



The State of Spartan Health 2024

Impediments to Academic Success

Many issues — not just academics — can influence a student's success in college. Some (e.g., extracurricular activities, internet use) are within their power to prevent or control, and others (e.g., financial difficulties, death of a loved one) are not. Students can learn to cope with these challenges effectively, and the university is committed to supporting them along the way.

Of MSU Students:

72%

Experienced **stress** last year, and 36% reported that stress seriously impacted their academic performance.

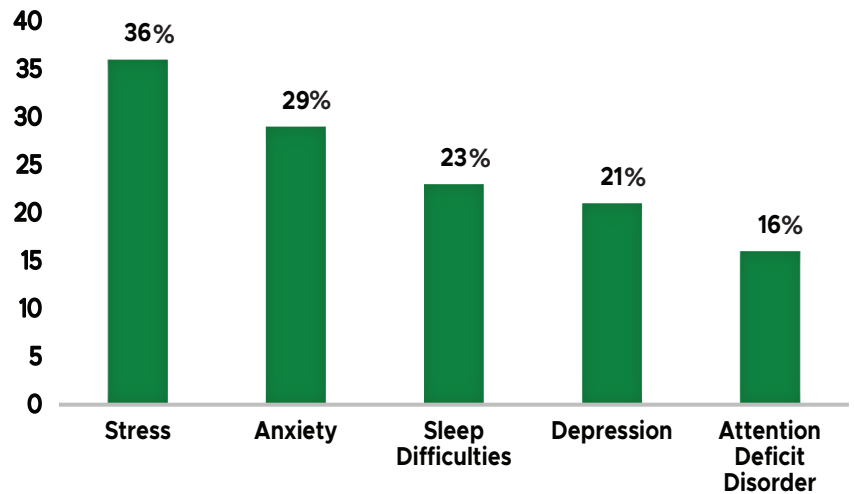
47%

Experienced **sleep difficulties** last year, and 23% reported that it seriously impacted their academic performance.

49%

Said **personal appearance** caused some level of distress. 55% of female-identifying and 48% of male-identifying students report experiencing this issue.

Top Five Impediments to Academic Success



What We're Watching

- The percent of students for whom **personal appearance** was an issue has doubled since 2010 — and much of the increase has occurred since 2020.
- **Anxiety** has steadily increased for more than 12 years, peaking in 2024 at 74 percent of students reporting having been diagnosed or treated for overwhelming anxiety. Since 2021, the number increased slightly from 71 percent.
- The **number of drinks** students report consuming when they last partied has decreased by nearly half over the past 20 years. Drinking significantly declined during the pandemic. Students reported having more drinks in 2024, but still fewer than pre-pandemic levels.

Learn More

There is more where this came from! Scan the QR code below or visit healthpromotion.msu.edu/data for data on topics like nutrition, fitness, emotional wellness and more.

