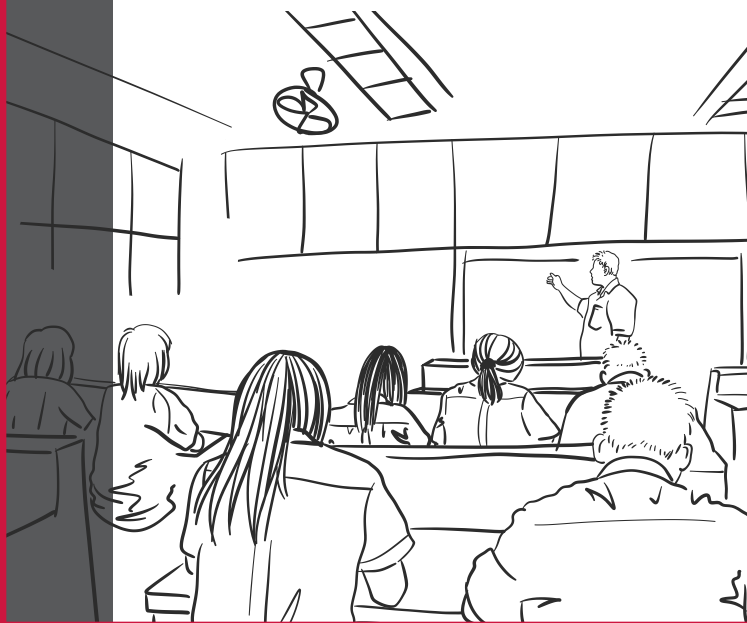


2024 STATE OF THE CLASS



STUDENT WELLNESS

2024 STATE OF THE CLASS

This document is an effort to showcase some of the influences that are real and significant in how our students show up in the classroom and at NDSCS in general. It will provide you with a quick look of the types of behaviors, experiences, and beliefs to expect from an average class of 16 students. (NDSCS Quick Facts, 2022)

This data is from the 2024 American College Health Association National College Health Assessment (ACHA NCHA) and is combined with records from departments within the NDSCS Student Affairs Division.

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UNDERSTANDING THE DATA

NDSCS Average Class Size

16

(2023-2024 Data)

CHANGE BEGINS WITH UNDERSTANDING

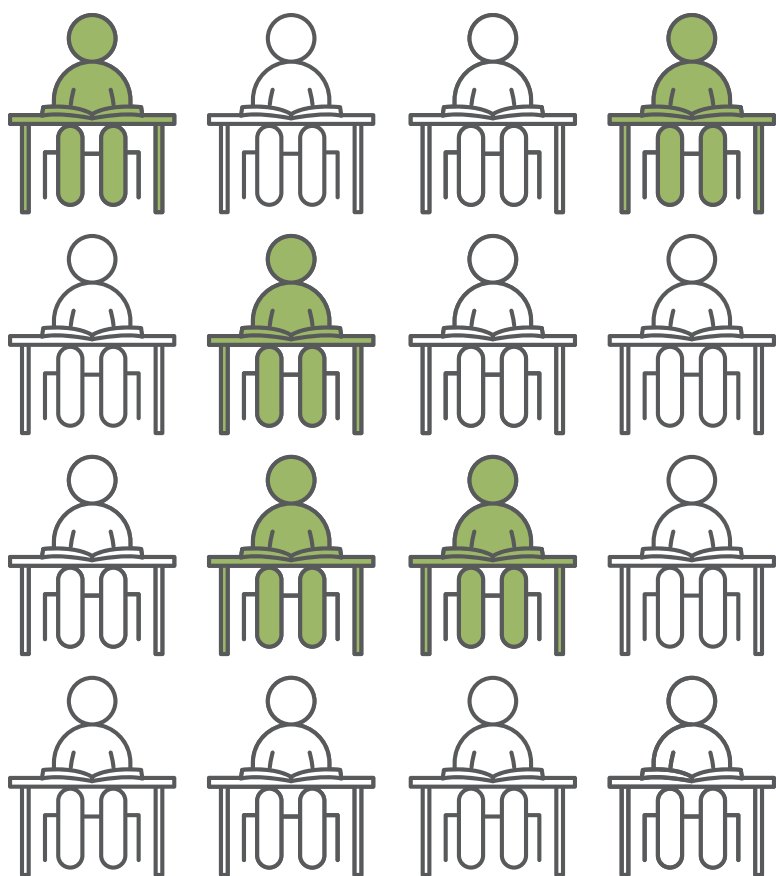
Use this NDSCS data to inform your work and our community response as together we support students and their academic goals. Poor mental health and substance use impair concentration and motivation, while unsafe sexual behaviors and relationship violence cause trauma and distraction. A safe college environment, good general health, and a sense of belonging and equity are crucial for academic success. Students who feel secure, healthy, and included are more engaged and motivated, leading to better academic outcomes. In essence, those who feel well, do well.

If you have concerns about a student, please submit a concerns page report at [NDSCS.edu/Concern](https://ndscs.edu/Concern) or call NDSCS Student Wellness at 701-671-2286.

Accessibility Services provides equal access and opportunity to all academic programs and college activities for students with disabilities.

Old Main 230A, Wahpeton
701-671-2623
NDSCS.Accessibility@ndscs.edu

IMPACTORS ON ACADEMIC PERFORMANCE

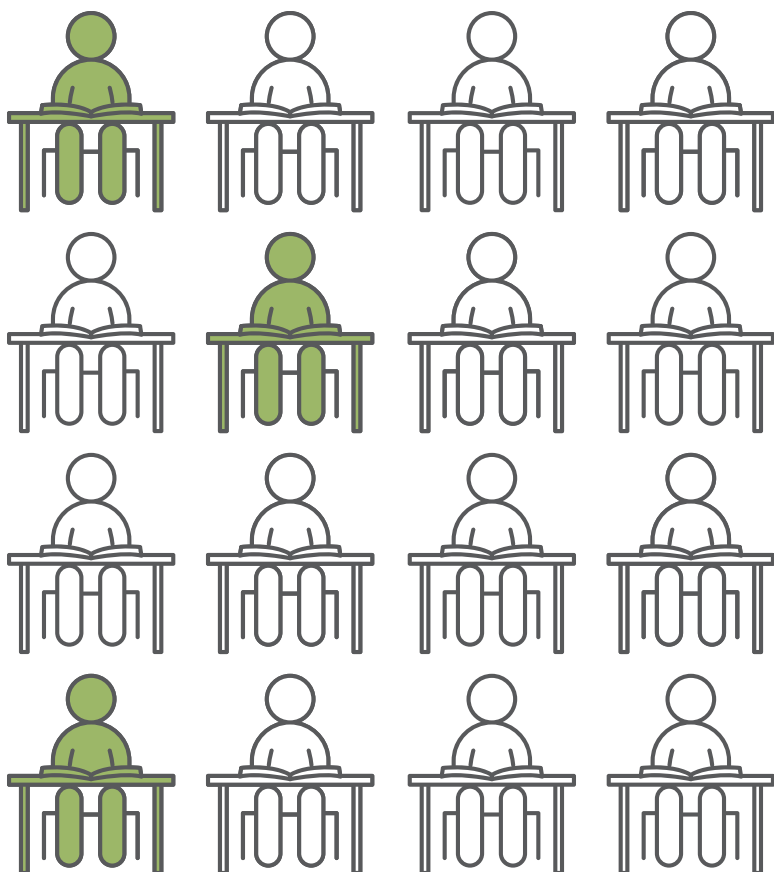


Average Class Size = 16

5

(33.7%) STUDENTS REPORTED THAT
PROCRASTINATION HAS NEGATIVELY
IMPACTED ACADEMIC PERFORMANCE
IN THE LAST 12 MONTHS

IMPACTORS ON ACADEMIC PERFORMANCE

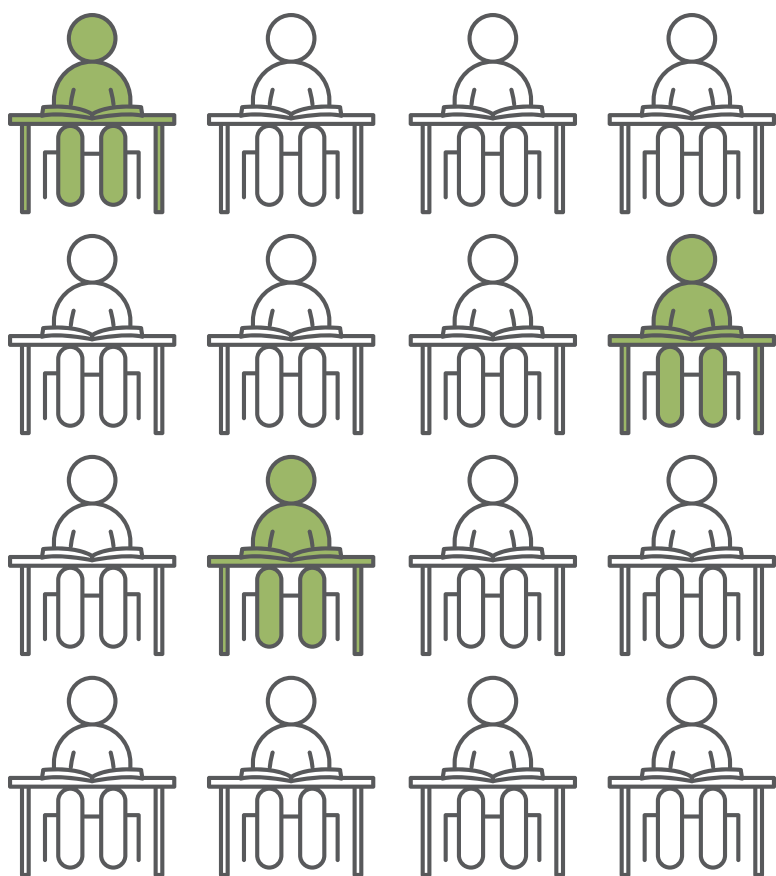


Average Class Size = 16

3

(20.8%) OF NDSCS STUDENTS REPORTED
THAT ANXIETY HAS NEGATIVELY
IMPACTED ACADEMIC PERFORMANCE
IN THE LAST 12 MONTHS

IMPACTORS ON ACADEMIC PERFORMANCE

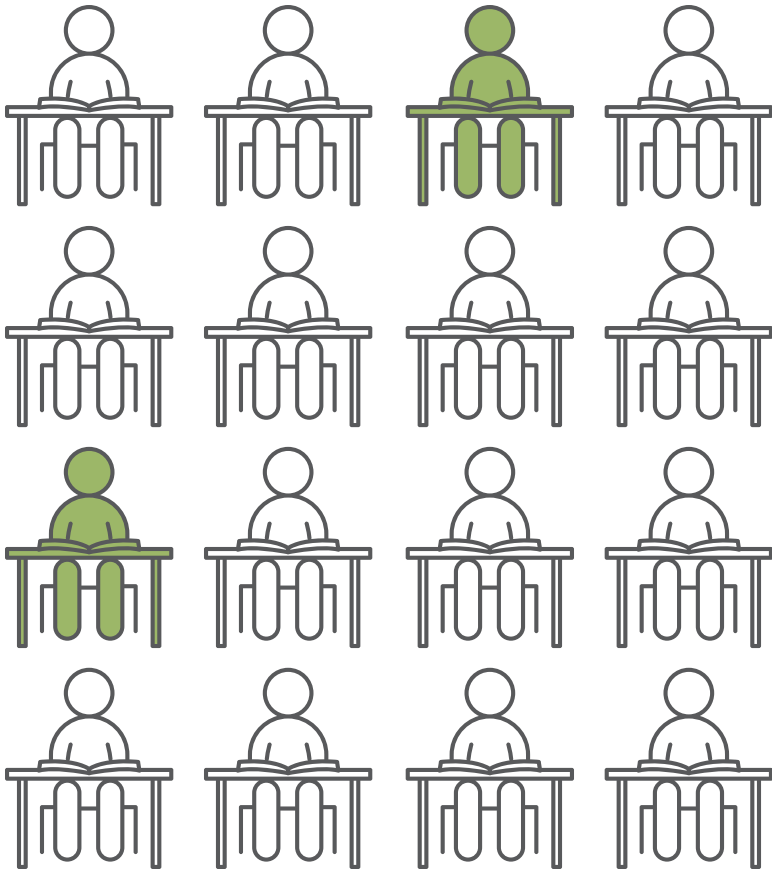


Average Class Size = 16

3

(20.4%) OF NDSCS STUDENTS REPORTED
THAT STRESS HAS NEGATIVELY
IMPACTED ACADEMIC PERFORMANCE IN
THE LAST 12 MONTHS

IMPACTORS ON ACADEMIC PERFORMANCE

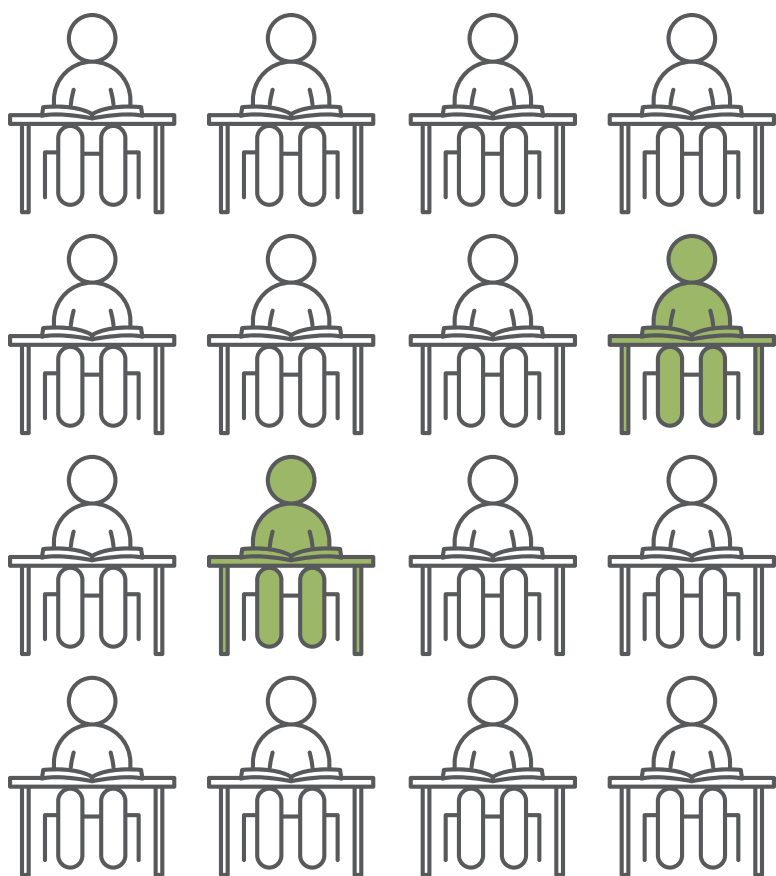


Average Class Size = 16

2

(14.4%) OF NDSCS STUDENTS REPORTED
THAT DEPRESSION HAS NEGATIVELY
IMPACTED ACADEMIC PERFORMANCE IN
THE LAST 12 MONTHS

IMPACTORS ON ACADEMIC PERFORMANCE



Average Class Size = 16

2

(14.2%) OF NDSCS STUDENTS REPORTED
THAT SLEEP DIFFICULTIES HAS
NEGATIVELY IMPACTED ACADEMIC
PERFORMANCE IN THE LAST 12 MONTHS

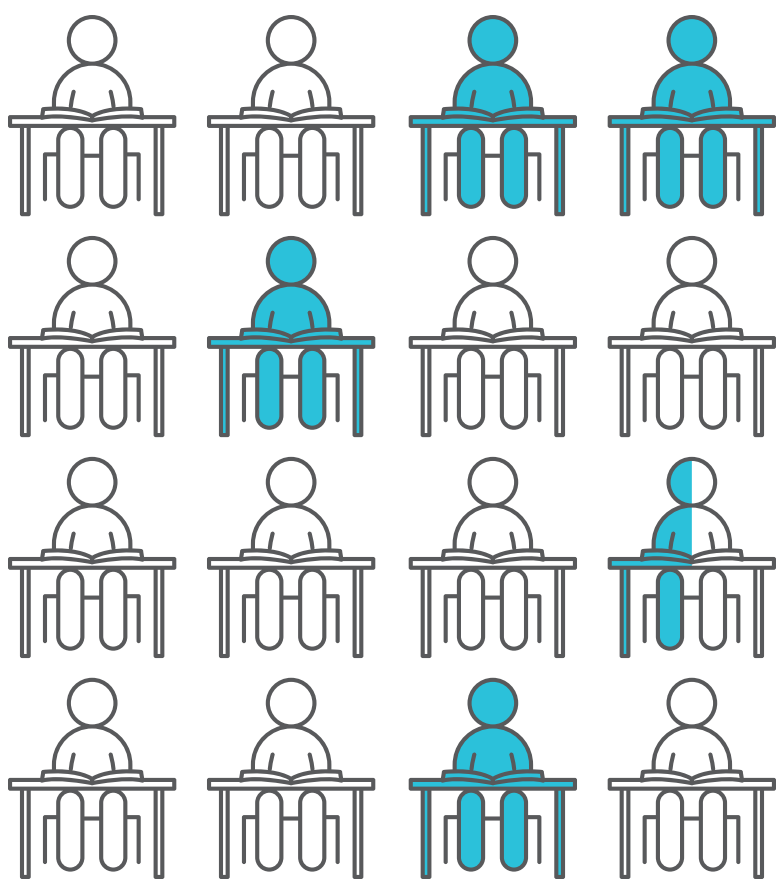
MENTAL HEALTH MESSAGE TO FACULTY & STAFF

When students encounter academic and personal challenges, they may feel alone, isolated, and even hopeless. These emotions can significantly impact their academic performance and lead to unhealthy coping mechanisms and other serious consequences. Due to your regular and extended interactions with students, you may be the first to notice when a student is in distress. As members of the NDSCS community, it is crucial that we respond with compassion.

Remember that students showing concerning behaviors may be struggling in other aspects of their lives. They might feel unable to share their difficulties with family and friends but may find it easier to confide in faculty or staff. By showing concern, you could help save a student's academic career or even their life.

Questions? Contact Counseling Services or Student Wellness at 701-671-2286 for consultation.

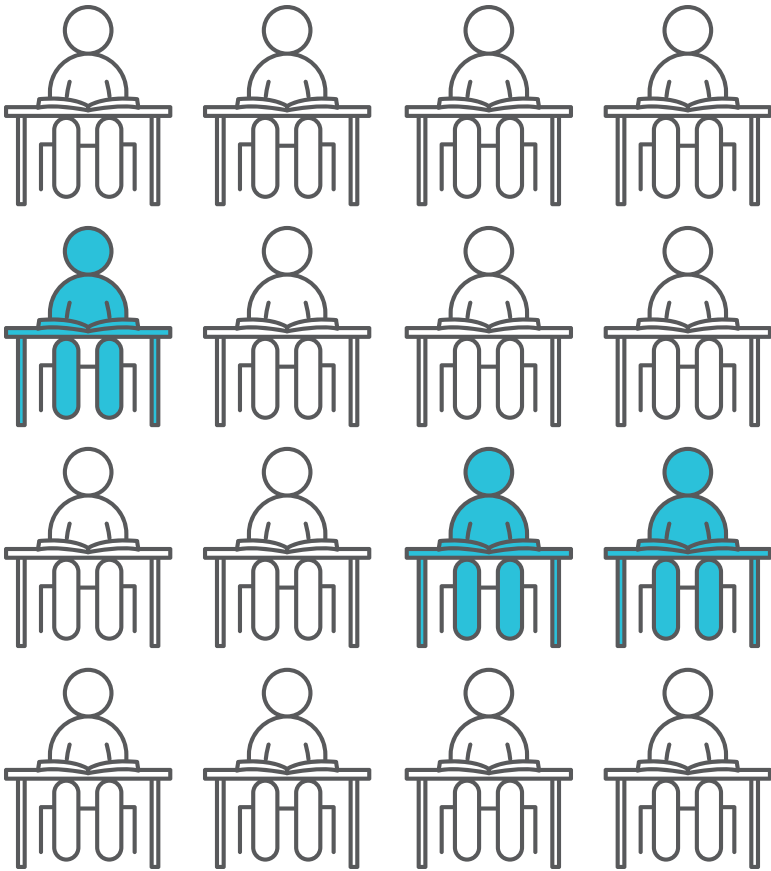
MENTAL HEALTH



Average Class Size = 16

4.5

(28.4%) OF NDSCS STUDENTS
REPORTED EVER BEING DIAGNOSED
WITH ANXIETY

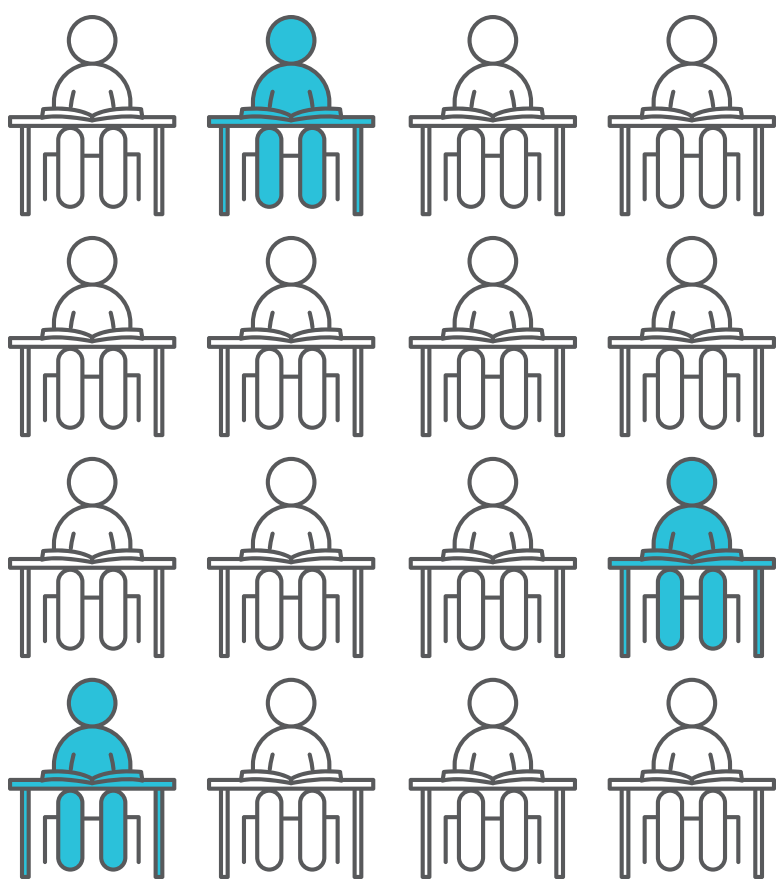


Average Class Size = 16

3

(21.3%) OF NDSCS STUDENTS REPORTED
EVER BEING DIAGNOSED WITH
DEPRESSION

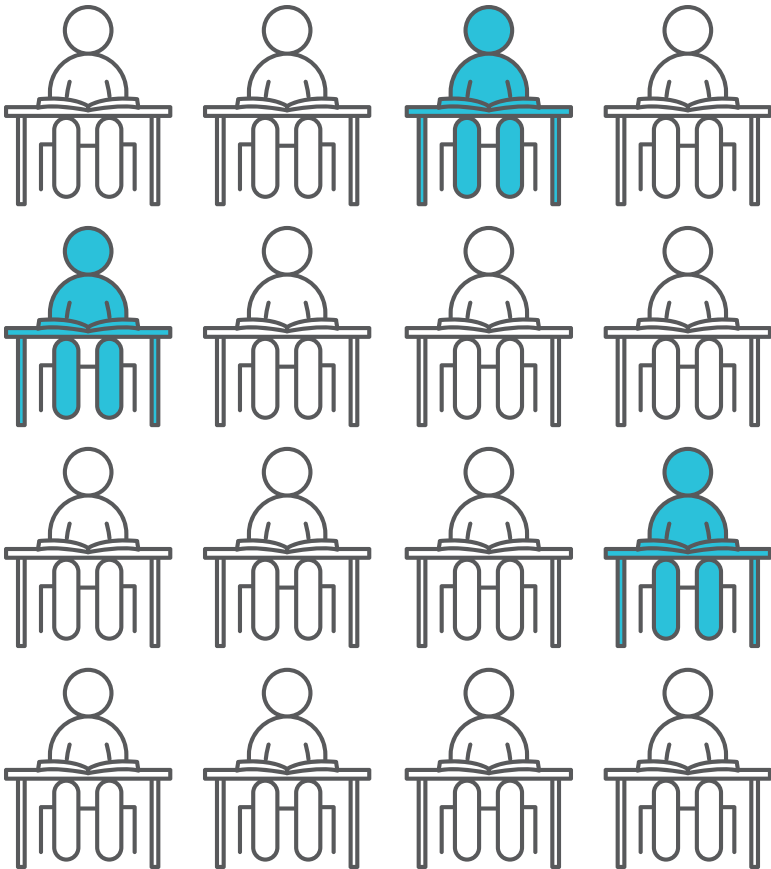
MENTAL HEALTH



Average Class Size = 16

3

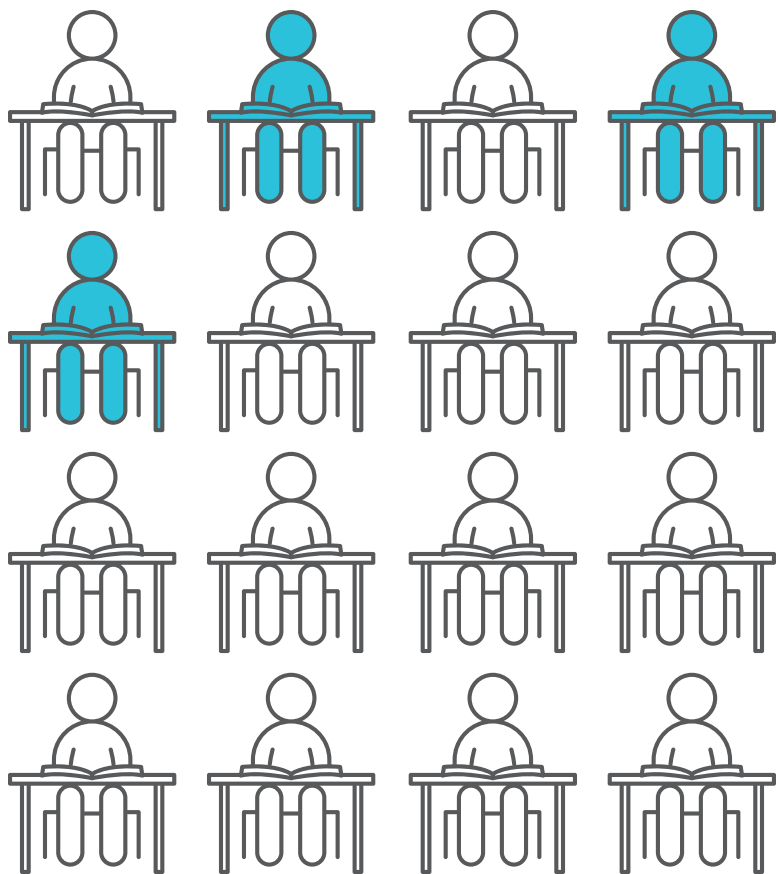
(18.7%) OF NDSCS STUDENTS
REPORTED EXPERIENCING HIGH STRESS
LEVELS IN THE PAST 30 DAYS



Average Class Size = 16

3

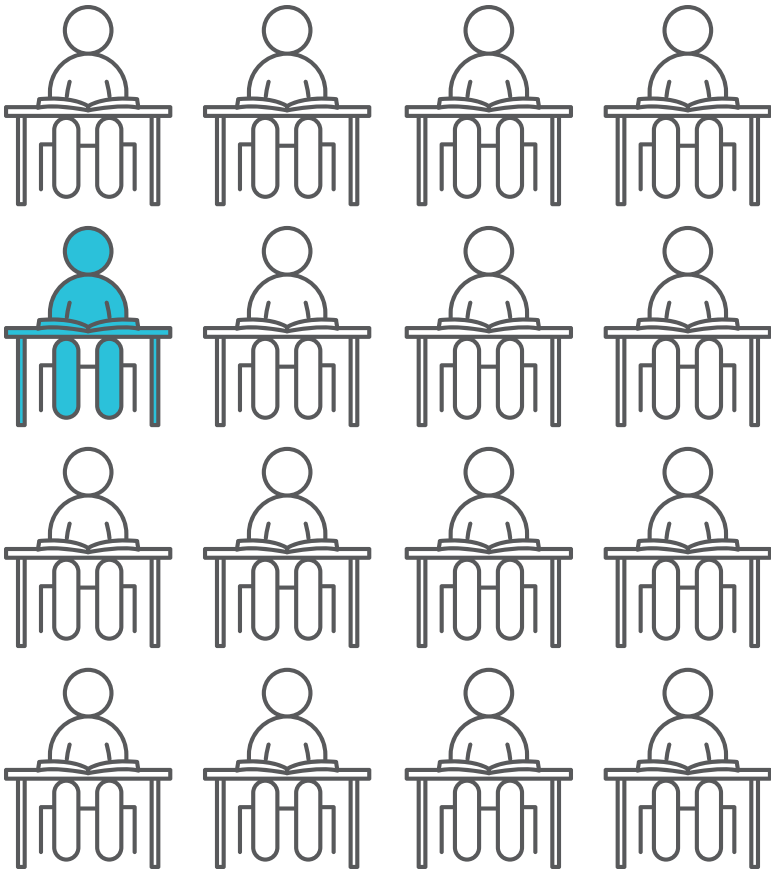
(17.3%) OF NDSCS STUDENTS
REPORTED EXPERIENCING SERIOUS
PSYCHOLOGICAL DISTRESS



Average Class Size = 16

3

20.4% OF NDSCS STUDENTS REPORTED
STRESS HAS NEGATIVELY IMPACTED
THEIR ACADEMIC PERFORMANCE



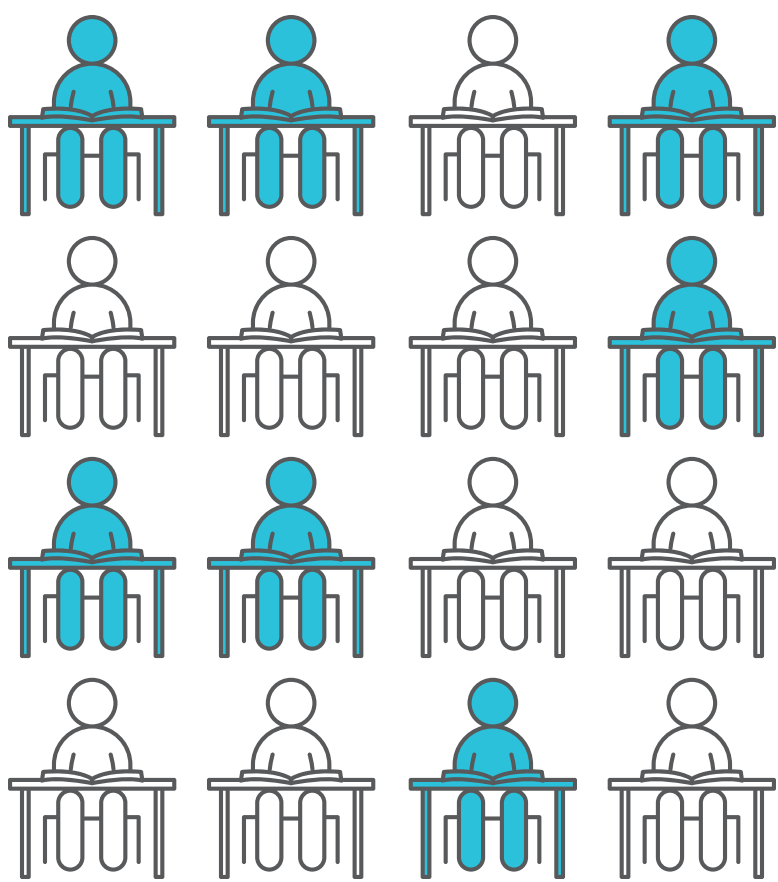
Average Class Size = 16

1

(8.6%) OF NDSCS STUDENTS INDICATED
THEY HAD INTENTIONALLY CUT, BURNED,
BRUISED, OR OTHERWISE INJURED
THEMSELVES WITHIN THE LAST 12 MONTHS

2.3% OF NDSCS STUDENTS INDICATED THEY HAD ATTEMPTED
SUICIDE WITHIN THE LAST 12 MONTHS

MENTAL HEALTH



Average Class Size = 16

7

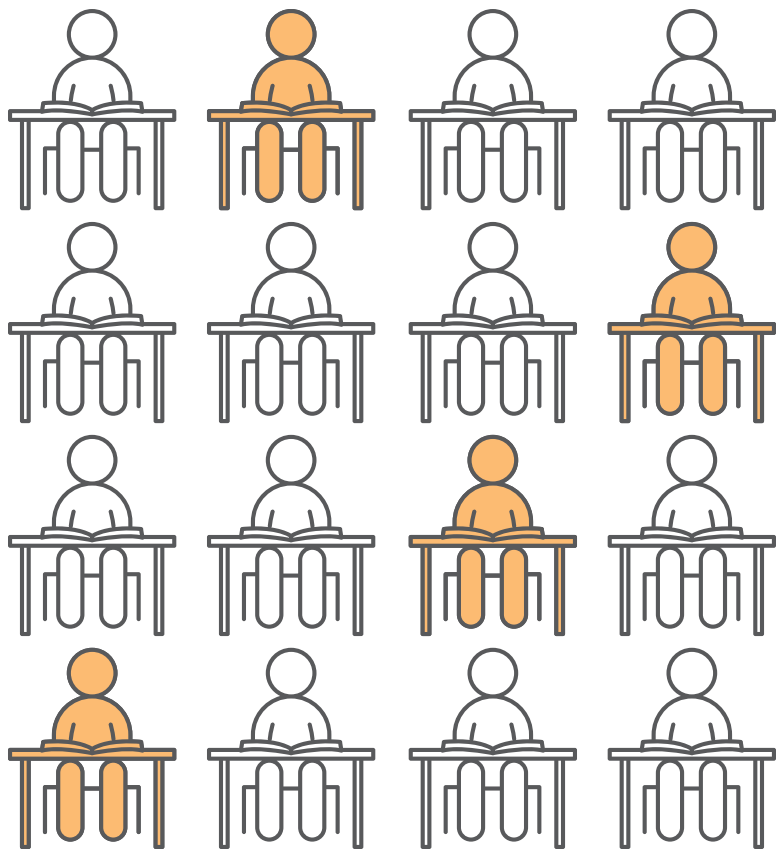
(44.9%) OF NDSCS STUDENTS INDICATED
THAT THEY ARE LONELY

SEXUAL BEHAVIOR, RELATIONSHIP VIOLENCE, SAFETY MESSAGE TO FACULTY AND STAFF

NDSCS is dedicated to fostering a safe, inclusive, and welcoming environment for all community members. We aim to build a college community free from interpersonal abuse, including sexual misconduct. At NDSCS Student Wellness, we believe holistic health is vital for academic success. Our services support students' health and wellness education through outreach, support, and resources. Free student resources include:

- **Counseling Services or Student Wellness**
701-671-2286. See full list of services at [NDSCS.edu/Wellness](https://ndscs.edu/Wellness)
- **NDSCS Police** 701-671-2233
- **NDSCS Concerns Page**
[NDSCS.edu/Concern](https://ndscs.edu/Concern)

SEXUAL BEHAVIOR,
RELATIONSHIP VIOLENCE, SAFETY

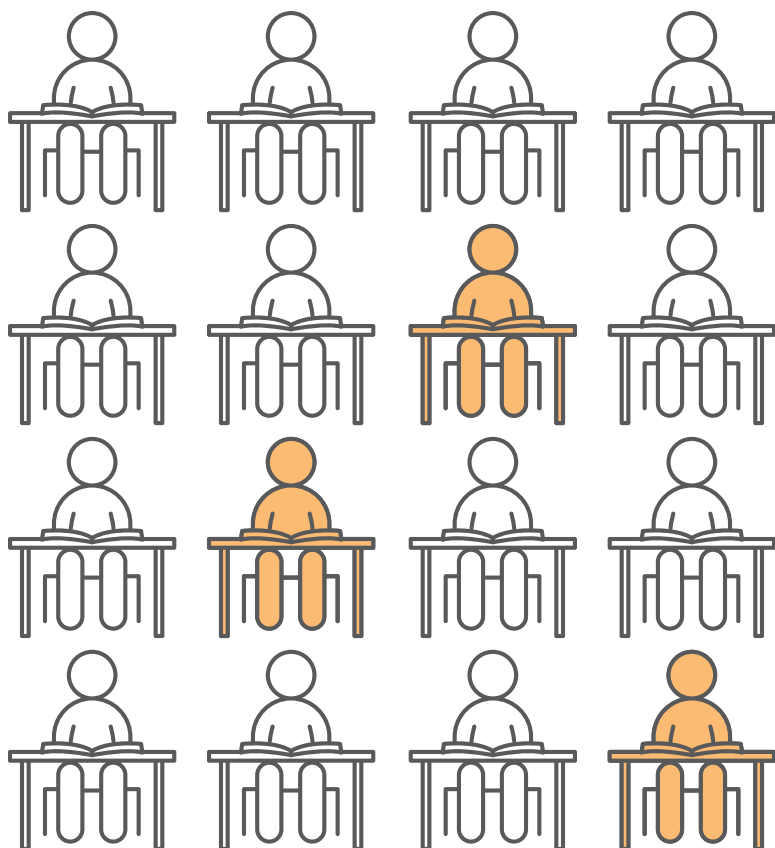


Average Class Size = 16

4

(24.9%) OF NDSCS STUDENTS REPORTED
THEY USED THE WITHDRAWAL METHOD
THE LAST TIME THEY HAD SEXUAL
INTERCOURSE

SEXUAL BEHAVIOR, RELATIONSHIP VIOLENCE, SAFETY

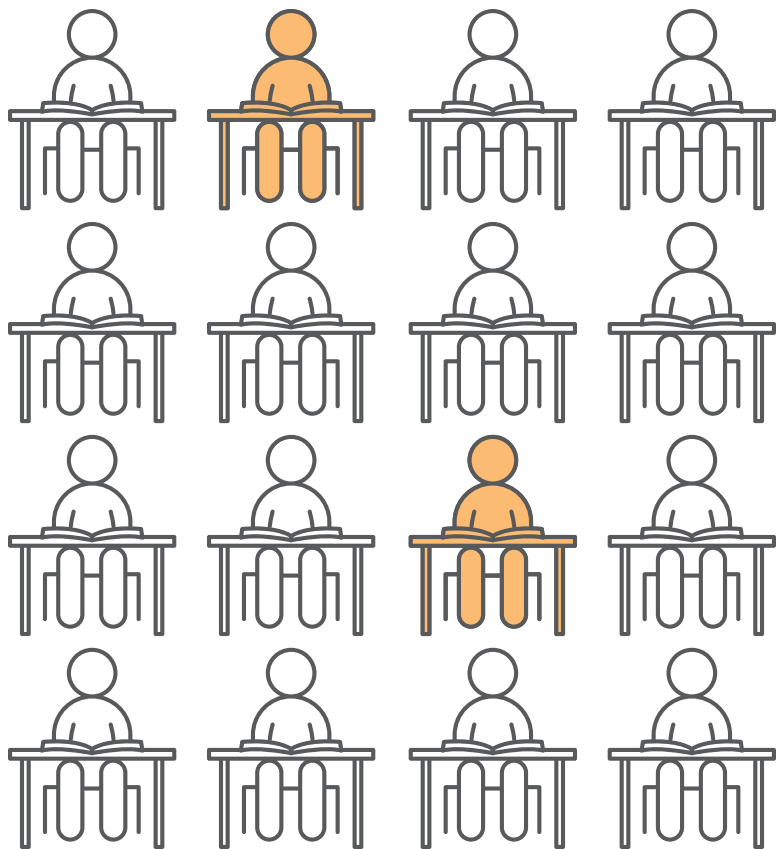


Average Class Size = 16

3

(17.4%) OF NDSCS STUDENTS
REPORTED EXPERIENCING A VERBAL
THREAT WITHIN THE LAST 12 MONTHS

SEXUAL BEHAVIOR,
RELATIONSHIP VIOLENCE, SAFETY

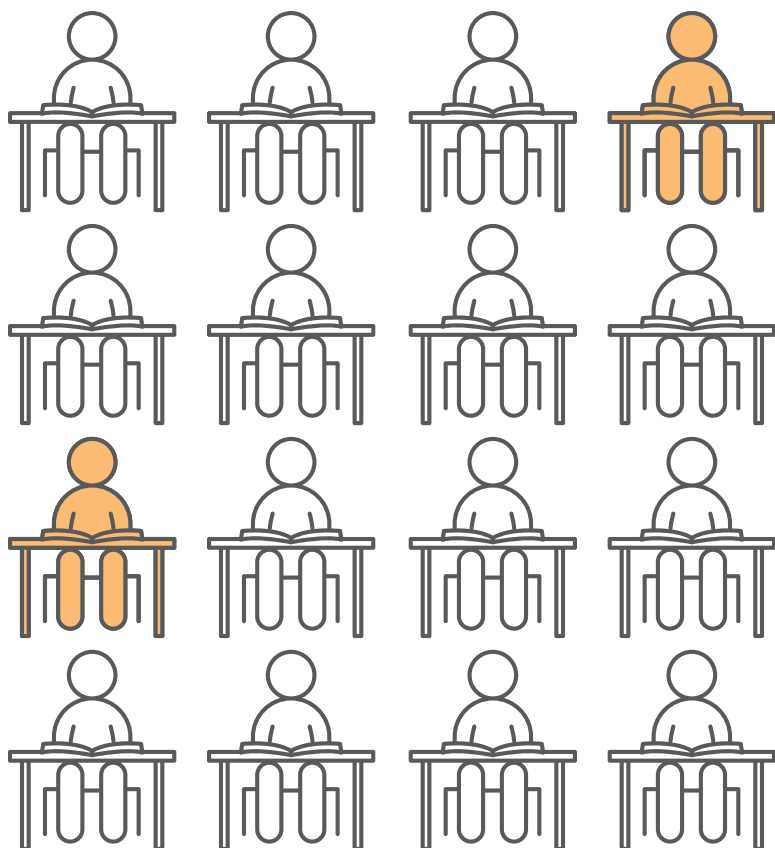


Average Class Size = 16

2

(11.9%) OF NDSCS STUDENTS REPORTED
EXPERIENCING A PARTNER THAT
INSISTED ON KNOWING WHO THEY
WERE WITH AND WHERE THEY WERE OR
TRIED TO LIMIT CONTACT WITH FAMILY
OR FRIENDS IN THE LAST 12 MONTHS

SEXUAL BEHAVIOR, RELATIONSHIP VIOLENCE, SAFETY

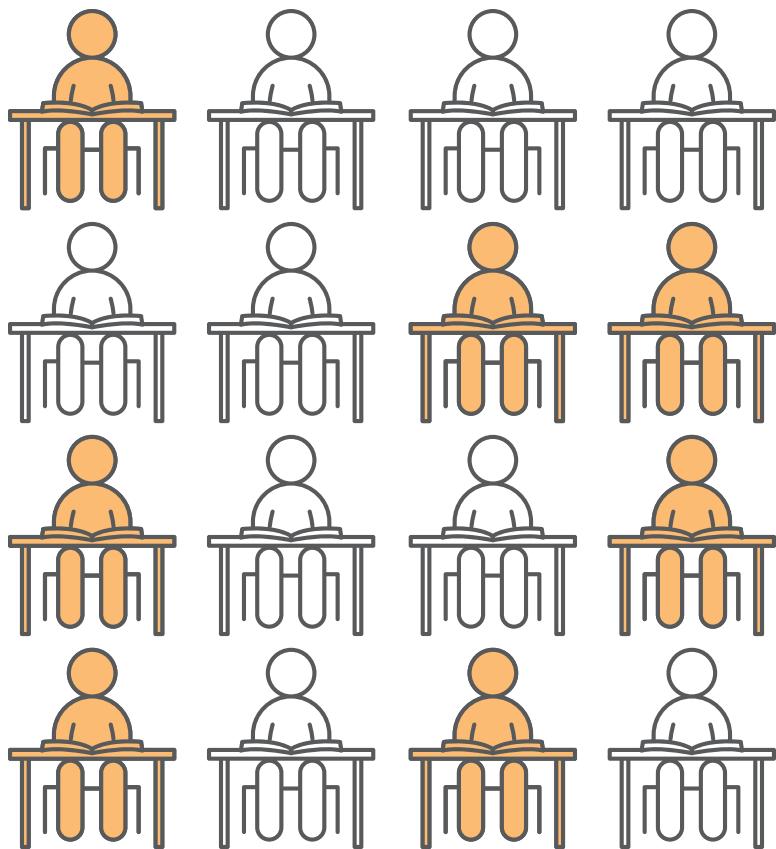


Average Class Size = 16

2

(11.8%) NDSCS STUDENTS REPORTED
A PARTNER THAT HAD CALLED THEM
NAMES, INSULTED THEM, OR PUT THEM
DOWN IN THE LAST 12 MONTHS

SEXUAL BEHAVIOR,
RELATIONSHIP VIOLENCE, SAFETY



Average Class Size = 16

7

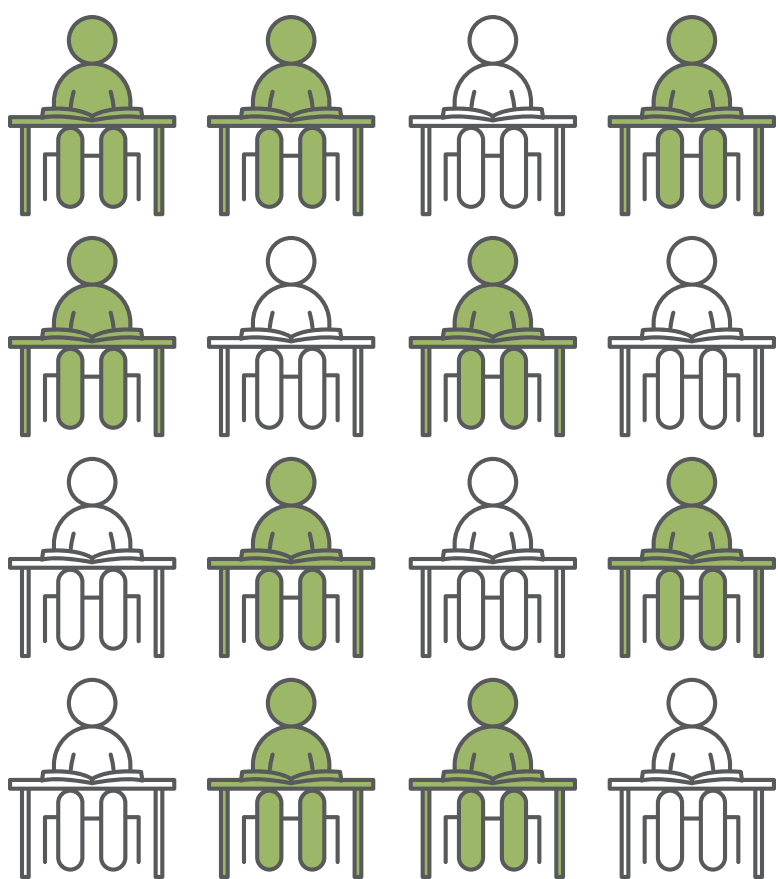
(42.2%) OF NDSCS STUDENTS
REPORTED THAT THEY DO NOT FEEL
SAFE ON CAMPUS AT NIGHTTIME

SUBSTANCE MISUSE MESSAGE FOR FACULTY AND STAFF

The majority of our students make wise choices about alcohol and other drugs. However, those who don't can find alcohol, or other substances, to be a hurdle to their personal and academic success. NDSCS Student Wellness strives to involve the entire College Community in our alcohol and other drug prevention programs to assist with problems associated with substance misuse.

Faculty and staff play an important role in the college culture. As a faculty or staff member, we want you to feel empowered to reach out to NDSCS Student Wellness if you are working with a student that is showing signs of concerning behavior related to substances.

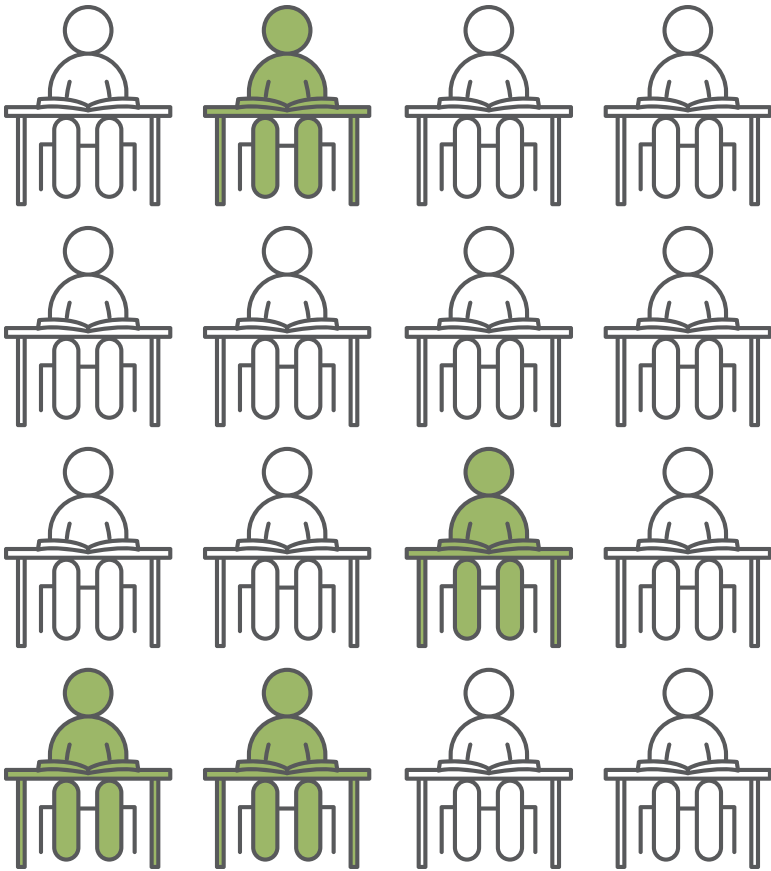
SUBSTANCE MISUSE



Average Class Size = 16

9

(57.2%) OF NDSCS STUDENTS
REPORTED CONSUMING ALCOHOLIC
BEVERAGES IN THE PAST 3 MONTHS

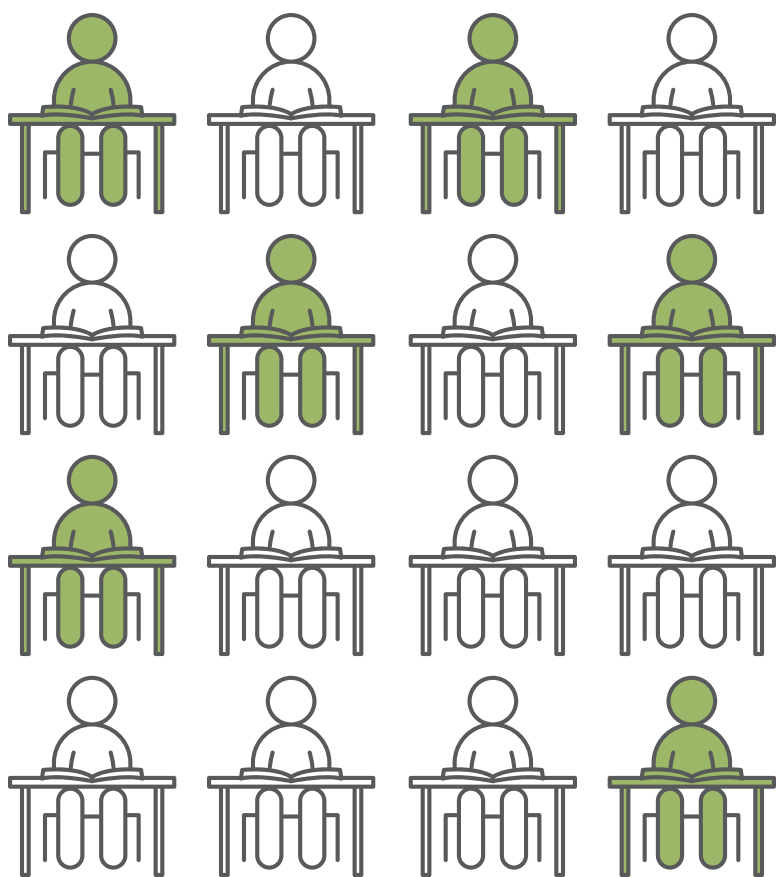


Average Class Size = 16

4

(23.3%) OF NDSCS STUDENTS REPORTED
USING CANNABIS (NON-MEDICAL) IN
THE PAST 3 MONTHS AND 5 (31.9%)
INDICATED EVER USING CANNABIS

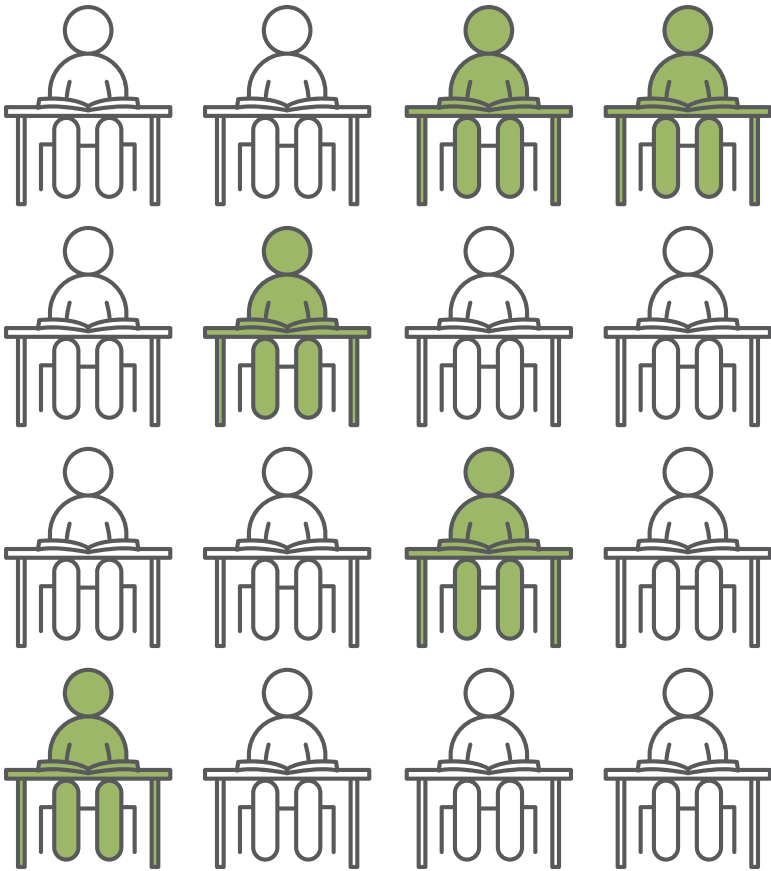
SUBSTANCE MISUSE



Average Class Size = 16

6

(35.3%) OF NDSCS STUDENTS REPORTED
USE OF TOBACCO/NICOTINE PRODUCTS
IN THE LAST 3 MONTHS. 7 (44.1%)
INDICATED EVER USING TOBACCO OR
NICOTINE PRODUCTS

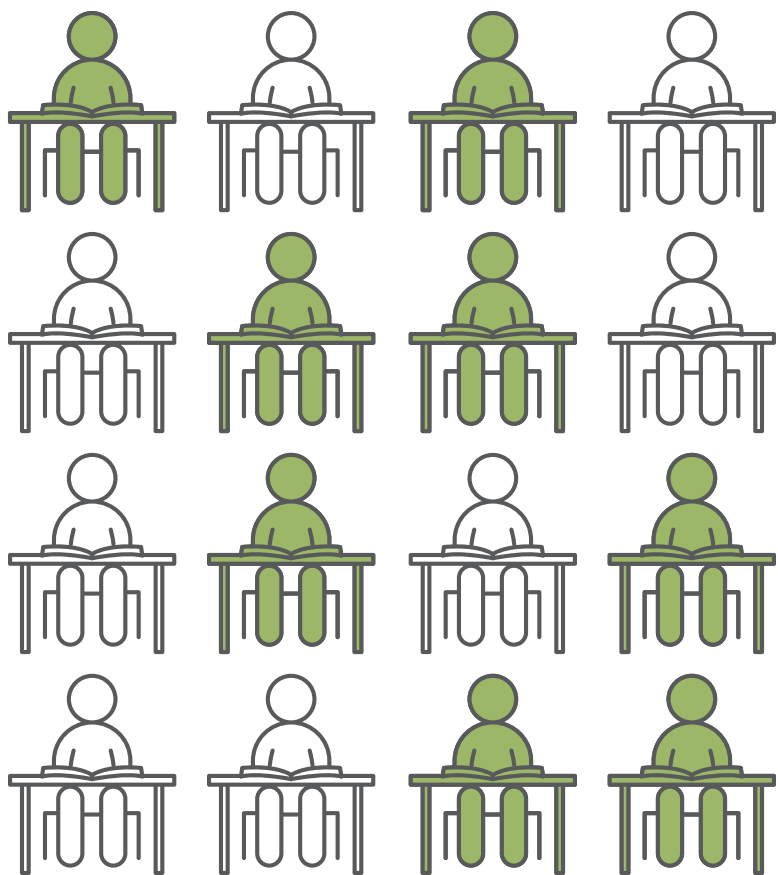


Average Class Size = 16

5

(28.6%) STUDENTS USE E-CIGARETTES
OR OTHER VAPE PRODUCTS

SUBSTANCE MISUSE

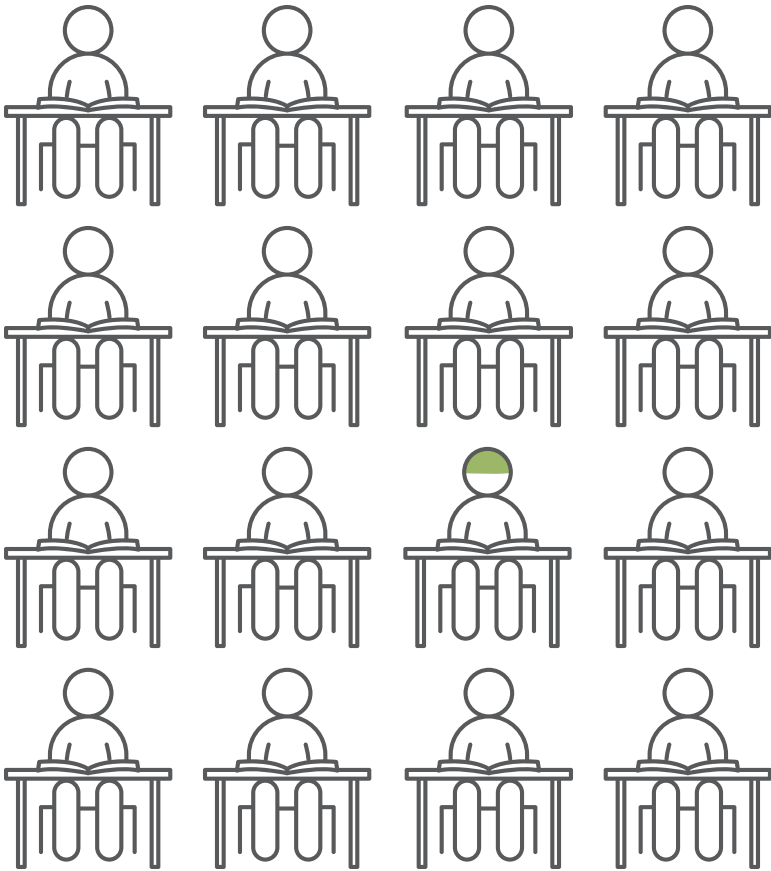


Average Class Size = 16

8

(50.8%) OF NDSCS STUDENTS
REPORTED DRIVING WITHIN 6 HOURS
OF USING CANNABIS IN THE LAST
30 DAYS*

**Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.*



Average Class Size = 16

.3

(1.8%) OF NDSCS STUDENTS HAVE
USED NONMEDICAL OPIOIDS IN
THE LAST 3 MONTHS

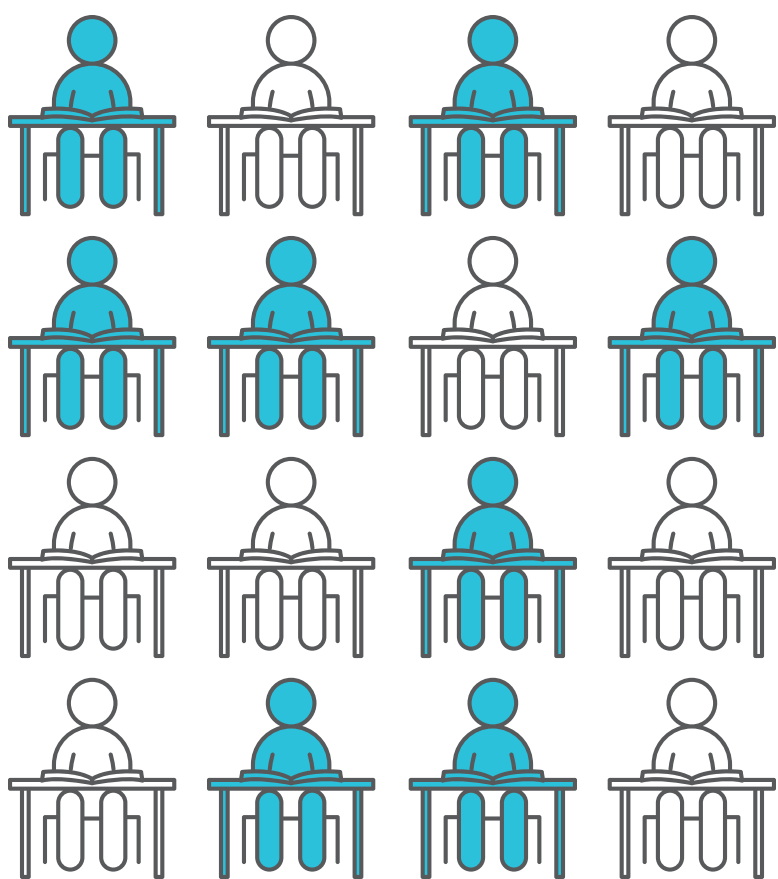
GENERAL HEALTH MESSAGE TO FACULTY AND STAFF

Student Wellness is committed to the promotion of holistic health through education, prevention and treatment. All services provided by a Registered Nurse and are FREE and CONFIDENTIAL.

We encourage all students to take advantage of the wellness resources, on-going programs and activities, and access to educational resources to enhance life-long health and well-being. NDSCS Student Wellness programs can help students with areas such as stress management, gratitude, preventative health, sleep and more.

NDSCS Student Wellness
Riley Hall 113
701-671-2286
[NDSCS.edu/Wellness](https://www.ndscs.edu/Wellness)

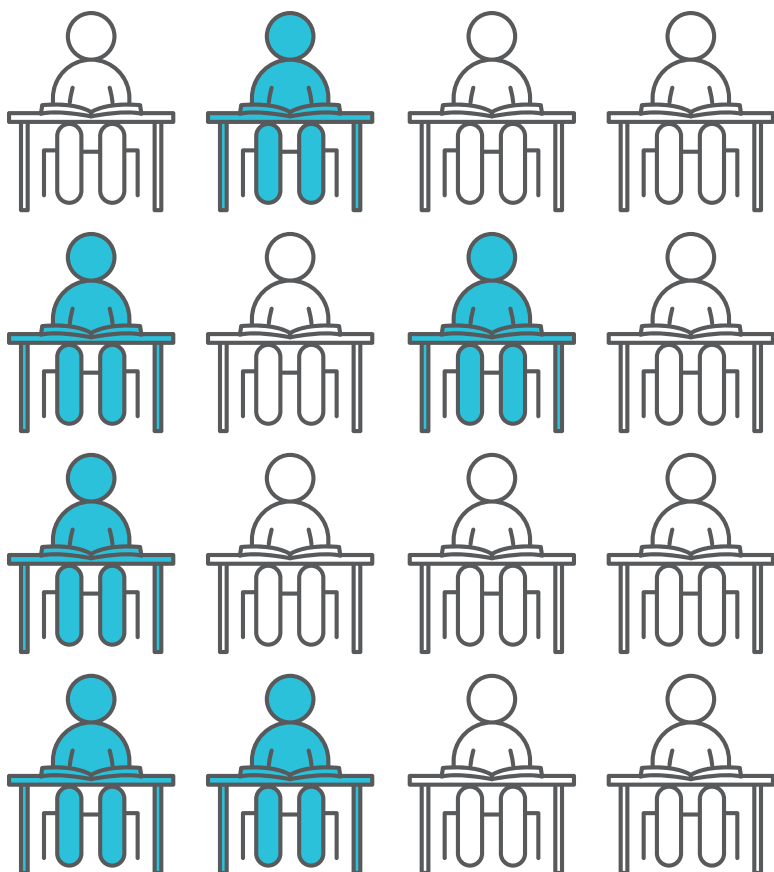
GENERAL HEALTH



Average Class Size = 16

8

(51.4%) OF NDSCS STUDENTS
DESCRIBED THEIR HEALTH AS VERY
GOOD OR EXCELLENT



Average Class Size = 16

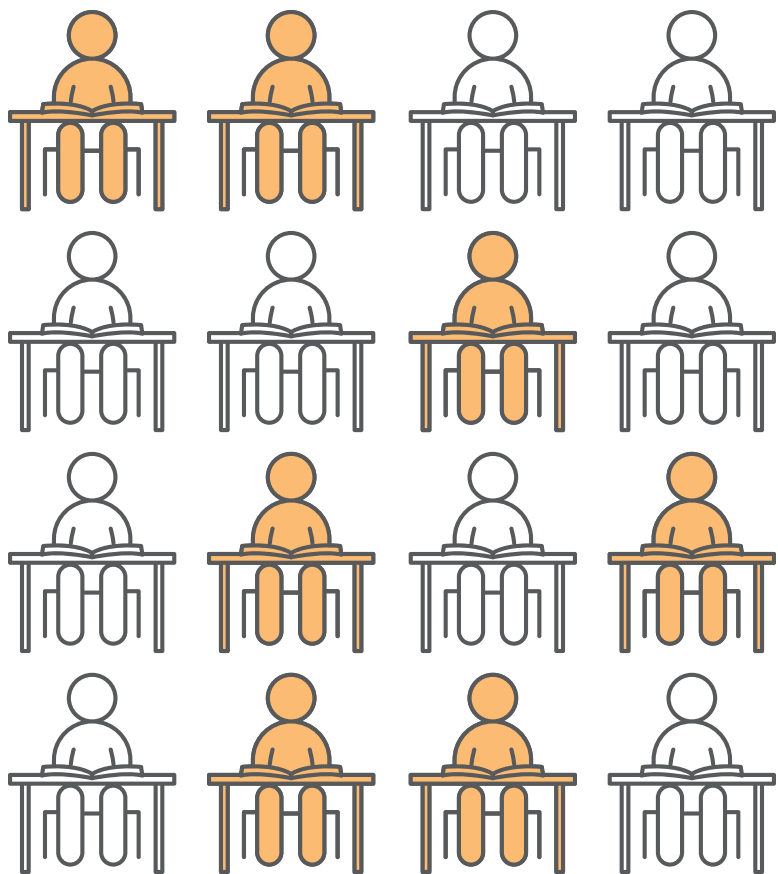
6

(39.6%) OF NDSCS STUDENTS FEEL
RESTED 1-2 DAYS OF THE WEEK

EQUITY AND BELONGING MESSAGE FOR FACULTY AND STAFF

Research indicates that, in specific contexts, a student's sense of belonging enhances academic performance, positively impacts persistence, and supports mental health. The Wellness, Equity, and Belonging Team is committed to fostering a supportive and inclusive environment where individuals feel empowered to thrive academically, socially, and personally. Through collaboration, education, and advocacy, we aim to promote equity, celebrate diversity, and cultivate a strong sense of belonging among students, staff, and faculty. Our team values integrity, empathy, respect, and collaboration as we work towards creating a college community where everyone feels valued, supported, and empowered to reach their full potential.

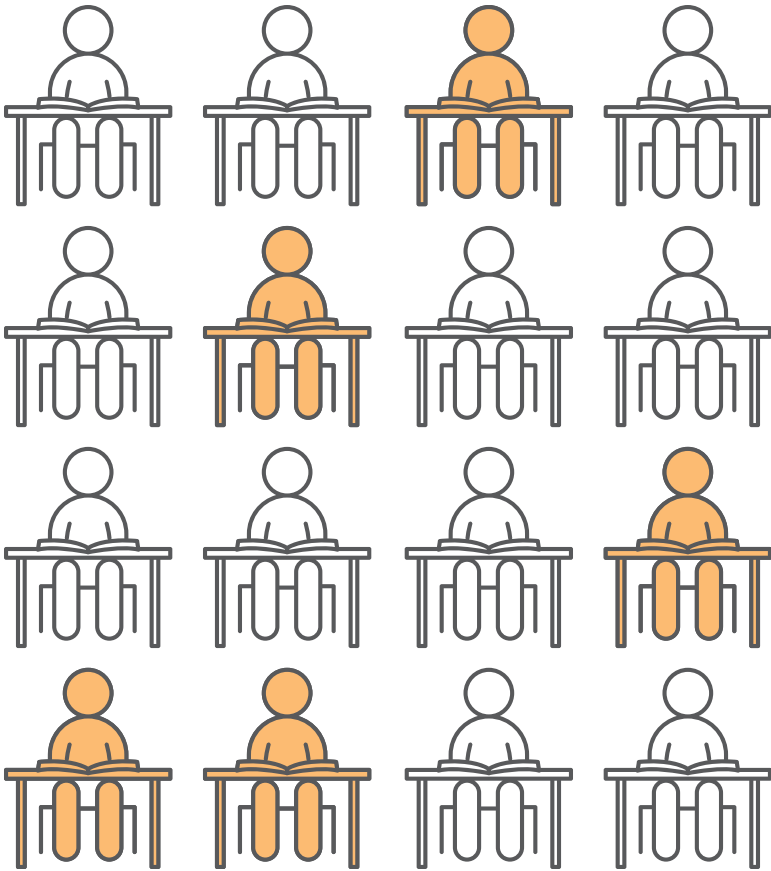
EQUITY & BELONGING



Average Class Size = 16

7

(44.3%) OF NDSCS STUDENTS
REPORT LOW OR VERY LOW
FOOD SECURITY

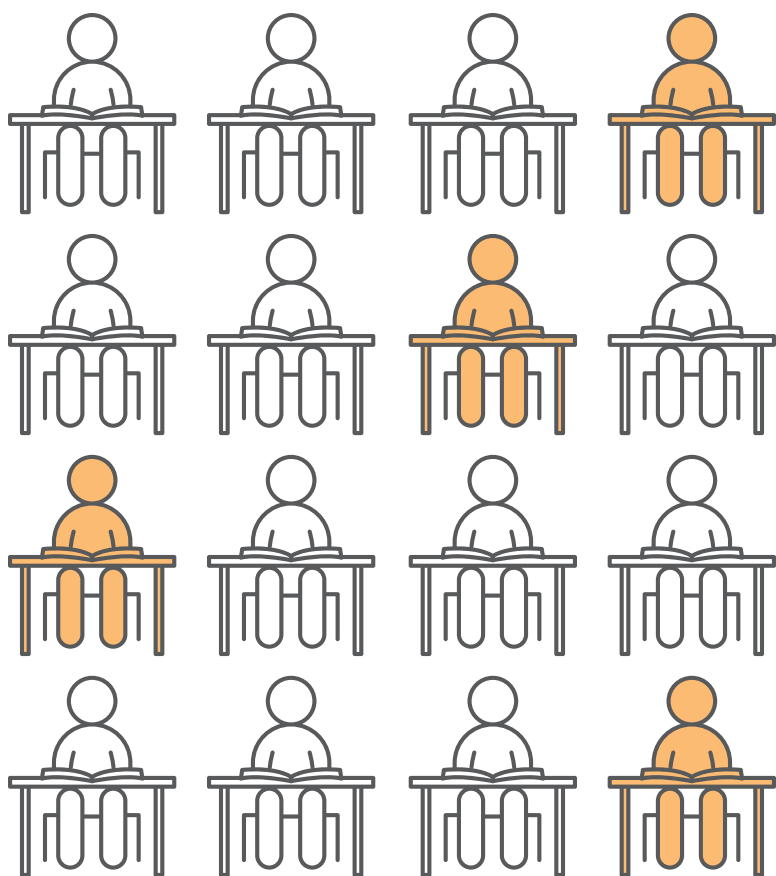


Average Class Size = 16

5

(29.8%) OF NDSCS STUDENTS
REPORTED THEY FEEL THEY DO NOT
BELONG AT NDSCS

EQUITY & BELONGING

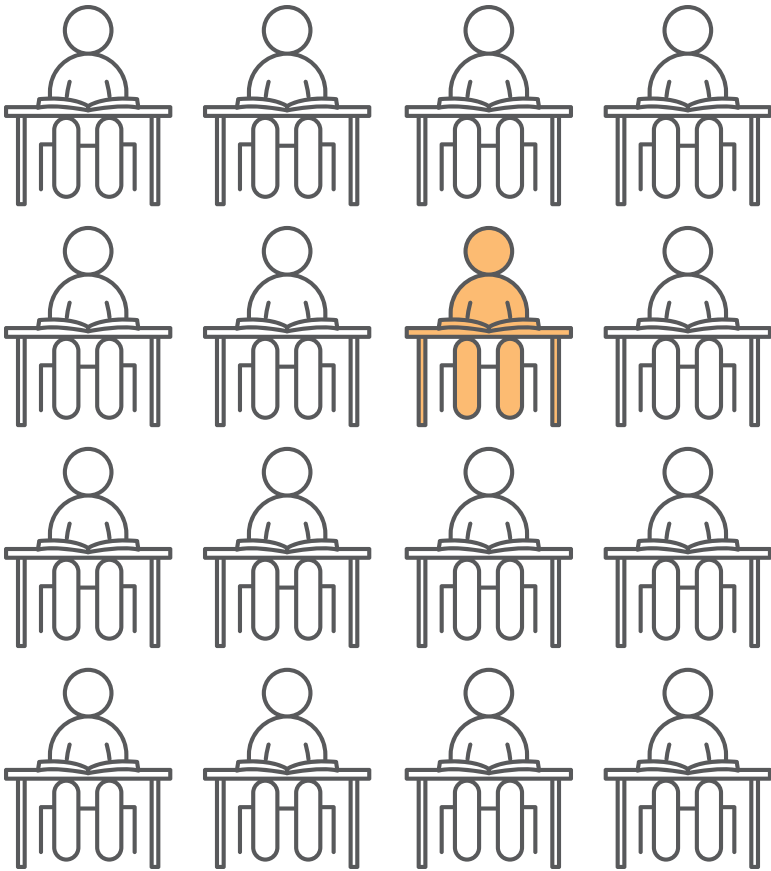


Average Class Size = 16

4

(25%) OF NDSCS STUDENTS REPORTED
SEXUAL HARRASSMENT IN THE LAST
12 MONTHS*

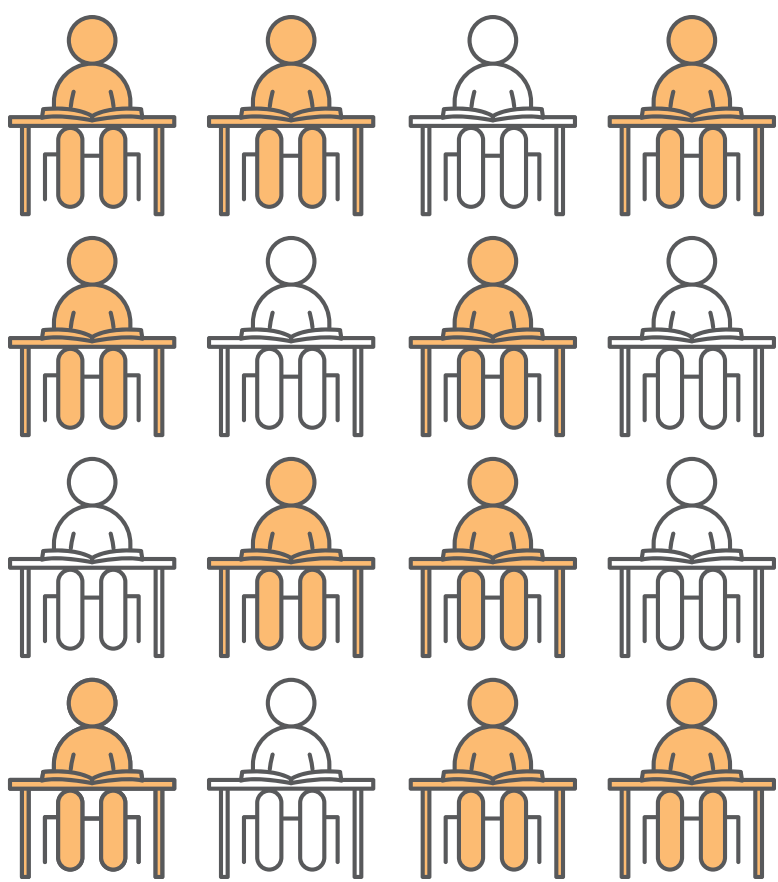
**Among only students that experienced the issue.*



Average Class Size = 16

1

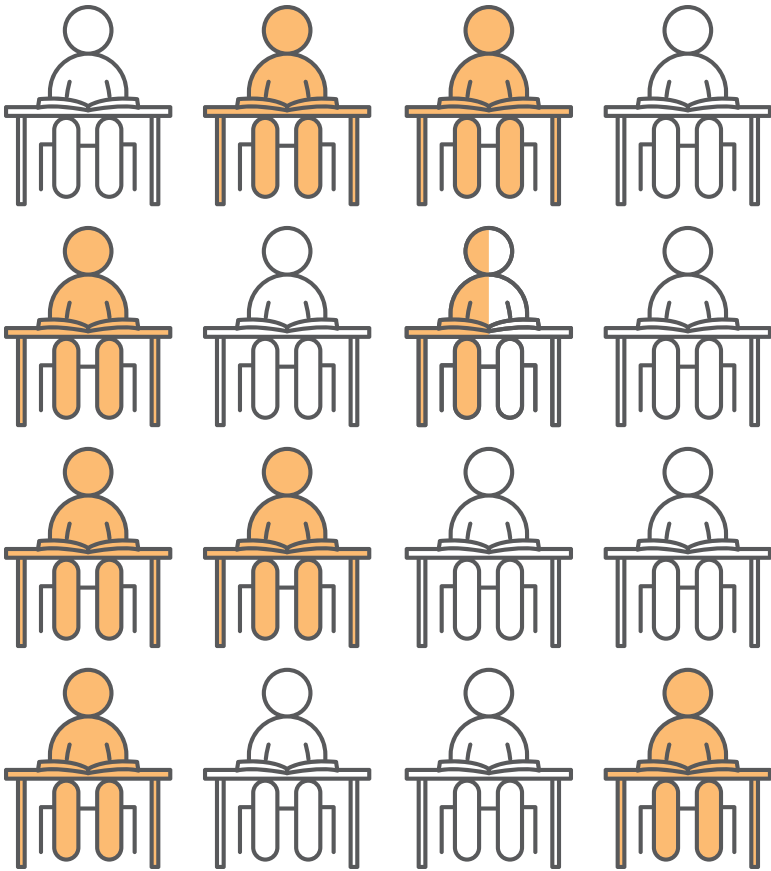
(7.8%) OF NDSCS STUDENTS DESCRIBE
THEMSELVES AS LGBTQIA+



Average Class Size = 16

10

(63.6%) OF NDSCS STUDENTS REPORTED
BEING A FIRST GENERATION STUDENT
(STUDENTS FOR WHO NO PARENT/GUARDIAN HAS
COMPLETED A BACHELOR’S DEGREE)



Average Class Size = 16

7.5

(47.2%) OF NDSCS STUDENTS STATED THEY HAD ADD OR ADHD (21.6%), AUTISM SPECTRUM DISORDER (4.1%), DEAF/HEARING LOSS (3.8%), LEARNING DISABILITY (7.3%), MOBILITY/DEXTERITY DISABILITY (2.3%), BLIND/LOW VISION (5.2%), SPEECH OR LANGUAGE DISORDER (2.9%).



WILDCATS R.O.A.R
(REACH OUT & RESPOND)

WILDCATS
 *care*

NDSCS.edu/Concern

See something. Say something.



STUDENT WELLNESS

NDSCS.edu/Wellness