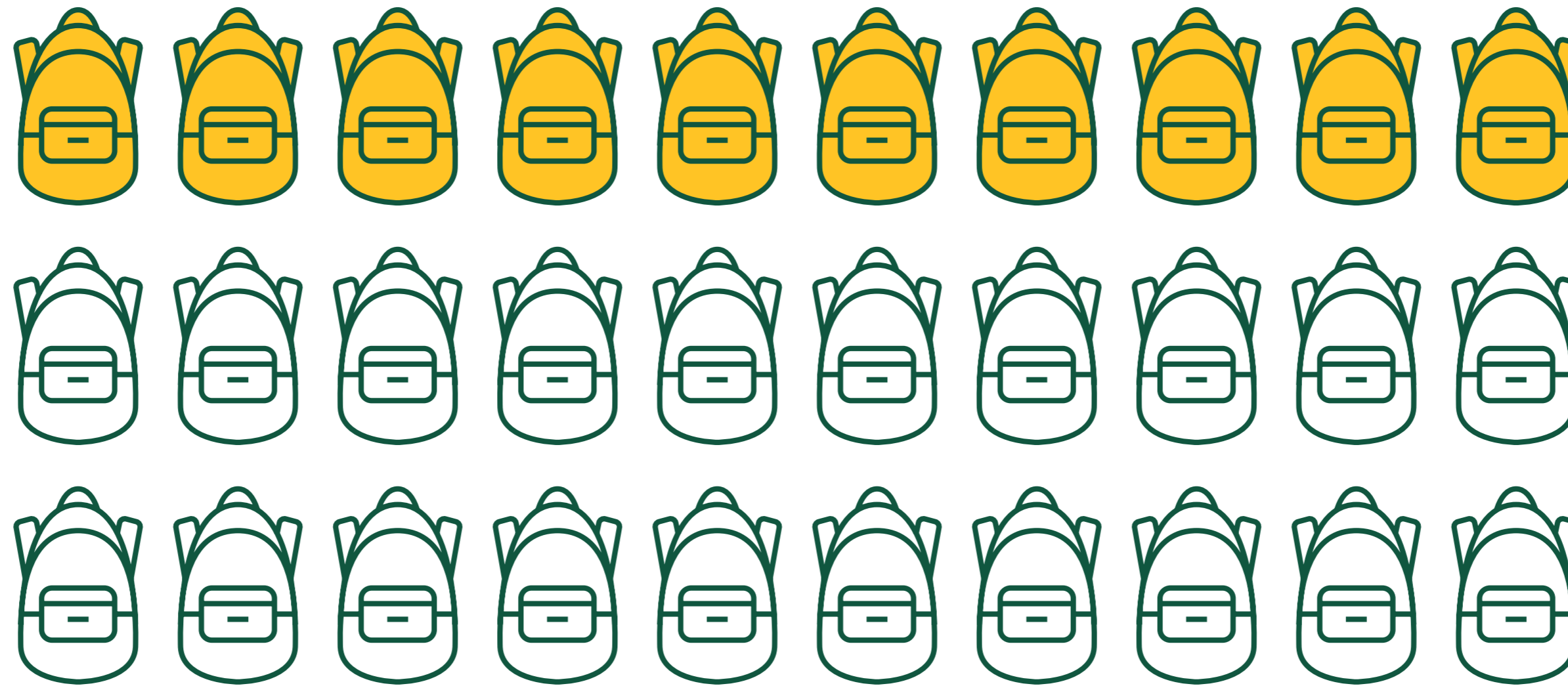
14 STUDENTS REPORTED EVER HAVING
THOUGHT ABOUT OR ATTEMPTED
TO KILL THEMSELVES.

MENTAL HEALTH



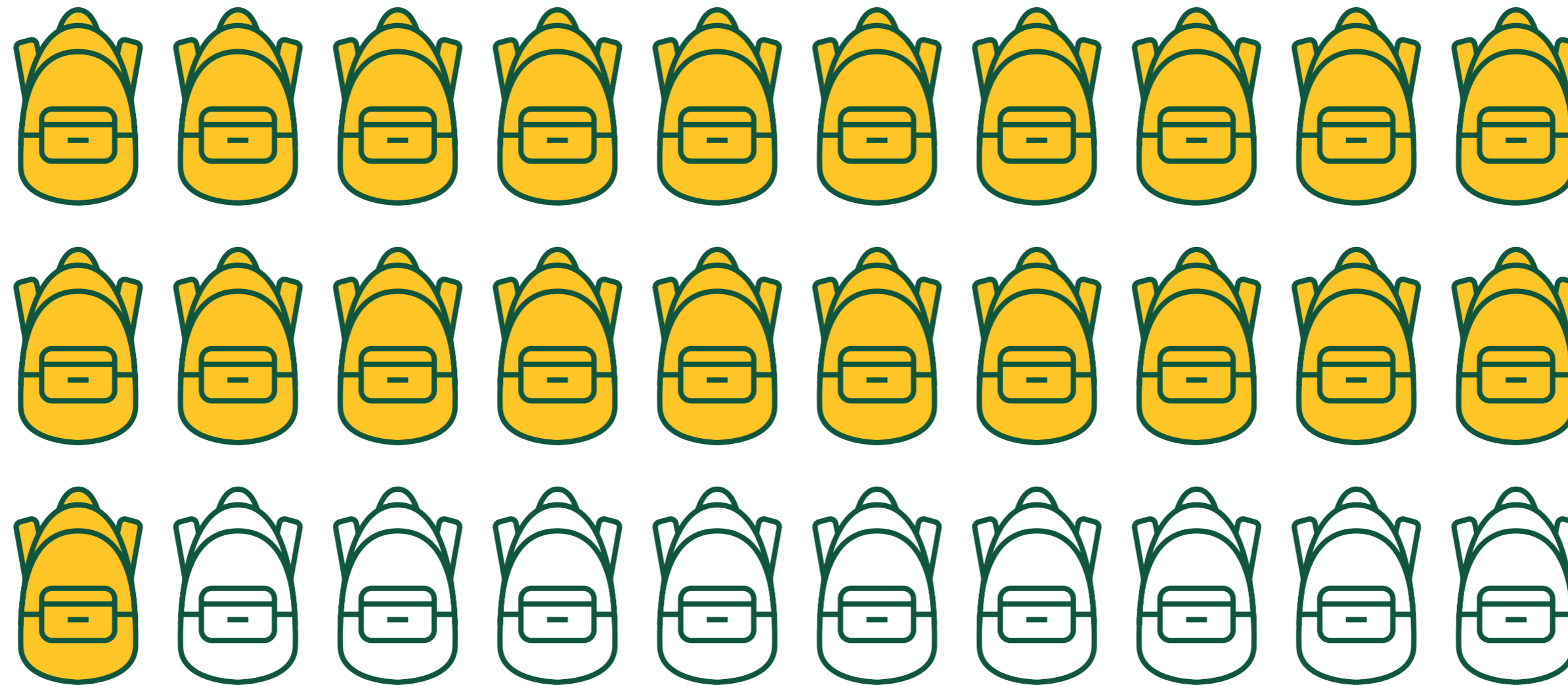
7 STUDENTS REPORTED HAVING PLANNED OR ATTEMPTED TO KILL THEMSELVES AT LEAST ONCE.

MENTAL HEALTH



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

MENTAL HEALTH



21 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_events