

College Completion and Mental Health

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You might not have all the
answers right away....

Let's take a poll:

What are the top challenges college students talk about?

A

Academics, social/school life, or physical health issues

B

Change in focus, financial concerns, or mental health

C

COVID-19, traumatic event, or transportation difficulties

Answer:

B



40% say: They experienced a shift in focus, motivation, or had life change

19% say: Financial concerns

14% say: Mental health

What is Time.....

✓ 168 hours in a week

✓ 18 hours are spent in class

✓ 150 hours are left for outside classroom activities

What will you do with your 150 hours?

OUTSIDE CLASSROOM EXPERIENCES

- Adventure
- Greek Life
- Center for Black Culture
- Housing and Residence Life
- Living, Learning Communities
- WELL Resources
- E-Sports
- Campus Recreation, Intramural Sports and Club Sports
- Student Media
- Commuter Student Programs
- Study Abroad
- Hiking, Biking, Whitewater Rafting, Rock Climbing, Kayaking
- LGBTQ+ Programs
- Arts and Entertainment
- Center for Community Engagement
- Career Services
- Multicultural Experiences
- Big 12 Athletic Events
- Up All Night
- Student Advisory Boards
- Student Government Association
- 450+ Student Organizations and Clubs
- Celebrations/National Days – International Students
- Community Events

Answer:

B



40% say: They experienced a shift in focus, motivation, or had life change

19% say: Financial concerns

14% say: Mental health

True

or

False



- When asked,
- **“What would have helped you to stay in college?”**, nearly half
- answered **“additional financial resources”**

• **Answer:** True



Factors that would have helped students stay in college

45% : additional financial resources

27% : more mental health resources

21% : better/more flexible scheduling



HOWARD
UNIVERSITY

Practical ways to manage (cope) with stress

- ☐ Practice mindfulness/meditation
- ☐ Spend less time on social media
- ☐ Establishing a consistent sleep schedule
- ☐ Find time to do things you enjoy
- ☐ Saying no is okay!
- ☐ Write it out – Journaling

5 STRATEGIES FOR COPING WITH *Financial Stress* IN COLLEGE

College isn't cheap, and trying to ace your exams while paying off your student loans and putting food on the table can feel like too much to juggle.

Here are five coping strategies to help.

Schedule time to
get some
exercise and let
off steam



(like hardcore parkour)

Make a realistic
budget and cut
down on wasteful
spending



(DON'T make it rain)

Find a non-
stressful job to
make some
extra income



(Like a boss)

Practice
general stress-
management
techniques



(Ommmm)

Reach out to
family & friends
for emotional
support



(we are family!)

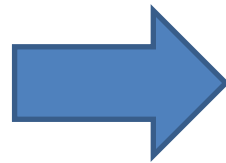


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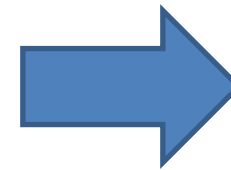
Manage financial stress



Educate yourself



Ask for help!



**Be aware &
budget**



Campus Resources

While not every campus has an office specific to “financial wellness” they may offer some of the following services:

- A job search engine for students looking for employment on campus
- Online modules that discuss budgeting and other personal finance information
- A guide on how much money to budget to spend each week on your meal plans to not run out of money
- Scholarship and grant applications through a financial aid office, an academic department, or student government or alumni association
- Financial advising associated with students planning on studying abroad

Spending Behaviors

Three triggers that likely will increase spending

- Change of location
- Change of emotions
- Change of people you surround yourself with

Example #1. Going on a vacation

Example #2. GOING TO COLLEGE!

Creating a budget for the semester is a great plan, but also be willing to adapt after a few weeks and adjust to new spending behavior.

Think through spending on food – What times between classes and club organizations are available for you to go to the dining hall to eat? What nights do you get out of class later and be more likely to order takeout/delivery?

► Answer: **B**



40% say: They experienced a shift in focus, motivation, or had life change

19% say: Financial concerns

14% say: Mental health

Gen Z:
it's a
VIBE

**How we connect
with a new generation
of students**



▶ 5 things you'll learn about the “fluid” generation

1. Their high expectations
2. The impact of these expectations
3. Their exposure to data & information
4. How they distinguish truth from noise
5. Their need to cut through the clutter



Gen Z expects that things will be easy,
intuitive, and customizable.

- ▶ **With Gen Z's sense of responsibility comes a focus on mental health.**

5. Analog experiences



The insights

84%

of Gen Z take the time to
read physical mail.

57%

have made purchases based on
direct mail offers.

77%

pay attention to
direct mail
advertising, while
nearly 50% ignore
digital ads.

What if I just need help?



- ☐ Resources to help me adjust to college life
- ☐ Social support system
- ☐ Mental health and counseling resources
- ☐ Support from my family
- ☐ Balancing social life and school
- ☐ Balancing extracurricular activities and school

Where can I find help if I have a change in focus, motivation, or a life change?

- ☐ Resources to help me pick a major or career
- ☐ Support from teachers or professors
- ☐ Resources to help me succeed in my courses and academic help when I need it
- ☐ Student advice to stay on track and keep up with classes



What do I do if I have financial questions or concerns?



Some questions that could come up:

- ☐ Will I be able to afford the cost of tuition?
- ☐ How do I balance work and school?
- ☐ Can I get financial support from the college?
- ☐ Where else can I get financial support?

Content on YouTube

Podcasts, Virtual Events, and More!

Campus Underground



The Campus Underground Podcast is a space for students to deep dive about college life and offer advice to other students. Real conversations with real college students giving real college advice. Sit back, relax, and learn new hacks to be ready for all the things college throws at you.

.edYOU Virtual Event



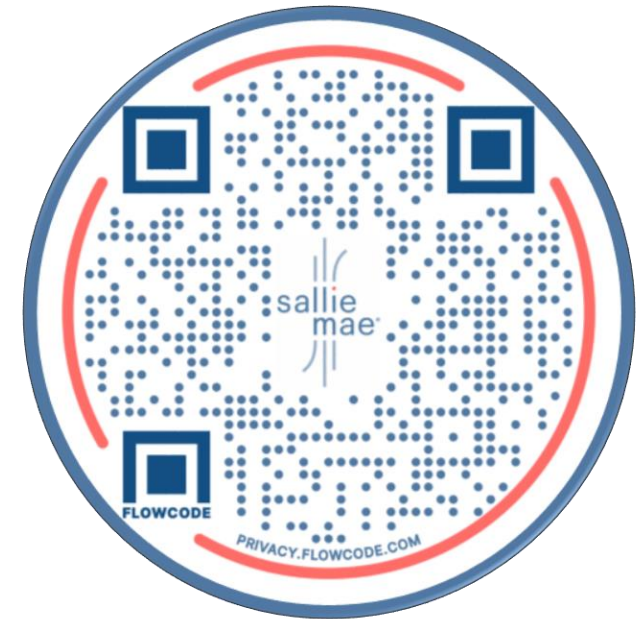
.edYOU is the free, virtual college con created just for YOU. Kickstart your college journey with a YouTube livestream full of tips, tricks, hacks, and cheat codes.

How do I access these helpful resources?



Sallie Mae's YouTube Channel

www.youtube.com/@salliemae



Questions?

Borrow responsibly

We encourage students and families to start with savings, grants, scholarships, and federal student loans to pay for college. Students and families should evaluate all anticipated monthly loan payments, and how much the student expects to earn in the future, before considering a private student loan.

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Thank you

