



National results are shown in BLACK | Tarleton State University results are shown in ORANGE

**90%** of first-year students feel their courses inspired them to think in new ways. But with so many new experiences, it can also be difficult for students to adjust. Understanding the first-year mindset and the impact of first-year programs is key to creating positive change.

### The first year of college is all about exploration...

- 88%** Said their college experience exposed them to diverse opinions, cultures, and values
- 34%** Changed their major since entering college
- 32%** Changed their career choice

### ...But all that change can be tough

- 37%** Had a hard time adjusting to the demands of college
- 55%** Felt isolated from campus life
- 47%** Struggled to manage their time effectively
- 37%** Had a tough time developing effective study skills
- 45%** Frequently felt overwhelmed by all they had to do

### Students look to faculty and peers to help them along their way

- 61%** Communicated regularly with faculty
- 69%** Received program advice from faculty
- 87%** Felt empowered by faculty to learn
- 41%** Frequently studied with other students
- 47%** Tutored another student

### Knowing that college is an important step for their career

- 59%** Of students strongly agree that they should be thinking about their post-college career
- 40%** Of those students have a clear idea of how to achieve their career goals
- 62%** Of first-year students are satisfied with the relevance of their coursework to their future career plans



The more you know about your students, the better you can understand their needs. With insight from CIRP's Your First College Year Survey, the most comprehensive tool addressing first-year programming and retention strategies, you'll be one step closer to providing the best environment for student learning and adjustment to college.

Survey Source: CIRP Your First College Year Survey 2014

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