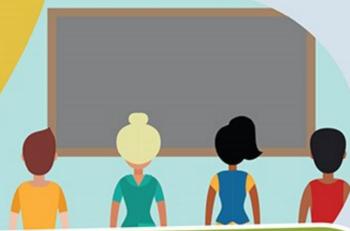


Majority of US First-Year College Students Feel Underprepared Emotionally for College



Results of an online national survey uncovered that emotional preparedness - defined by the organizations as the ability to take care of oneself, adapt to new environments, control negative emotions or behavior and build positive relationships - is a major factor to students' success during their first year of college.



Results have significant implications for parents, educators and students alike, revealing important touch points for better communication, programming and meaningful intervention.

60%

of students wish they had gotten more help with emotional preparation for college. The following groups of students were more likely than their counterparts to agree with this statement:



Have a lower GPA



Regularly consume drugs or alcohol



Take a leave of absence after the first term.
Small base (n<100) - results should be interpreted as directional only.



Rate their overall college experience as "terrible/poor"

45%

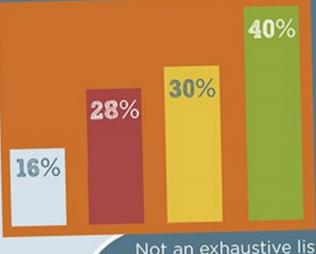
felt that "it seems like everyone has college figured out but me."

Challenges to Getting Support

- **51%** found it difficult at times to get emotional support at college when they needed it.
- **11%** said they turned to no one for support when they needed it during their first term.
- **65%** said they tended to keep their feelings about the difficulty of college to themselves.

- **50%** of students feel stressed 'most' or 'all of the time.'
- **36%** do not feel in control of managing the stress of day-to-day college life.

Non-academic pressures reported as extremely or very challenging include:



- Paying for college expenses
- Making new friends
- Keeping in touch with family and friends not at their college
- Being independent

Not an exhaustive list of the top selections that respondents found challenging



Risk of Substance Abuse

30%

of students reported regularly consuming drugs or alcohol during their first semester.

These students are more likely than non-regular drug/alcohol users to rate their emotional health as "worse than other students" (39% vs 32%)



Rethinking College Preparation

- **87%** of students said college preparation during high school focused more on academics than emotional readiness.
- **57%** of students felt "a great deal of pressure" to attend a well-known college.
- **50%** said their independent living skills need improvement.

Students, parents and school administrators are encouraged to visit SettoGo.org

Set to Go is a new online resource to help prepare for the transition to college and beyond - from developing basic life skills and building social-emotional competence, to learning the fundamentals of mental health and substance abuse and navigating the transition itself - Set to Go helps teens and young adults flourish and lead emotionally healthy lives into adulthood.

The "First-Year College Experience Survey" was commissioned by The JED Foundation, Partnership for Drug-Free Kids and The Jordan Porco Foundation, and conducted online by Harris Poll among 1,502 U.S. college freshmen between March 25 and April 17, 2015. Survey respondents were students 17-20 years old, in the second term of their first year at college, and attending at least some classes in person at a 2-year or 4-year college. For complete survey methodology, including weighting variables and subgroup sample sizes, visit www.SettoGo.org or email info@JEDfoundation.org.

