

The College Student Mental Health Crisis: What's underneath the iceberg

Academic Issues:

- Only 37% of 12th graders rate as proficient or better in reading, and only 25% did so in math. 2017 National Assessment of Educational Progress: <https://nces.ed.gov/nationsreportcard/>
 - o 4 year Colleges accept approximately 65% of these underperforming students. <https://www.cbsnews.com/news/latest-trends-in-college-admissions-15-things-you-should-know/>
 - o “According to college enrollment statistics, many students are underprepared for college-level work. In the United States, research shows that anywhere from 40 percent to 60 percent of first-year college students require remediation in English, math, or both.” <https://www.americanprogress.org/issues/education-k-12/reports/2016/09/28/144000/remedial-education/>
 - o “...most students have never been taught how to study and the strategies they devise on their own don't work.” https://www.washingtonpost.com/news/answer-sheet/wp/2016/09/14/a-telling-experiment-reveals-a-big-problem-among-college-students-they-dont-know-how-to-study/?noredirect=on&utm_term=.44c0ced0958e
 - o Only 60% of those who enter 4 year colleges graduate in 6 years. <https://www.usnews.com/news/blogs/data-mine/2014/12/01/report-too-much-freedom-hurts-college-graduation-rates>
 - o “The **average literacy** of college educated Americans declined significantly from 1992 to 2003, and just 25 percent of college graduates scored high enough to be deemed "proficient" from a literacy standpoint. “ <https://www.insidehighered.com/news/2005/12/16/literacy>
 - o Employers and research studies find students do not “think more critically” after college. <https://www.jamesgmartin.center/2017/03/college-graduates-still-cant-think/>

Mental Health Issues:

- **More Mental Health Problems:** More students coming to college have years of mental health and substance abuse problems. Over five years, counseling center utilization increased by an average of 30-40%, while enrollment increased by only 5%. Increase in demand is primarily characterized by a growing frequency of students with a lifetime prevalence of threat-to-self indicators.
 - o Center for Collegiate Mental Health, 2016 Annual Report

- Higher Risk of Suicide: The lifetime prevalence rates of “threat-to-self ” characteristics (non-suicidal self-injury, serious suicidal ideation, and suicide attempts) increased for the seventh year in a row among student seeking treatment. 10% of students have attempted suicide before college.
 - o Center for Collegiate Mental Health, 2016 Annual Report

- Social Anxiety: Continues to increase and is very difficult to treat. Negatively affects self-esteem, feeling connected to others and campus resources, interferes with making and keeping friends. Studies have pointed to the increased use of social media and gaming as impairing students abilities to talk to real people, face-to-face.
<http://college.usatoday.com/2012/10/11/opinion-why-social-media-is-destroying-our-social-skills/>

- Unable to Manage Emotions: More and more students coming to college have difficulty managing their emotions and thus can't handle normal life events, and/or significant stresses they or their friends face.
<https://www.psychologytoday.com/us/blog/freedom-learn/201509/declining-student-resilience-serious-problem-colleges>

- Unrealistic Expectations: Many students feel the norm is to be happy so when they are not they feel that something is wrong and want it to go away as quickly as possible. Many studies suggest the increased use of social media has made this worse – comparing your real life to others who project a happy, constant party life with “thousands” of “friends.”
<http://www.beliefnet.com/wellness/health/emotional-health/depression/7-ways-social-media-is-making-you-depressed.aspx>

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