

An abstract painting featuring several faces rendered in a painterly, expressive style. The faces are composed of various colors: one has green eyes, another has blue eyes, and others have more naturalistic tones. The background is a mix of warm colors like yellow, orange, and pink, with bold black strokes defining some of the features. The overall mood is contemplative and artistic.

LONELINESS

IS

ON

THE

RISE

HOPELAB

KEY FINDINGS

Administrators are working to identify factors that predict college dropout so they can prevent it.

While student health and well-being is not a new concern overall, the approach has traditionally concentrated these efforts into student affairs.

Recently institutions are finding it's important to take a more holistic, integrated approach because the social and emotional needs of students are inextricably linked to academic success.

We have reviewed the current landscape of loneliness and concluded that it is a problem that can not be ignored. Here are some of the reasons why.

Learn more at Hopelab.org/DestroyTheMyth.



SOCIAL FACTORS ARE A KEY DRIVER OF STUDENT ATTRITION.¹

Percentage of students endorsing social reasons
for leaving before graduation at a large university

52%

I was emotionally
depressed
or distressed.

41%

I felt socially
alone.

29%

I felt
unwelcome
here.

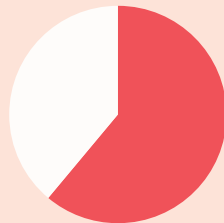
MANY COLLEGE STUDENTS ARE REPORTING FEELING VERY LONELY.²

Percentage of students identifying with feeling
very lonely in a large national survey



30%

of students reported feeling
“very lonely” in the past two weeks

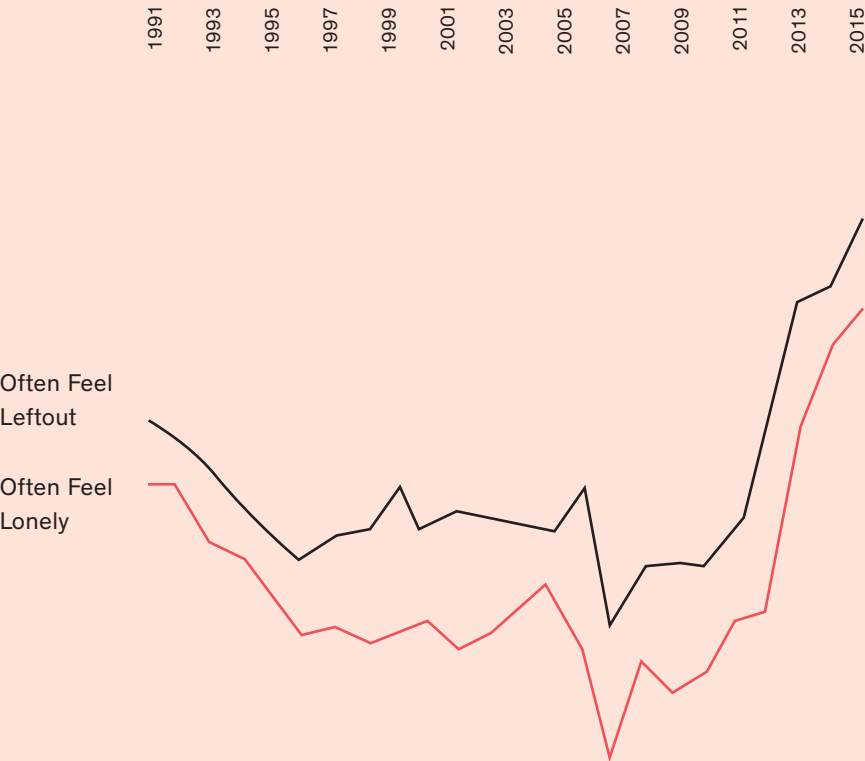


60%

of students reported feeling
“very lonely” within the past year

LONELINESS IS ON THE RISE AMONG YOUNG AMERICANS.³

Percentage of 8th, 10th, and 12th graders who mostly agree or agree that “I often feel left out of things.” or “A lot of times I feel lonely.”



LONELY YOUNG PEOPLE ARE
AT HEIGHTENED RISK FOR...

ANXIETY⁴ AND
DEPRESSION⁵

POOR SLEEP
QUALITY⁶

DRUG AND
ALCOHOL USE⁷

SUSCEPTIBILITY
TO ILLNESS⁸

SELF-HARM BEHAVIORS
AND SUICIALITY⁹⁻¹¹

THE UNITED STATES

IS SECOND

\$29K

IN FEDERAL SPENDING
ON TERTIARY EDUCATION

...BUT 9TH

55%

IN GRADUATION RATES.¹²

THE FINANCIAL BURDEN OF ATTRITION
ON INSTITUTIONS OF HIGHER EDUCATION¹³

\$10M

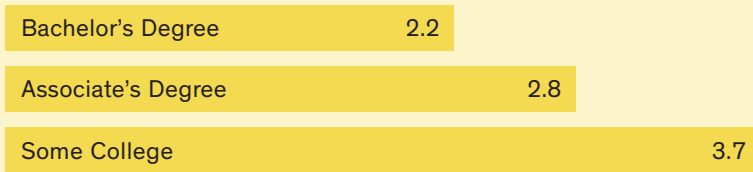
The average institution loses \$10 million
per year due to attrition.



AMONG THOSE WHO LEAVE BEFORE COMPLETING A DEGREE

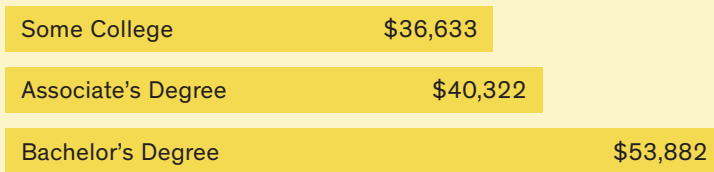
UNEMPLOYMENT IS HIGHER¹⁴

Unemployment Rates by Educational Attainment, 2018



EARNINGS ARE LOWER¹⁵

Median Annual Salary by Educational Attainment, 2017



RESULTING IN A LIFETIME WAGE PREMIUM LOSS OF

\$900k

per person¹⁶

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