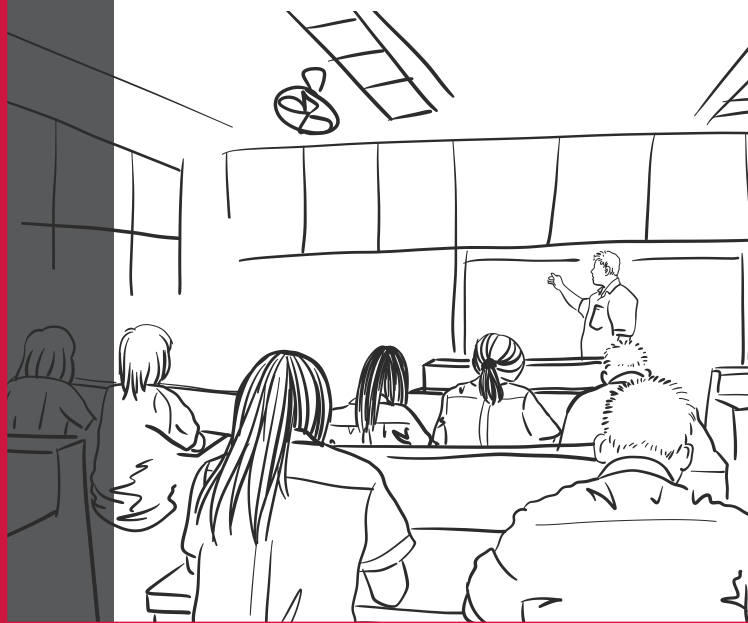


# 2024 STATE OF THE CLASS



STUDENT WELLNESS

# 2024 STATE OF THE CLASS

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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)*

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# CHANGE BEGINS WITH UNDERSTANDING

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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.

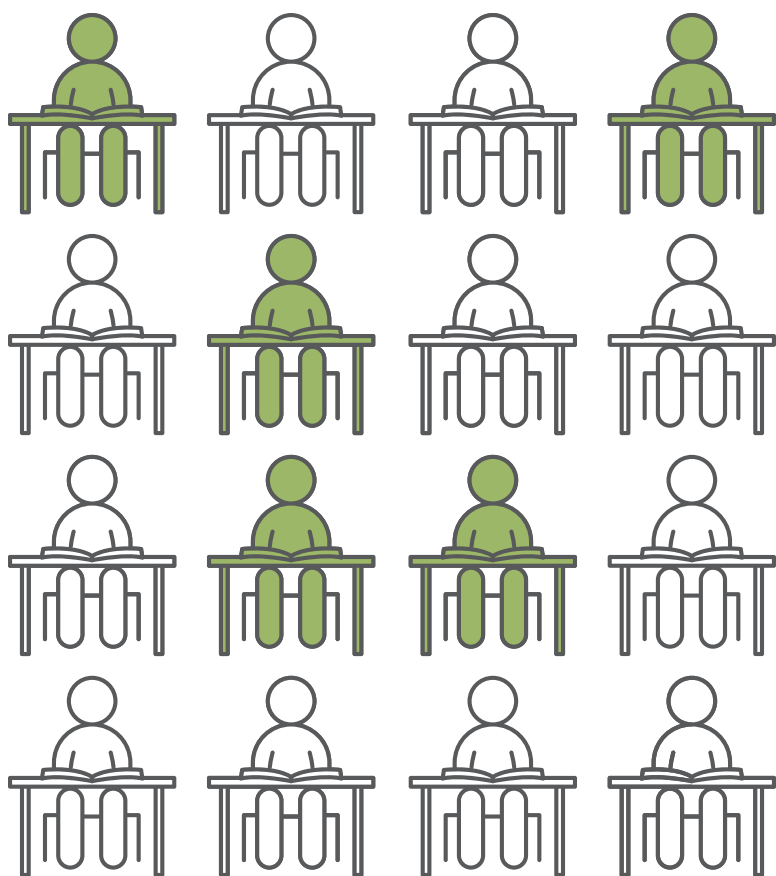
Old Main 230A, Wahpeton

701-671-2623

[NDSCS.Accessibility@ndscs.edu](mailto:NDSCS.Accessibility@ndscs.edu)

# IMPACTORS ON ACADEMIC PERFORMANCE

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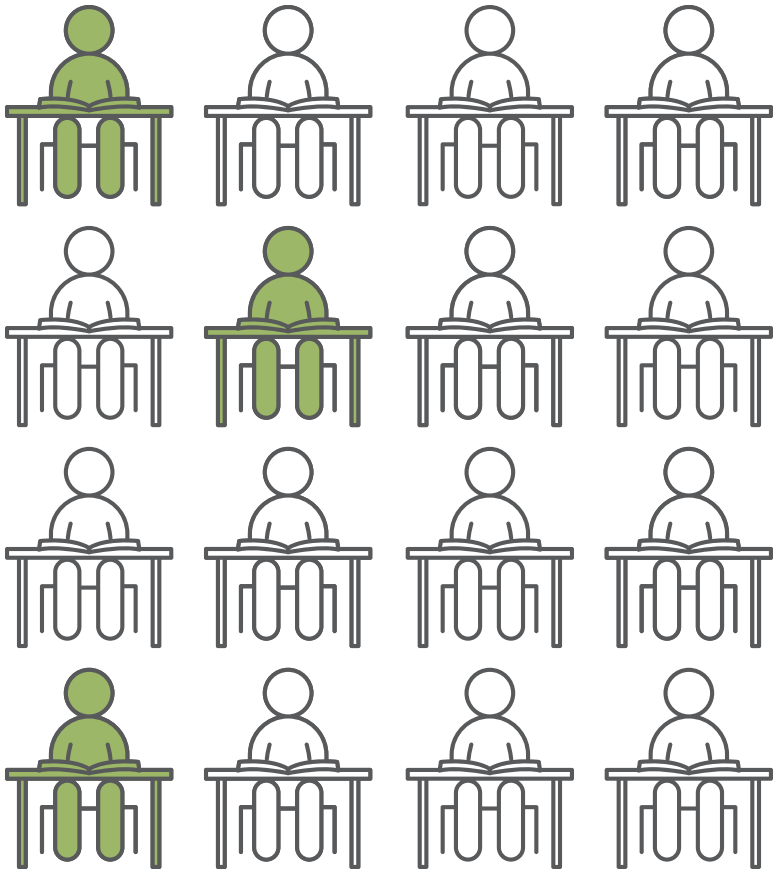
*Average Class Size = 16*

5

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

# IMPACTORS ON ACADEMIC PERFORMANCE

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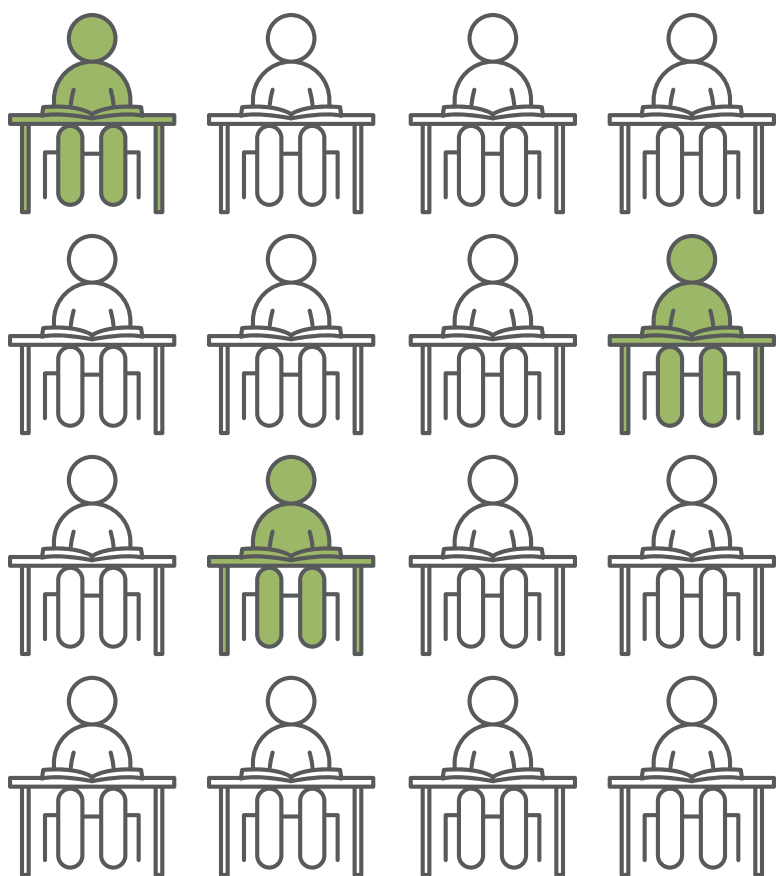


*Average Class Size = 16*

## 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

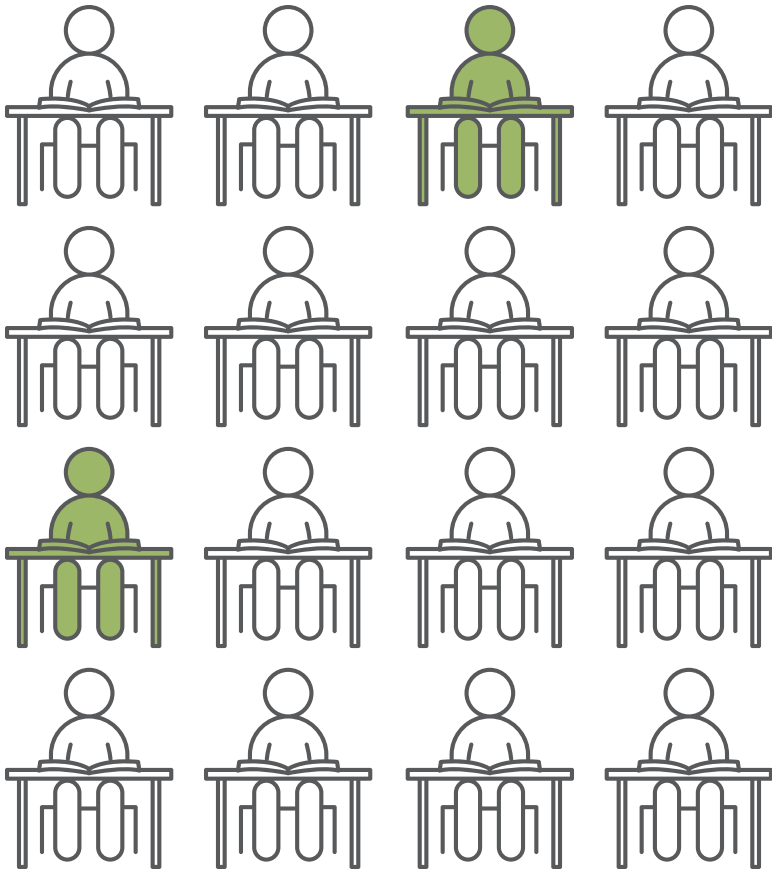
3

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



# IMPACTORS ON ACADEMIC PERFORMANCE

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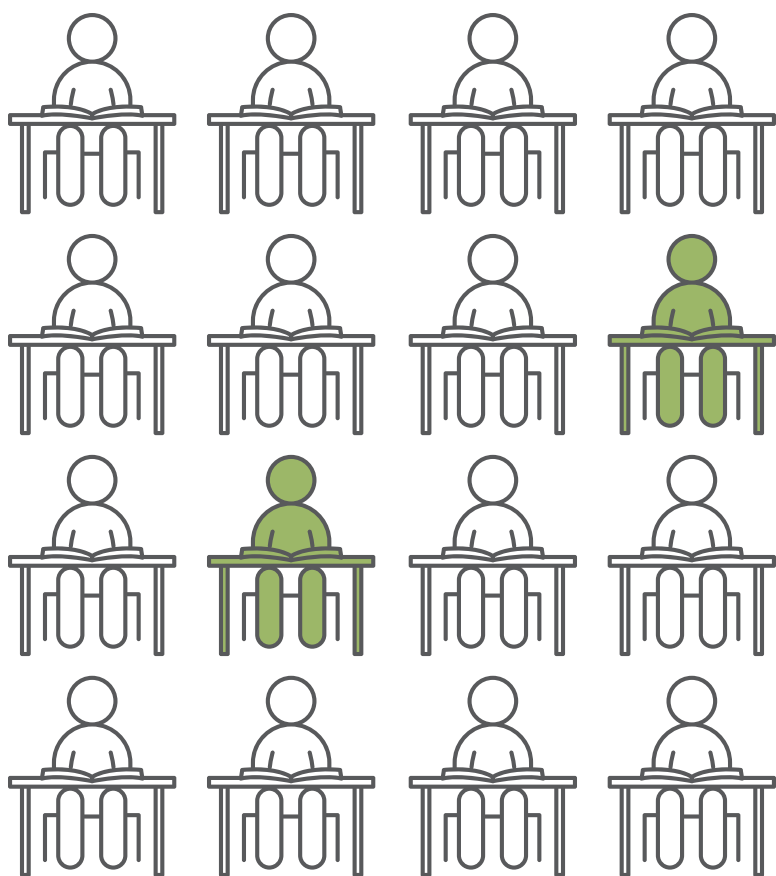


*Average Class Size = 16*

## 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

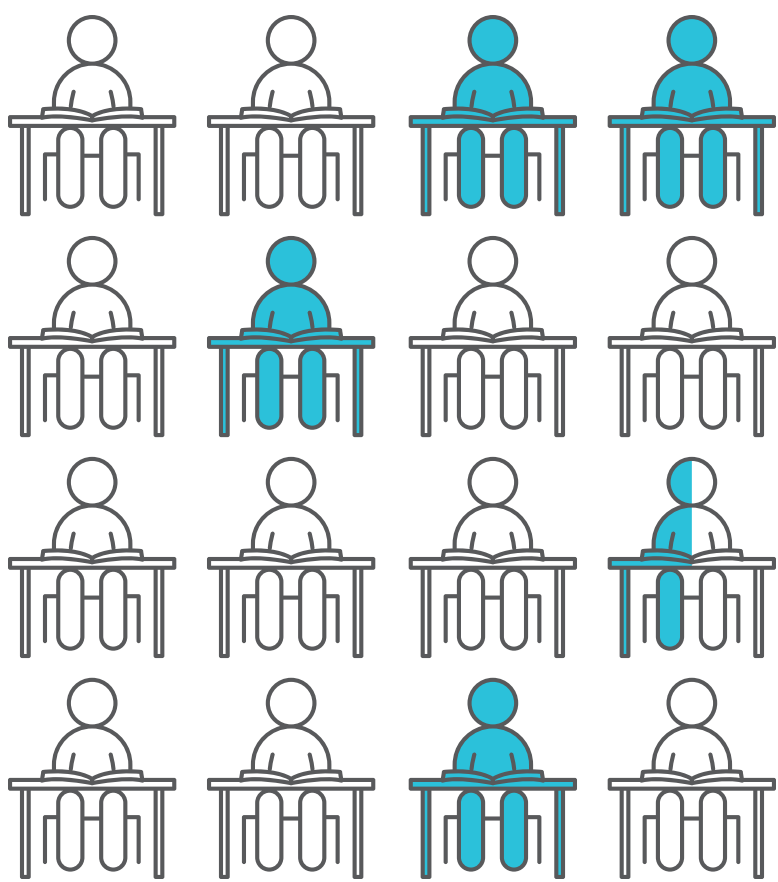
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When students encounter academic and personal challenges, they may feel alone, isolated, and even hopeless. These emotions can significantly impact their academic performance and lead to unhealthy coping mechanisms and other serious consequences. Due 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.

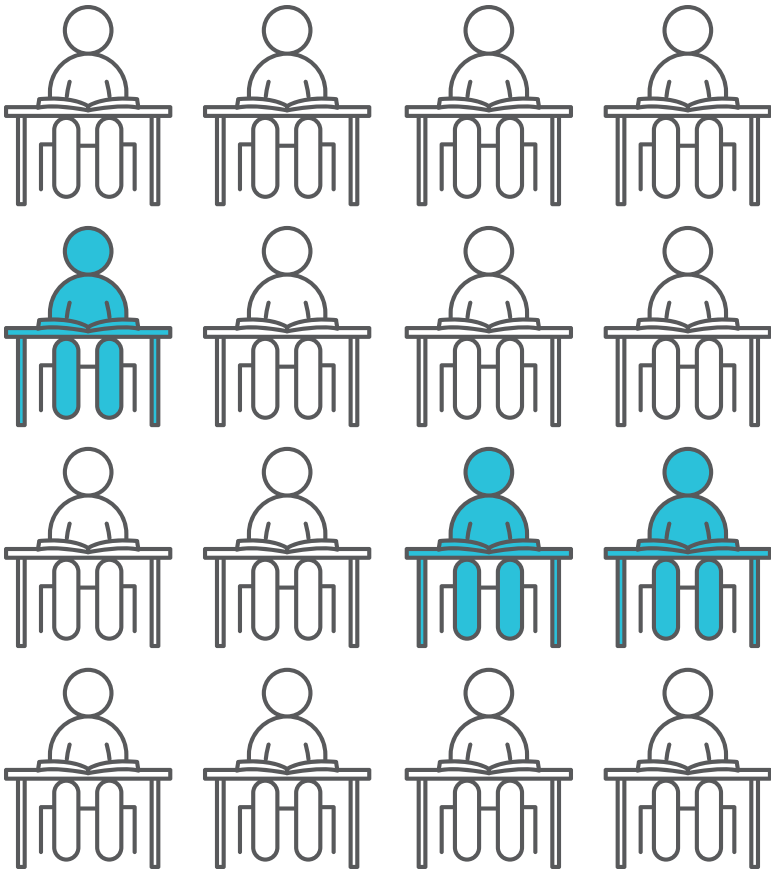
MENTAL HEALTH



Average Class Size = 16

4.5

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

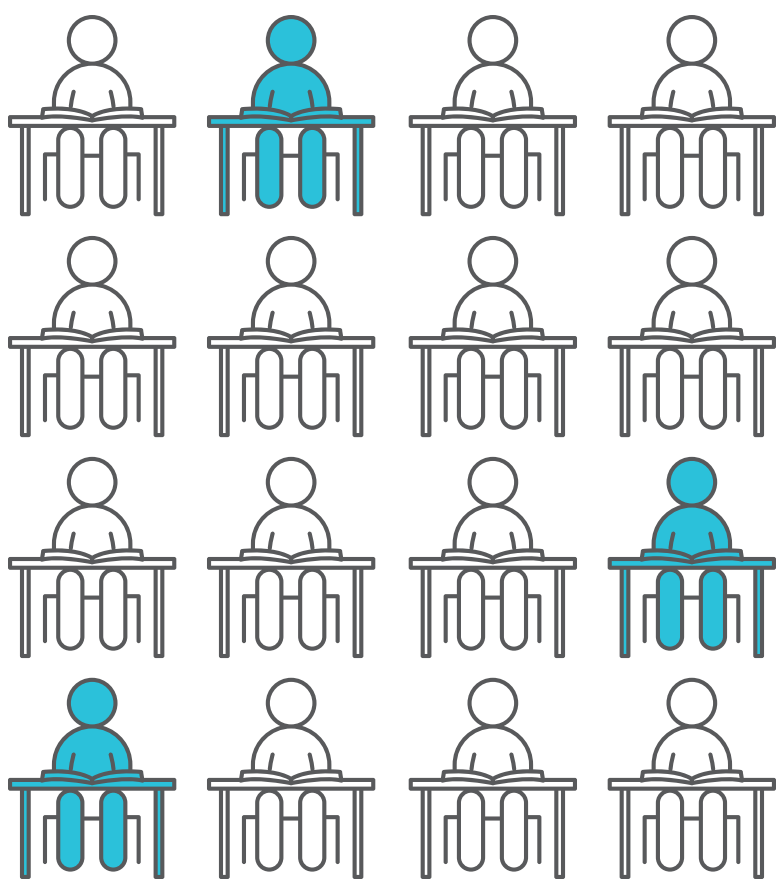


*Average Class Size = 16*

3

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

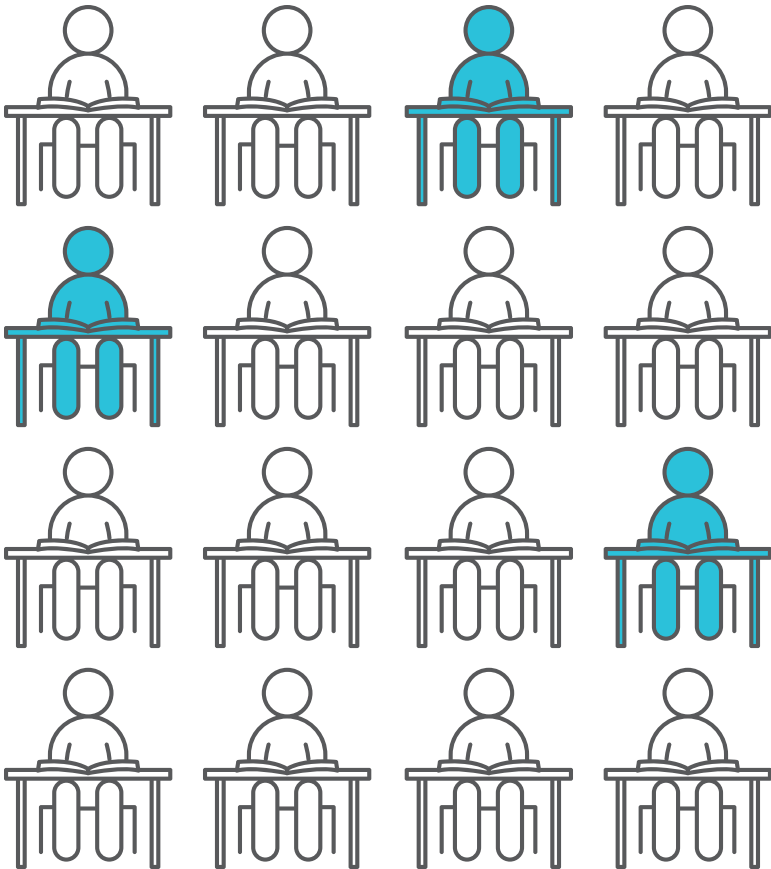
MENTAL HEALTH



Average Class Size = 16

3

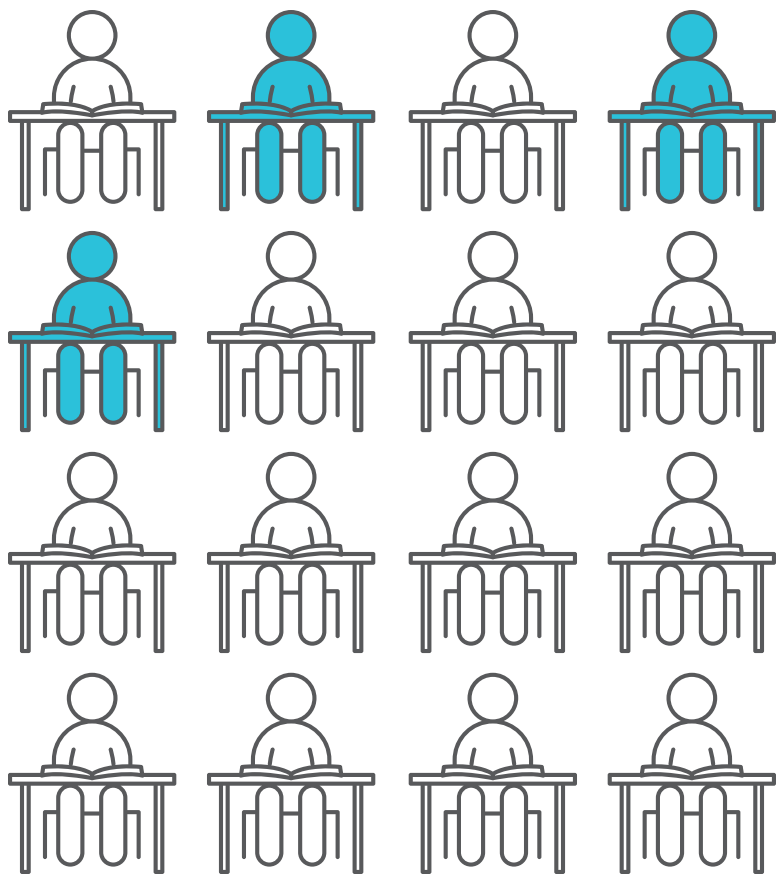
(18.7%) OF NDSCS STUDENTS  
REPORTED EXPERIENCING HIGH STRESS  
LEVELS IN THE PAST 30 DAYS



*Average Class Size = 16*

# 3

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

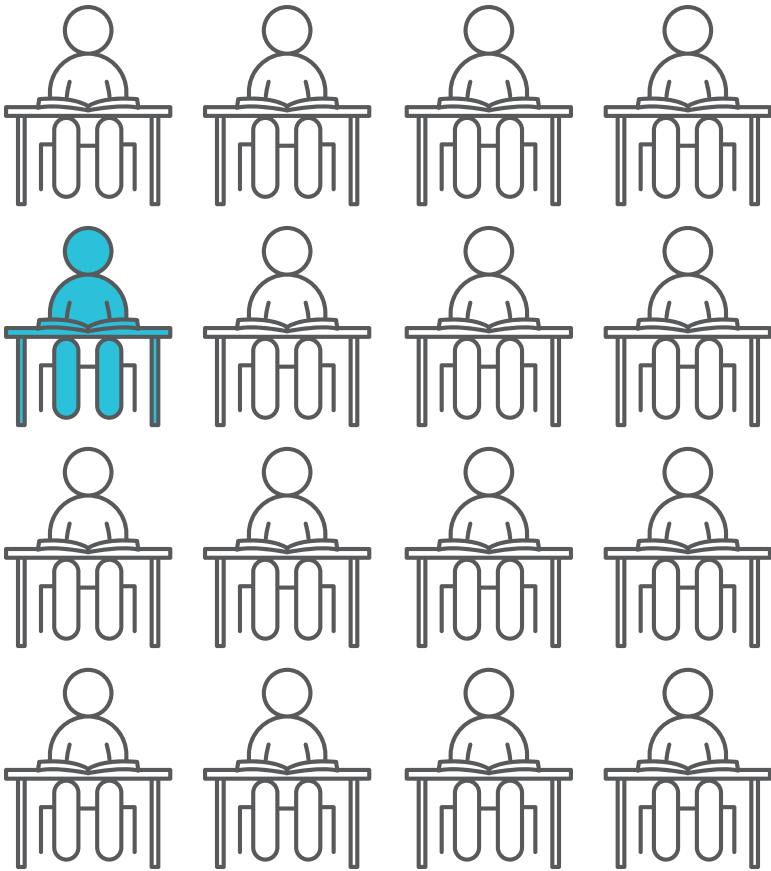


Average Class Size = 16

3

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





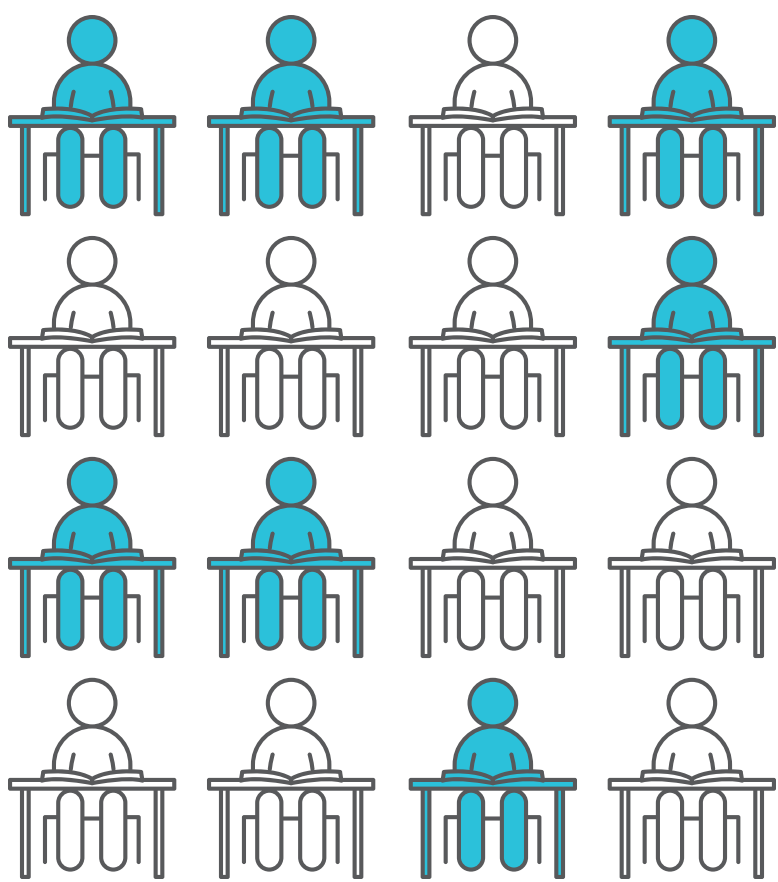
*Average Class Size = 16*

# 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

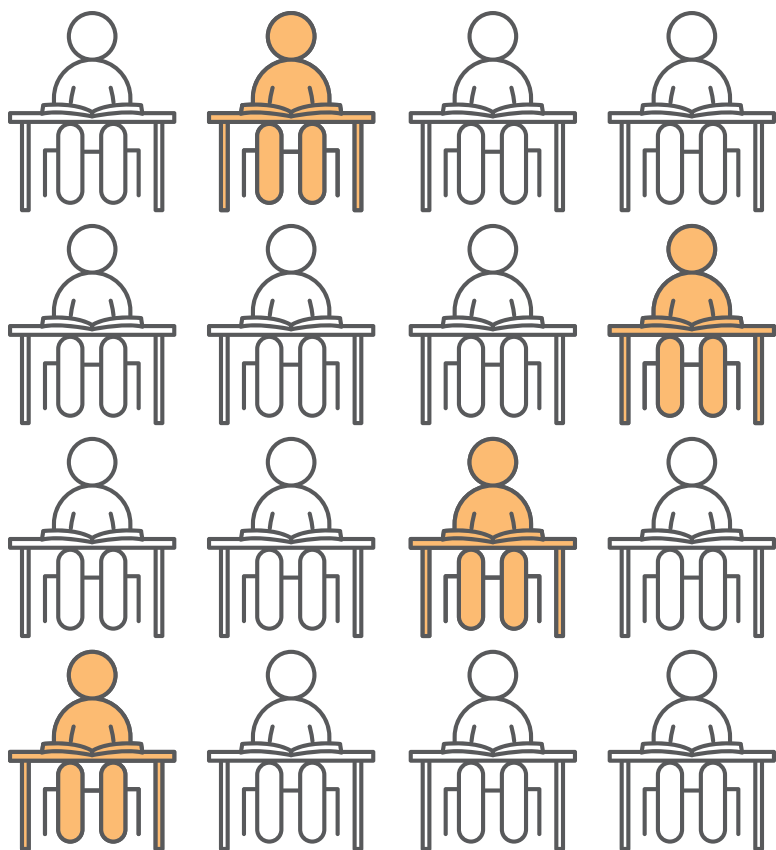
# SEXUAL BEHAVIOR, RELATIONSHIP VIOLENCE, SAFETY MESSAGE TO FACULTY AND STAFF

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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



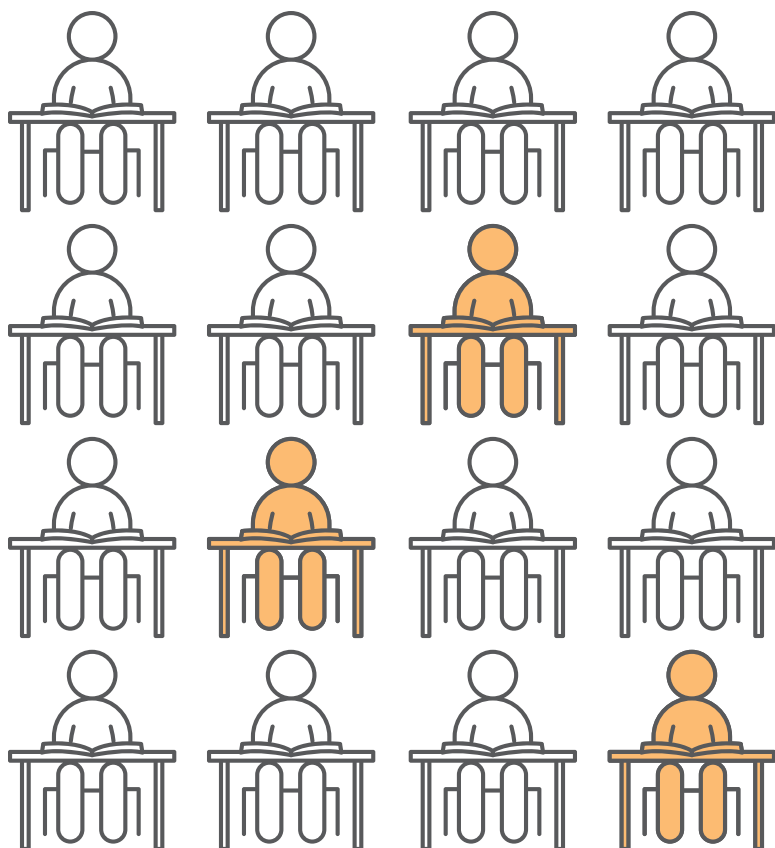
Average Class Size = 16

4

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

## SEXUAL BEHAVIOR, RELATIONSHIP VIOLENCE, SAFETY

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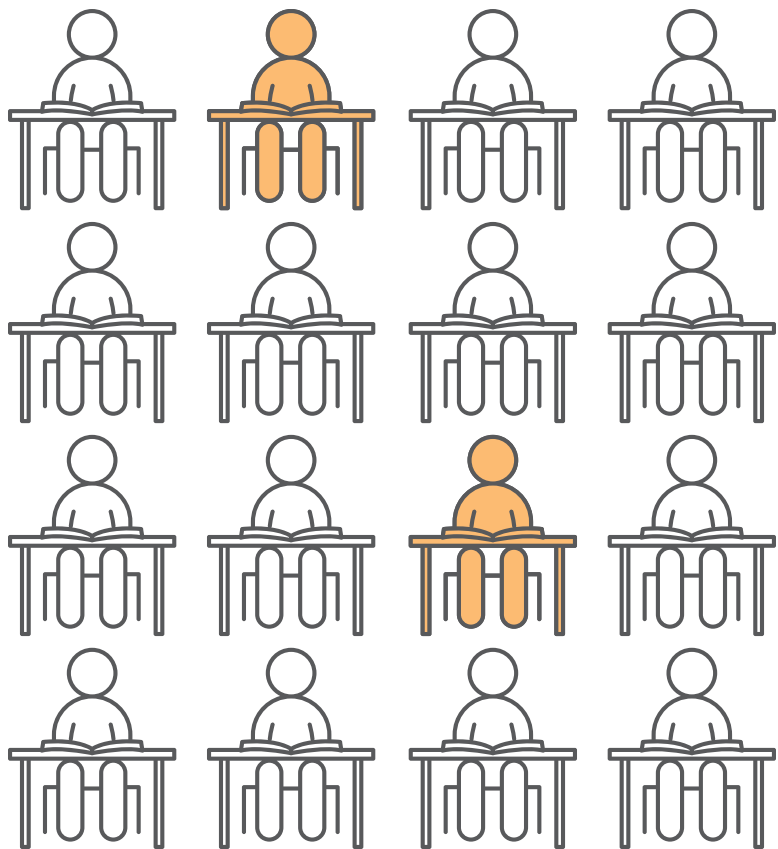
*Average Class Size = 16*

# 3

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

SEXUAL BEHAVIOR,  
RELATIONSHIP VIOLENCE, SAFETY

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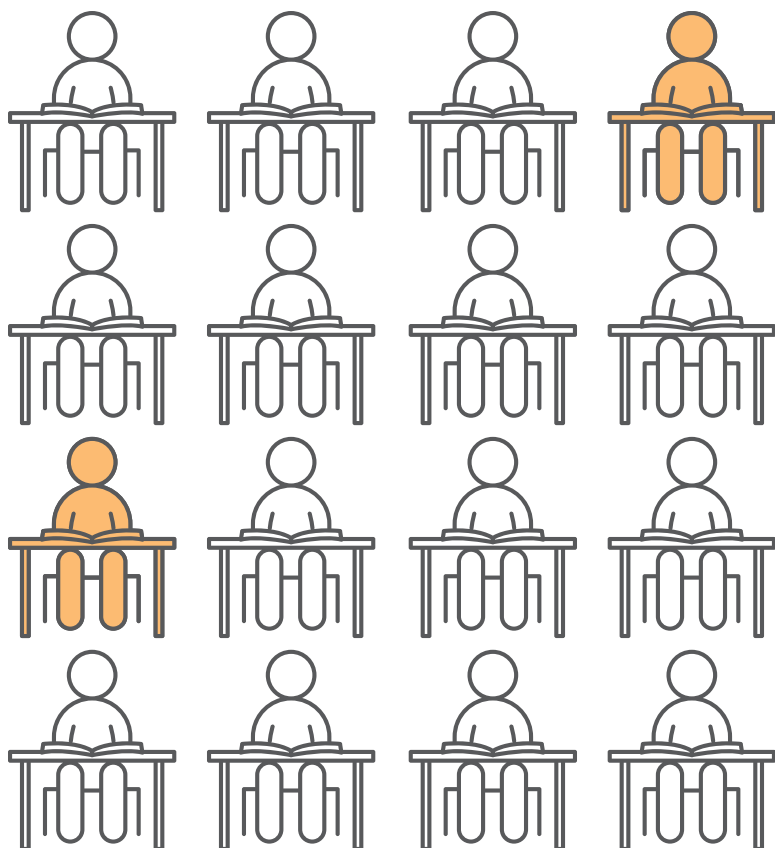
Average Class Size = 16

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

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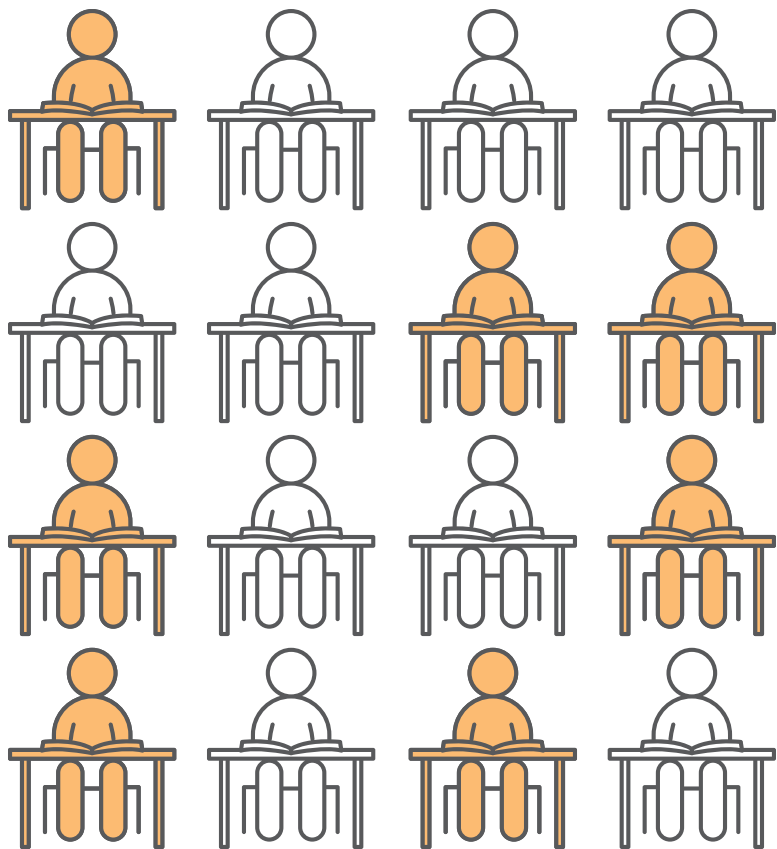


*Average Class Size = 16*

# 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



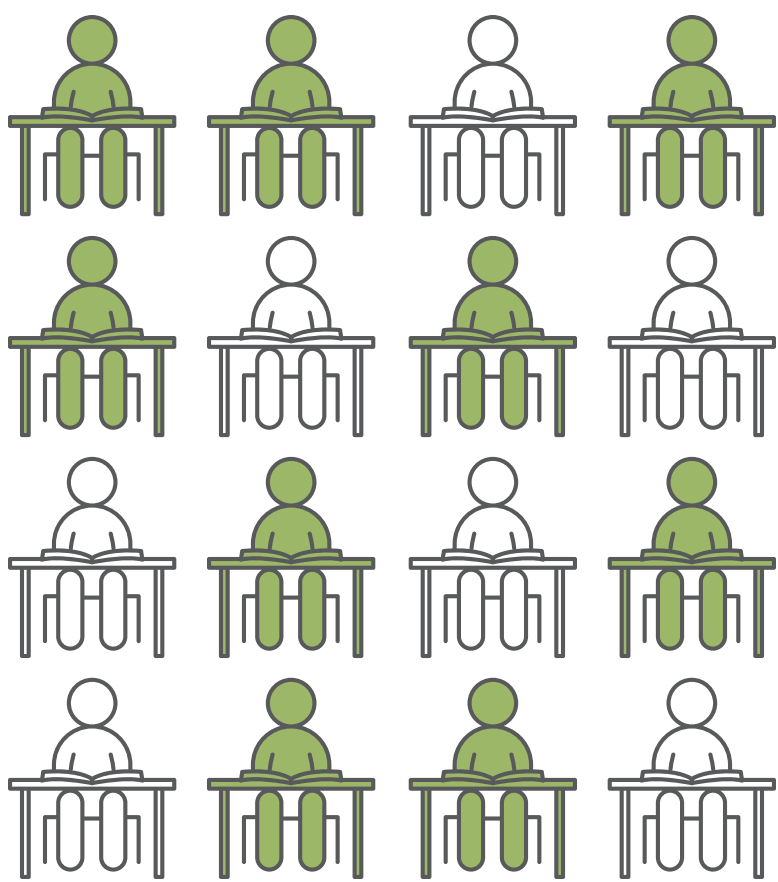
# SUBSTANCE MISUSE MESSAGE FOR FACULTY AND STAFF

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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.

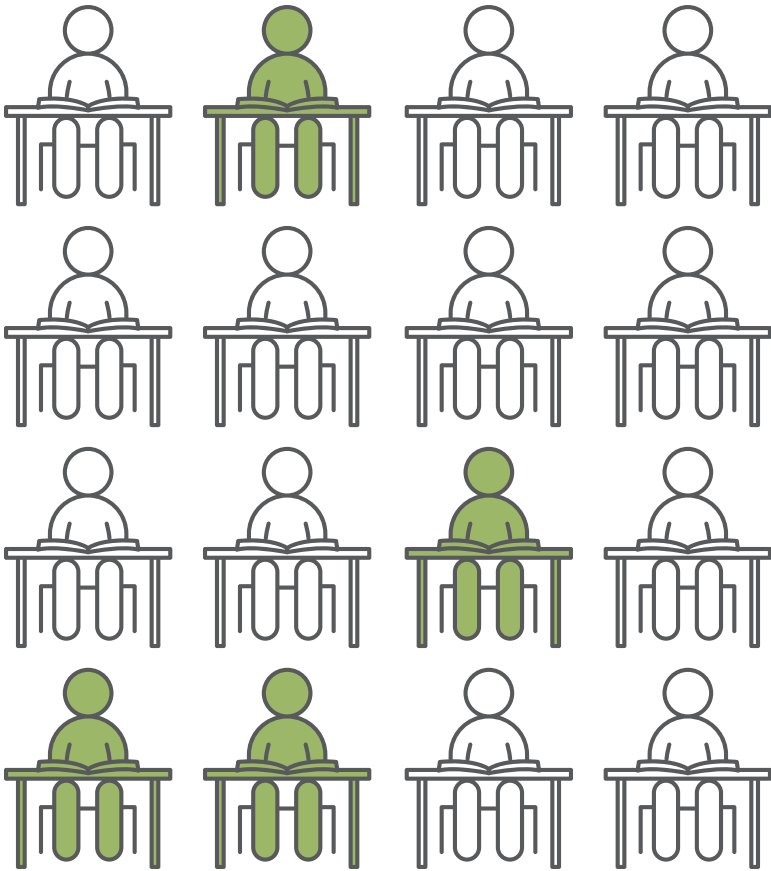
SUBSTANCE MISUSE



Average Class Size = 16

9

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

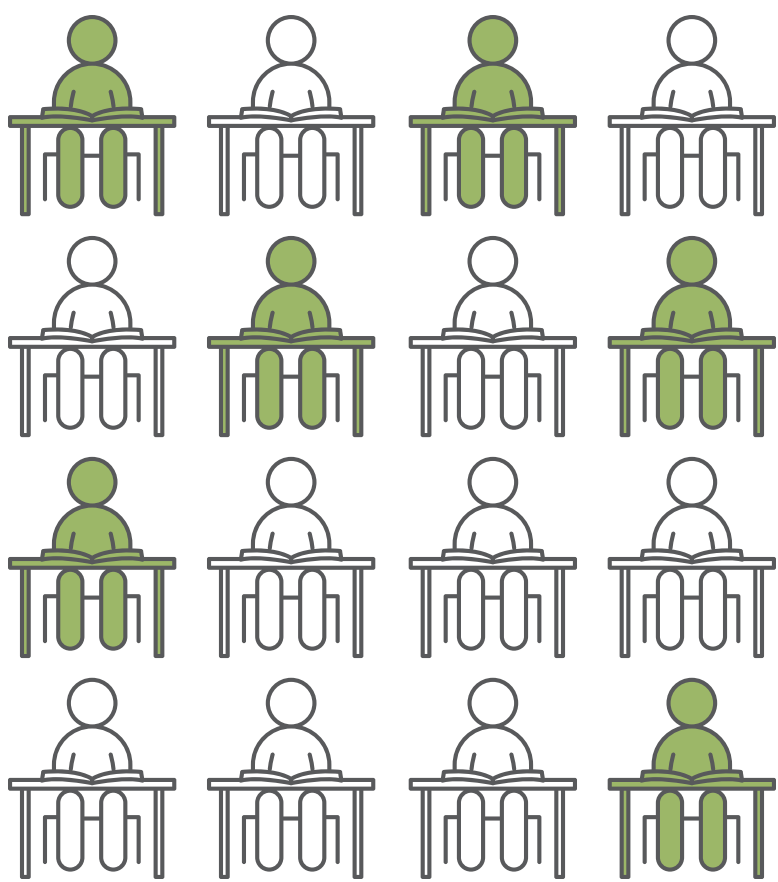


*Average Class Size = 16*

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

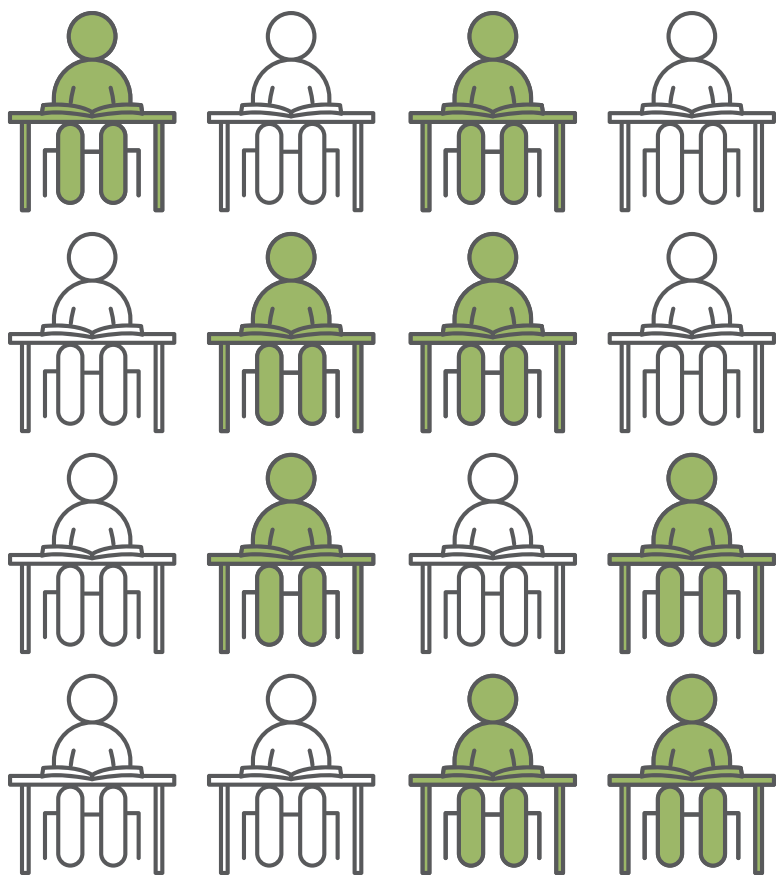


*Average Class Size = 16*

5

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

# SUBSTANCE MISUSE

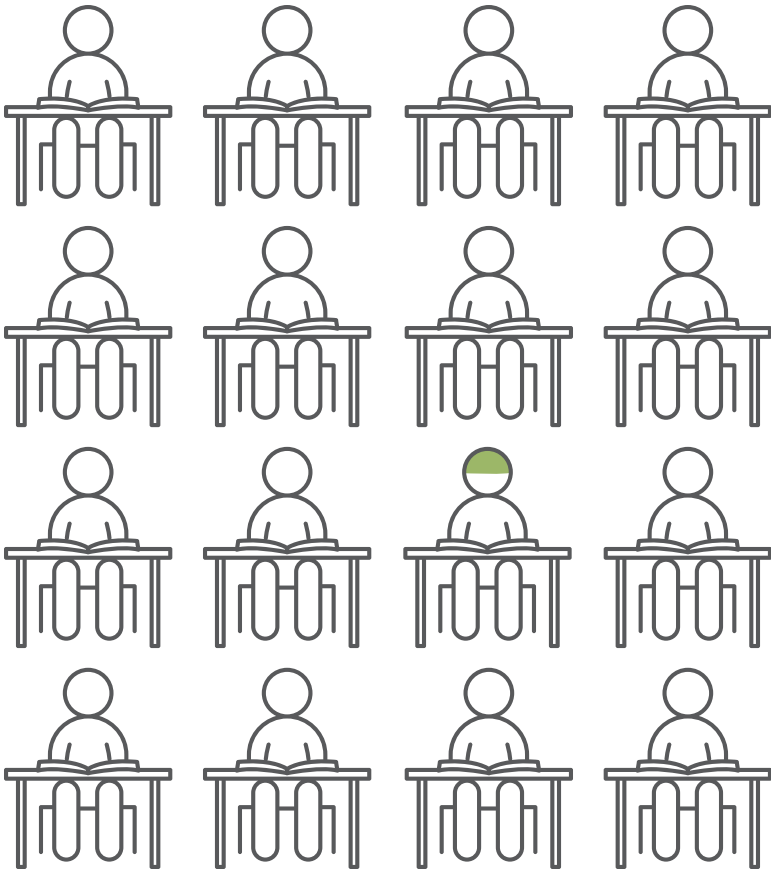


Average Class Size = 16

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

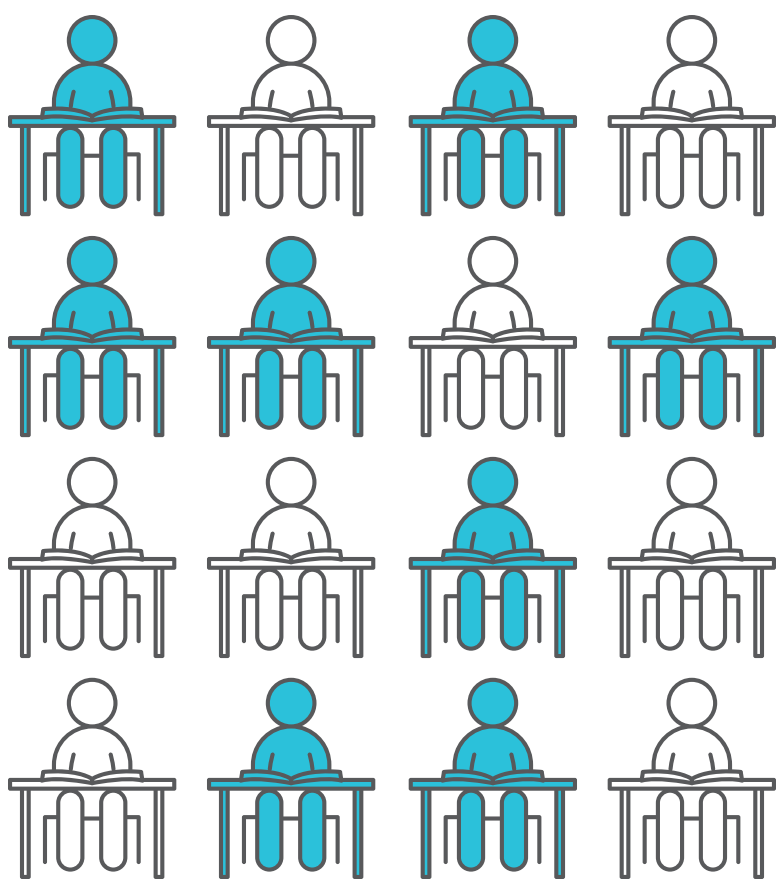
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Student Wellness is committed to the promotion of holistic health through education, prevention and treatment. All services provided by a Registered Nurse and are FREE and CONFIDENTIAL.

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://NDSCS.edu/Wellness)

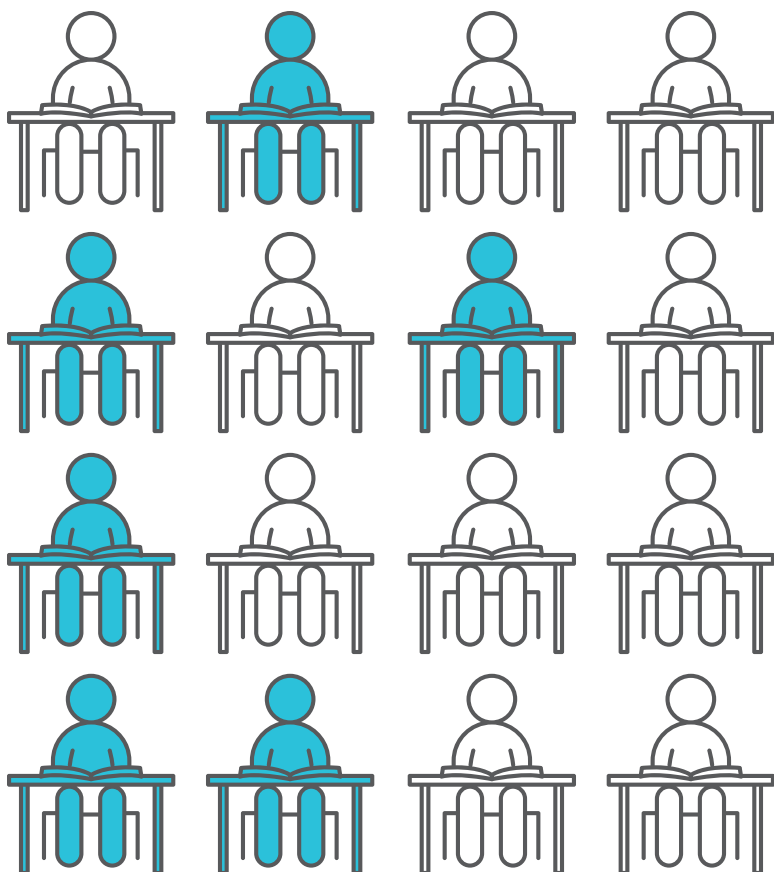
GENERAL HEALTH



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

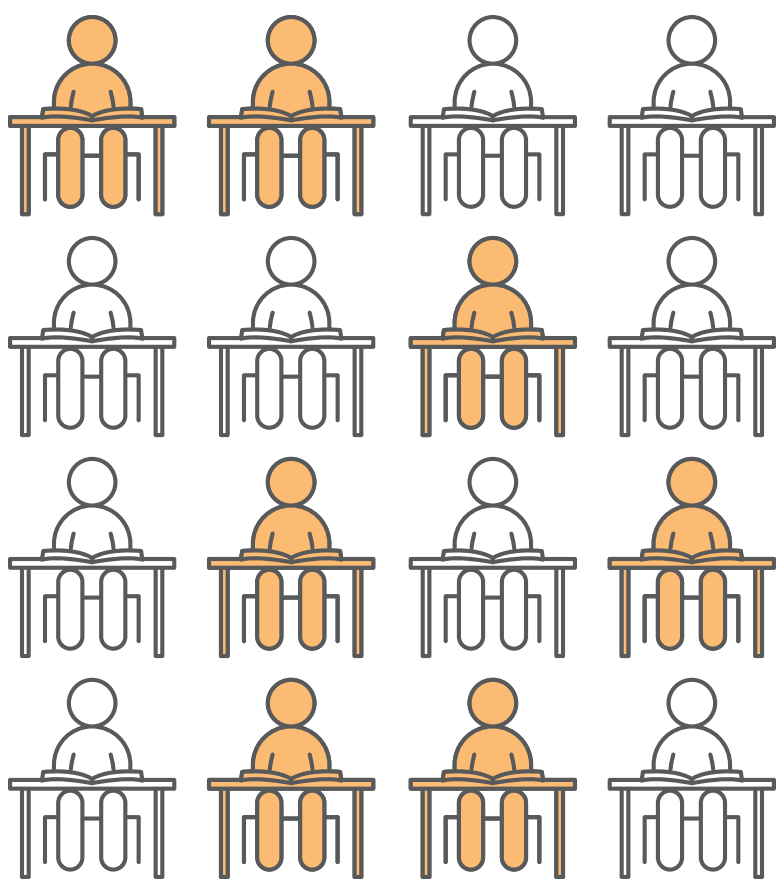


# EQUITY AND BELONGING MESSAGE FOR FACULTY AND STAFF

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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.

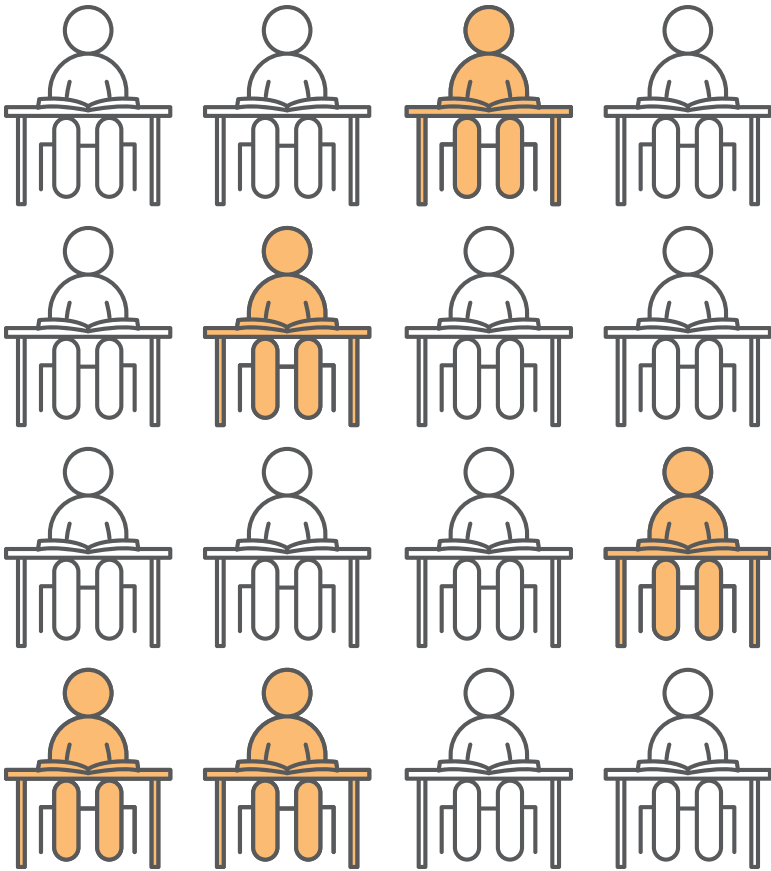
# EQUITY & BELONGING



Average Class Size = 16

7

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

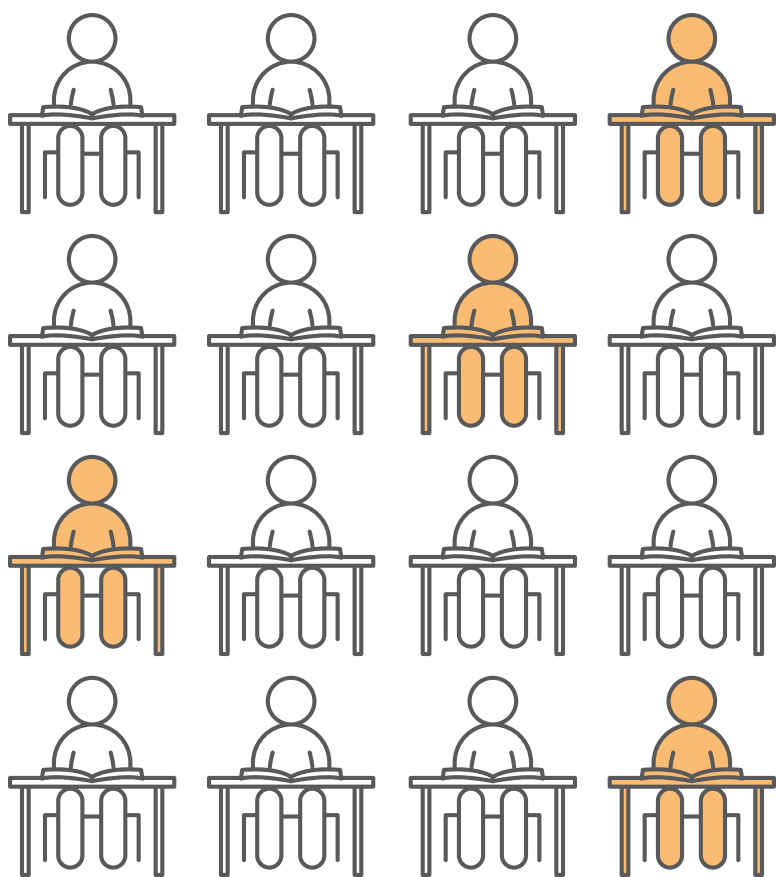


*Average Class Size = 16*

# 5

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

EQUITY & BELONGING



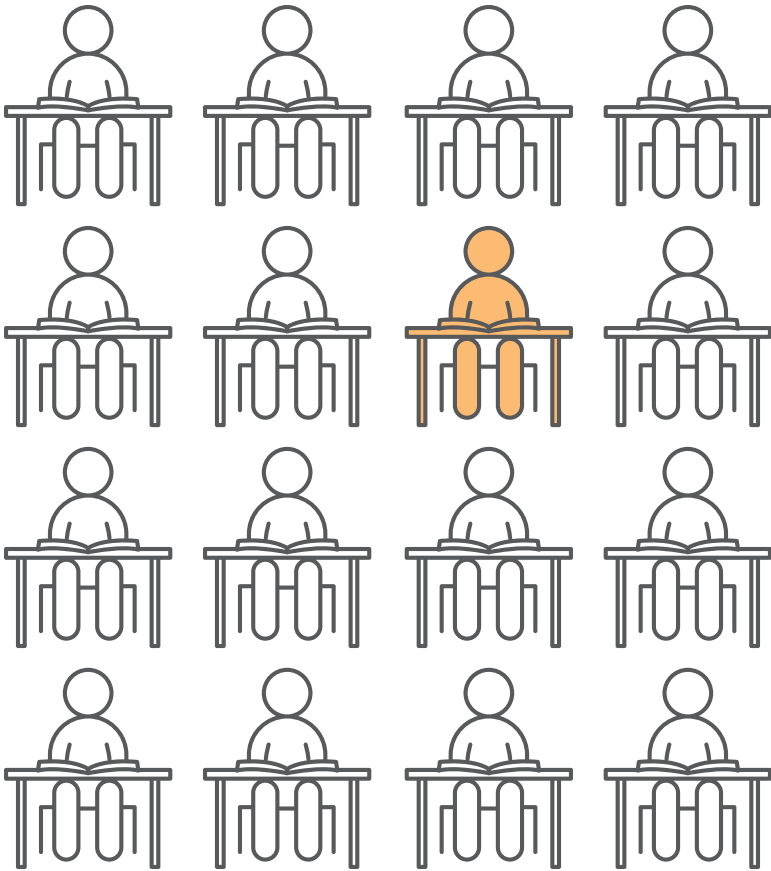
Average Class Size = 16

4

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

*\*Among only students that experienced the issue.*



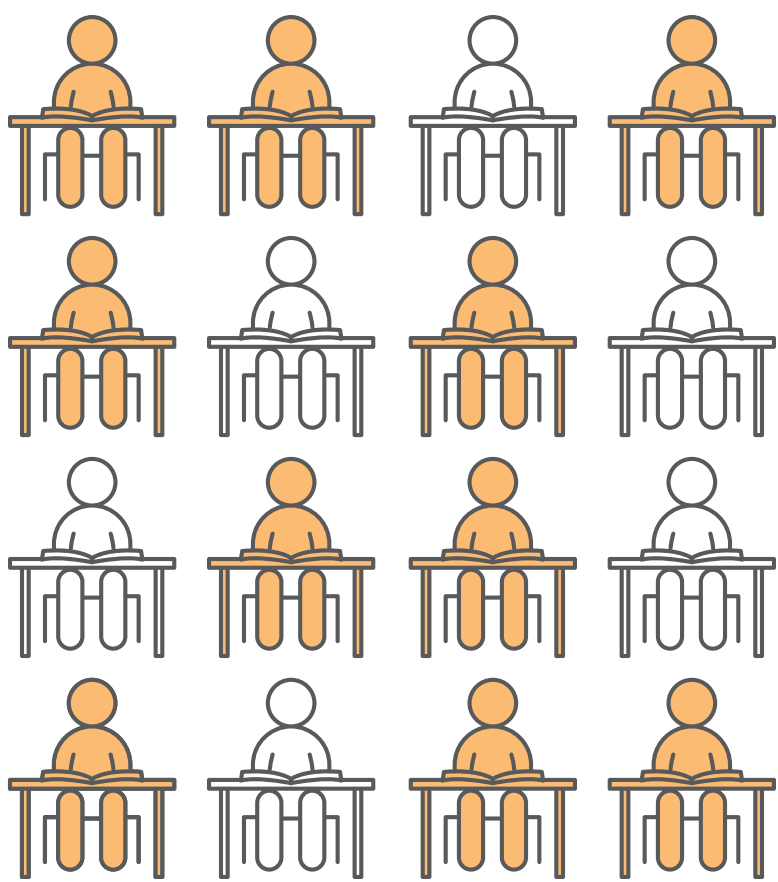


*Average Class Size = 16*

1

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

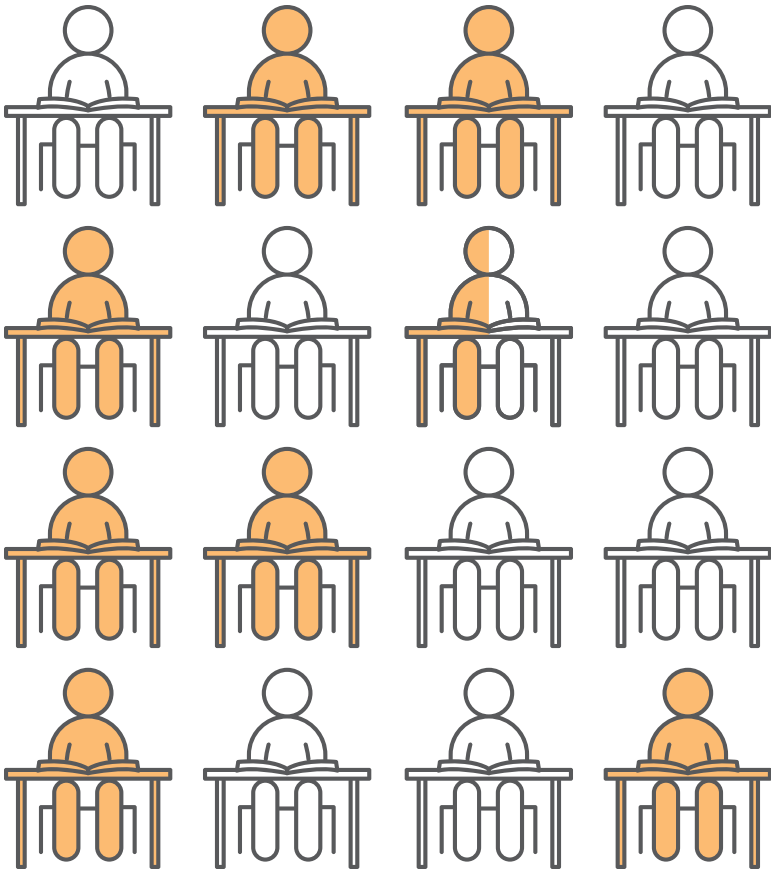
EQUITY & BELONGING



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**