

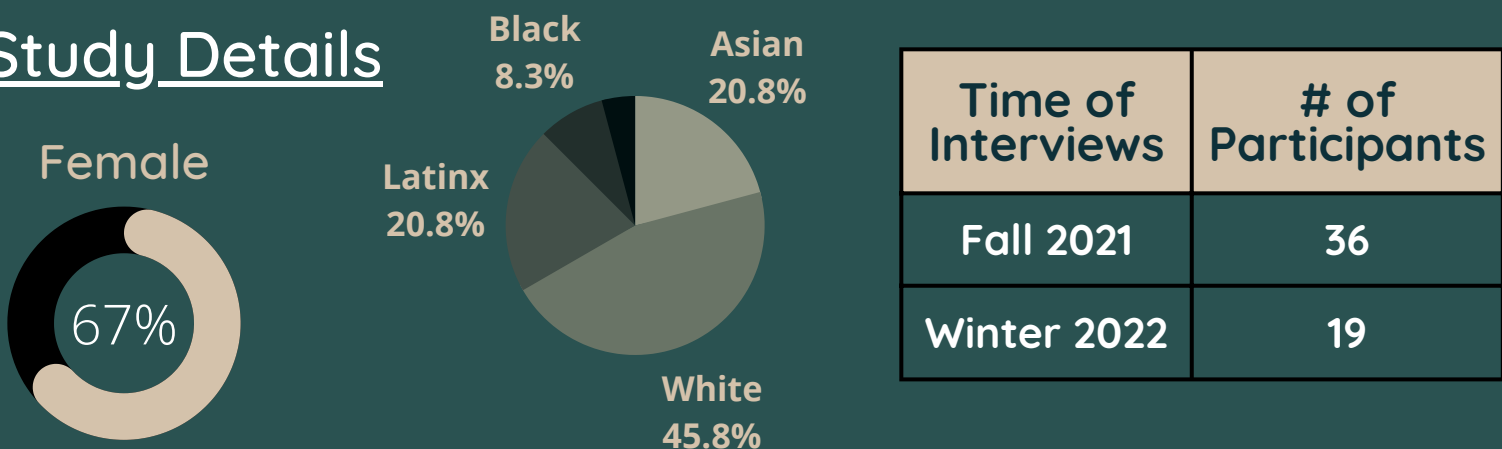
EMERGING FROM COVID-19: YOUNG PEOPLE'S HEALTH WELL-BEING, COLLEGE TRANSITIONS, AND DEVELOPMENTAL TRAJECTORIES

Spring 2022 Interview Preliminary Takeaways

In spring 2022, we continued our project exploring the experiences of freshman transitioning to college in the midst of COVID-19. We conducted 19 interviews to follow-up with Marquette University students who participated in our survey in fall 2021.

More details on the study can be found on the [study website](#), and takeaways from the fall 2021 data collection can be found on [this infographic](#).

Study Details



Themes

01.

MENTAL HEALTH

- When students struggled with mental health difficulties, they sought help from the counseling center or had a relationship with a therapist.
- Several students highlighted the need for better advertised mental health services including online consultations and expanded access

02.

HEALTH PROTOCOLS

- Generally, people were supportive of vaccine and booster mandates, but no one particularly "liked" the mask mandate
- There were many comments like "It wasn't fun, but I get it" and "I'll just do it because it's the right thing to do"
- Almost all stressed the importance of being physically in class rather than virtual

03.

COVID IMPACTS AND CAMPUS EXPERIENCES

- Students generally did not feel like COVID affected their education, experience on campus, or social life
- COVID was not as present on students' minds as during fall 2021 interviews. Still, most talked about the campus being "not quite back" to sense of "normal"
- Many described either lack of time or information as reasons for not being more engaged in activities

04.

ACADEMICS

- Not many students struggled academically, but those who did mention this seemed to spill over into other areas of life (e.g., poor mental and physical health, lack of involvement on campus)
- Some noted strategies developed during high school and the pandemic that helped them now, such as time management, healthy habits, or self-motivated learning
- Support from faculty and staff was consistent throughout their first semester and important in success
- Generally, when students had difficulty in classes, they wondered about their preparation in high school and if it was sufficient.
- Students were excited to be back in the classroom if they had been virtual.

[COVID-19 and the Transition to College Study Website](#)

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