



Student Experience in the Research University 2017 Health Topics

The Student Experience in the Research University (SERU) is a consortium of research institutions in the Association of American Universities who administer a common survey in an effort to generate knowledge and help further the goals of higher education in general and at the member institutions specifically. The SERU survey is a comprehensive survey of all undergraduate students at Texas A&M University (TAMU) intended to give faculty, students and administration in-depth insights into the undergraduate experience. SERU was most recently administered at TAMU in the spring, 2017. A total of 6,655 undergraduates completed the survey, representing 14% of the overall undergraduate population. Students were asked a variety of questions about their mental and physical health. Many students practice positive behaviors that promote health.

Figure 1: Average hours spent in exercise, recreational sports, or physically active hobbies

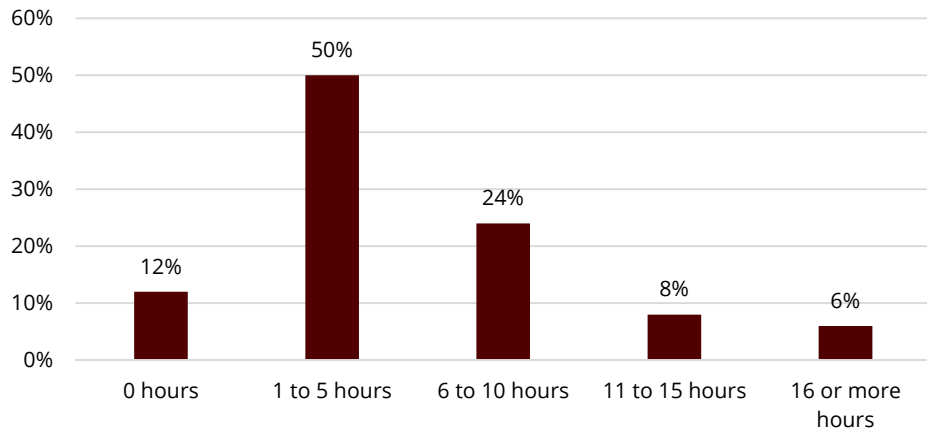


Figure 1 indicates the majority of students spend time doing something physically active.

Figure 2: Average hours slept per night on weeknights

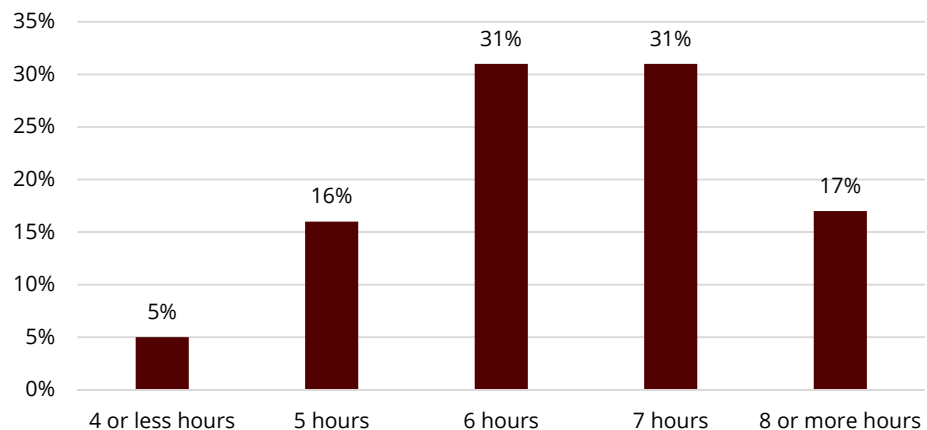


Figure 2 shows that most students get six or more hours of sleep per night on weeknights.





Figure 3: Obstacles to academic success

Figure 3 indicates that students are more likely to be negatively impacted by their mental state rather than their physical condition in terms of school work.

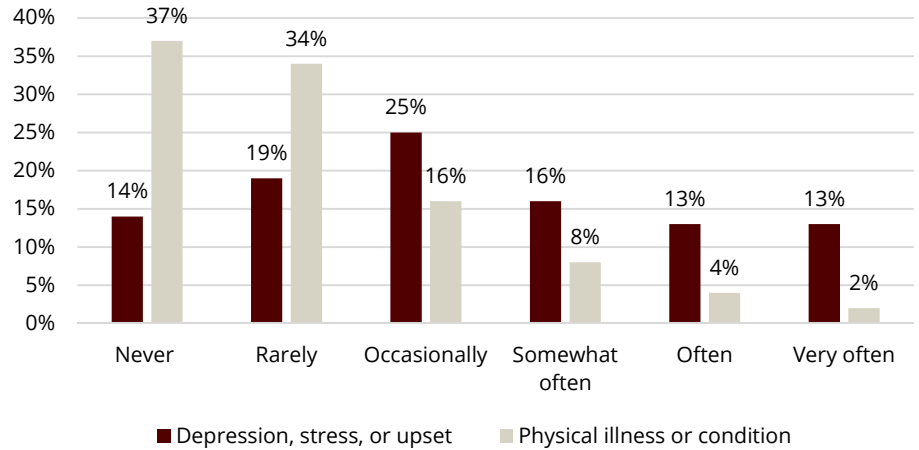
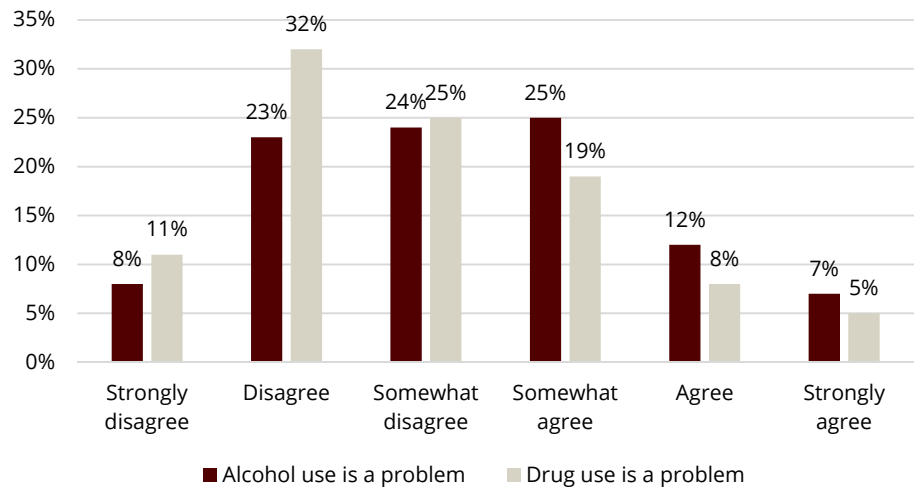


Figure 4 shows that students think that alcohol use is more of an issue on this campus than drug use, although many students do not think either is a problem.

Figure 4: On this campus, alcohol/drug use is a problem



Conclusion

Many undergraduate students make good health decisions. Texas A&M University and the Division of Student Affairs can continue to encourage positive health behaviors among undergraduate students and provide interventions when needed to support student success and retention.

FOR MORE INFORMATION



Contact the Department of Student Life Studies at sls@tamu.edu or (979) 862-5624.

