

# COVID-19 & THE TRANSITION TO COLLEGE STUDY

## ANALYSIS OF FIRST YEAR STUDENTS IN FALL 2021

### STUDY SUMMARY

In summer 2021, we began a project to explore the experiences of COVID-19 and transition to college. We investigated how the momentous shifts and challenges caused by the pandemic affected this formative time in students' lives. Our work began with Marquette University incoming students in the fall of 2021. More details on the study can be found on the [study website](#).

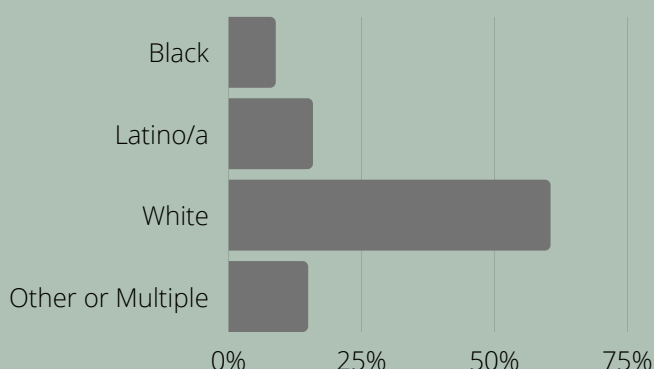
### SURVEY SUBGROUP

#### SAMPLE

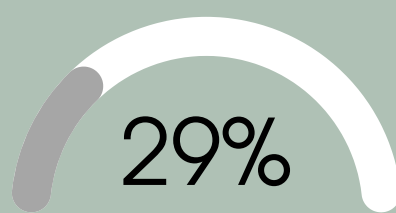
Total Participants: 109

- 66.7% identify as female
- 27.2% had free/reduced school lunch in high school
- 77.2% had parents with 4-year or graduate degree

#### RACE/ETHNICITY



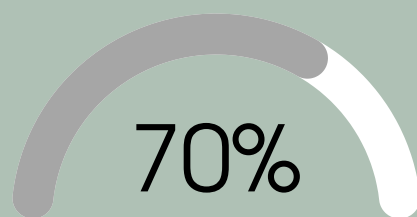
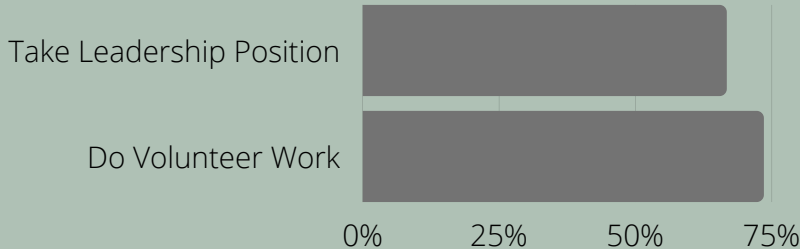
**70%** REPORTED THE PANDEMIC WORSENE THEIR ANXIETY, LONELINESS OR MOOD



**AT RISK FOR DEPRESSION AND ANXIETY DISORDERS**

*NOTE: 37.8% OF STUDENTS OF COLOR WERE AT RISK*

#### DESPITE PANDEMIC, PERCENT OF STUDENTS WHO PLANNED TO



**REPORTED PANDEMIC WORSENE SEDENTARY BEHAVIOR**

### BELONGING

	Overall	Students of Color	First Generation Students
I feel a sense of belonging at Marquette	72.4 % Agree	58.5 % Agree	46.1 % Agree
I am happy to be at Marquette	80.5 % Agree	73.2 % Agree	75.4 % Agree

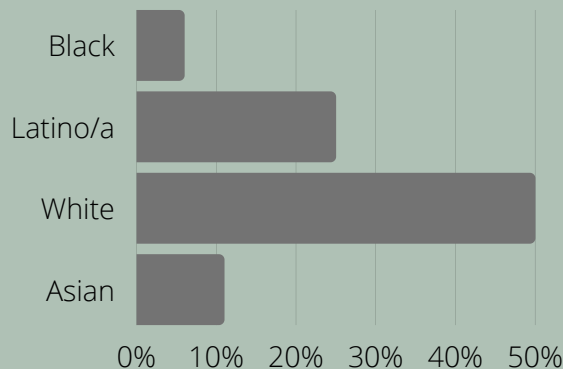
### INTERVIEW SUBGROUP

#### SAMPLE

Total Participants: 36

- 25% had free/reduced school lunch in high school
- 75% had parents with 4-year or graduate degree
- 83% living on campus

#### RACE/ETHNICITY



#### Main Themes

- 1) Experiences led to growth in self-awareness and coping strategies
- 2) Physical exercise was seen as form of self-care, and often mentioned as important to their plans for the first year at college
- 3) Motivation was hard during high school; some felt this negatively impacts them while others became more organized and independent
- 4) Optimism and positive feelings thinking ahead to first year at college

#### Examples of Theme 3

"Forming habits to help with depression and anxiety and stuff. Like working out or talking to people or journaling or meditation."

"It made me almost very lazy when it came to schoolwork, just because we really did nothing all year. I feel like I'm going to the future with no work ethic from the past two years, just because I haven't been doing anything."

COVID-19 and the Transition to College Study Website:

<https://www.marquette.edu/education/centers-and-clinics-research/emerging-from-covid-research.php>