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

Results of an online national survey, 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.

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

- 32% found it difficult at times to get emotional support at college when they needed it.
- 31% 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.

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.

Rethinking College Preparation

- 68% 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 succeed in a new college.
- 83% said their independent living skills need improvement.

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

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

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—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.

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