LONELINESS IS ON THE RISE

HOPE LAB
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...

ANXIETY$^4$ AND DEPRESSION$^5$

POOR SLEEP QUALITY$^6$

DRUG AND ALCOHOL USE$^7$

SUSCEPTIBILITY TO ILLNESS$^8$

SELF-HARM BEHAVIORS AND SUICIALITY$^9$-$^{11}$
THE UNITED STATES IS SECOND IN FEDERAL SPENDING ON TERTIARY EDUCATION IN GRADUATION RATES. $29K...BUT 9TH 55% IN GRADUATION RATES.¹²
The average institution loses $10 million per year due to attrition.
AMONG THOSE WHO LEAVE BEFORE COMPLETING A DEGREE

UNEMPLOYMENT IS HIGHER\textsuperscript{14}

Unemployment Rates by Educational Attainment, 2018

<table>
<thead>
<tr>
<th>Educational Attainment</th>
<th>Unemployment Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bachelor’s Degree</td>
<td>2.2</td>
</tr>
<tr>
<td>Associate’s Degree</td>
<td>2.8</td>
</tr>
<tr>
<td>Some College</td>
<td>3.7</td>
</tr>
</tbody>
</table>

EARNINGS ARE LOWER\textsuperscript{15}

Median Annual Salary by Educational Attainment, 2017

<table>
<thead>
<tr>
<th>Educational Attainment</th>
<th>Median Annual Salary (per person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some College</td>
<td>$36,633</td>
</tr>
<tr>
<td>Associate’s Degree</td>
<td>$40,322</td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>$53,882</td>
</tr>
</tbody>
</table>

RESULTING IN A LIFETIME WAGE PREMIUM LOSS OF

$900k per person\textsuperscript{16}


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