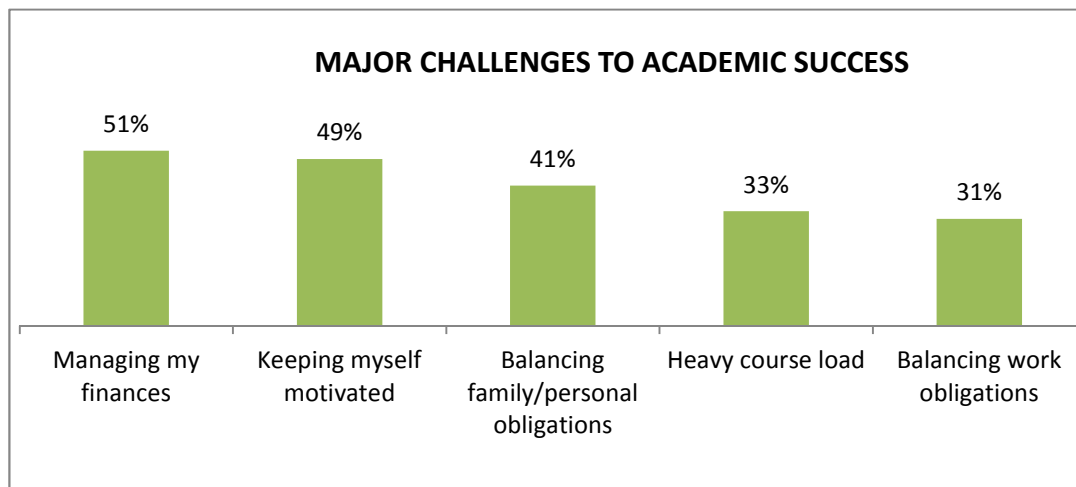


CHALLENGES TO ACADEMIC SUCCESS

Select all that apply

Major Challenges to Academic Success	2011	2012	2013	2014	2015	Change 2014 to 2015
Managing my finances	49%	50%	51%	49%	51%	2%
Keeping myself motivated	47%	46%	49%	50%	49%	-2%
Balancing family/personal obligations	43%	44%	46%	43%	41%	-2%
Heavy course load	40%	39%	39%	33%	33%	1%
Balancing work obligations	30%	30%	31%	27%	31%	4%
Transportation to/from school	20%	21%	17%	18%	20%	2%
Passing my courses	17%	17%	19%	18%	20%	1%
My health	18%	20%	21%	18%	20%	2%
Making friends and "fitting in"	9%	10%	11%	11%	12%	1%
Finding appropriate living arrangements	11%	9%	8%	9%	11%	2%
The course/program was not for me.	4%	4%	5%	3%	3%	1%



COLLEGE EXPERIENCE CONTINUED, ADDITIONAL QUESTIONS FOR 2015

How stressed have you felt since beginning your studies?	2015
A little stressed but coping	43%
A lot stressed but coping	35%
Not stressed at all	10%
A lot stressed and having difficult coping	7%
	95%

Which supports do you use to cope with your stress? (select all that apply)	2015
Talking with friends or family	72%
Exercise or sports	47%
Socializing	43%
Getting help from instructors	26%
Meditation/ Yoga/ Breathing practices	24%
Drugs or Alcohol	21%
Social media	19%
Talking with a Selkirk instructor	11%
Medication	8%
Talking with community counsellors	7%
Getting help at the Learning Skills Centre	7%

Have you reached out for help with your stress?	2015
No	55%
Yes	45%

What have been some of the barriers that have stopped you from reaching out for help?	2015
Don't feel like talking to strangers	24%
Difficult to find time for appointments	21%
I don't have time to seek the help I need	17%
Don't think counselling is helpful	12%
Feel ashamed that I can't cope on my own	10%
Cultural or language barriers	9%
I'm worried others will find out	7%
My health care insurance doesn't cover all the costs	6%