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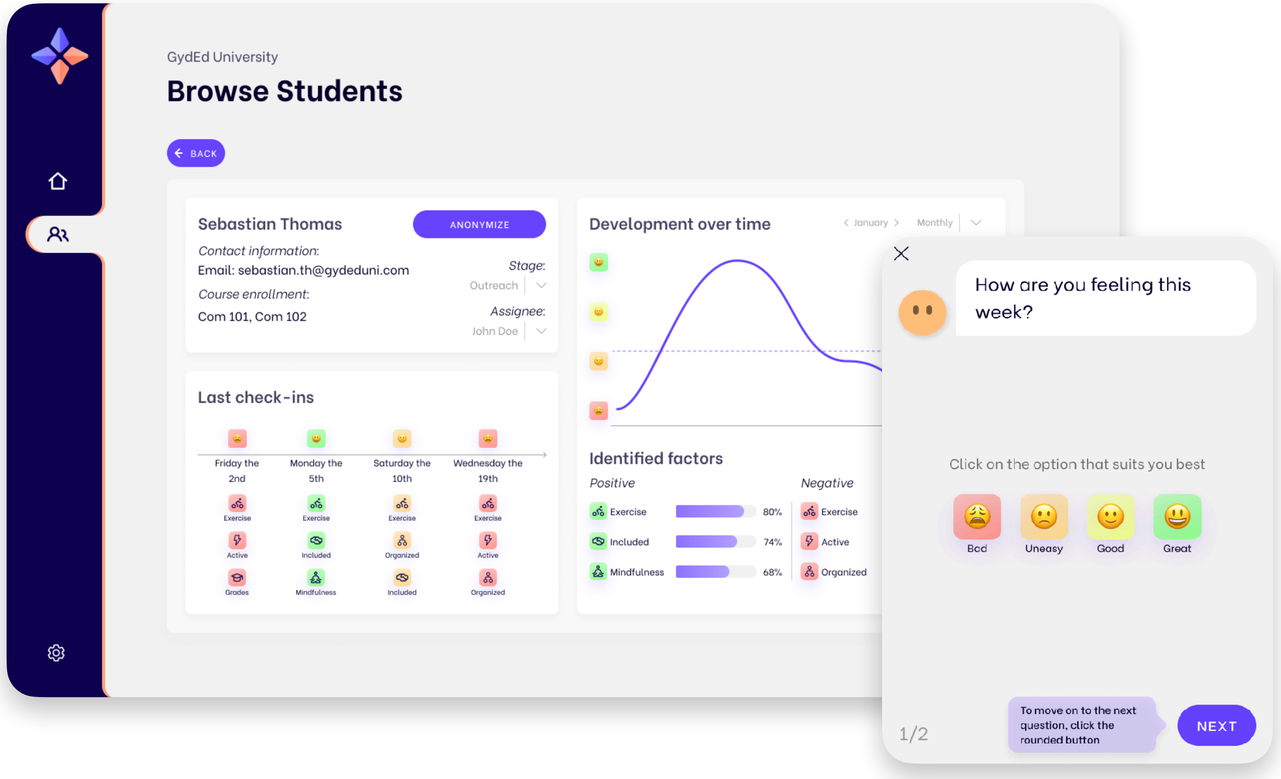
Measuring and Understanding Student Well-being



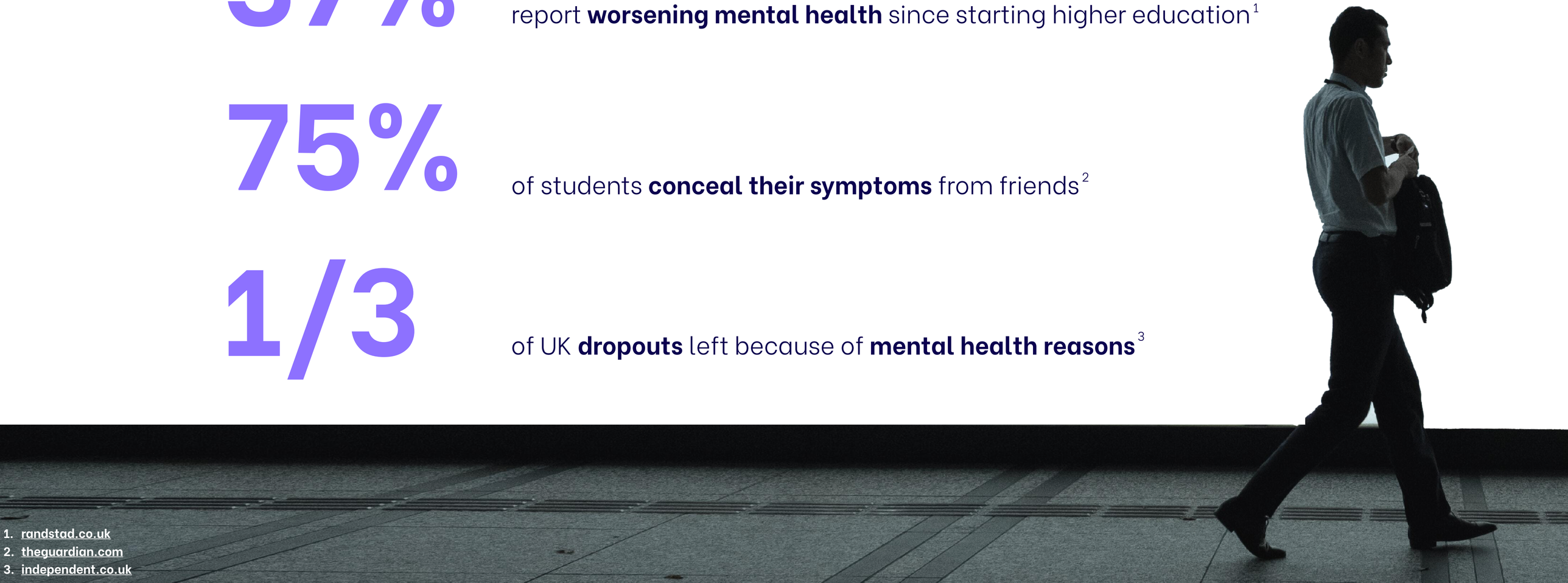
THE PROBLEM

Students and Well-being

37% report **worsening mental health** since starting higher education[1]

75% of students **conceal their symptoms** from friends[2]

1/3 of UK **dropouts** left because of **mental health reasons**[3]



1. randstad.co.uk
2. theguardian.com
3. independent.co.uk

THE RESEARCH

Psycho-social Factors[1]

Motivation

Perceived academic control (PAC) predicting academic success and achievement[2]

Emotion

Anxiety is a predictor of drop-outs when paired with PAC[3, 4, 5, 6]

Social

Perceived social support predicting student adjustment to university[7]

1. Robbins, S. B., Oh, I.S., Le, H., and Button, C. (2009)
2. Perry, R. P., Hladkyj, S., Pekrun, R.H., Clifton, R.A., (2005)
3. Perry, R. P., Hladkyj, S., Pekrun, R. H., & Pelletier, S. T. (2001)
4. Ruthig, J. C., Perry, R. P., Hladkyj, S., Hall, N. C., Pekrun, R., & Chipperfield, J. G. (2008)
5. Pekrun, R., Goetz, T., Frenzel, A. C., Barchfeld, P., & Perry, R. P. (2011)
6. Respondek, L., Seufert, T., Stupnisky, R., and Nett, U. E. (2017)
7. Pàramo, M.F., Martinez, Z., Tinajero, C., and Rodrigues, M. S. (2014)

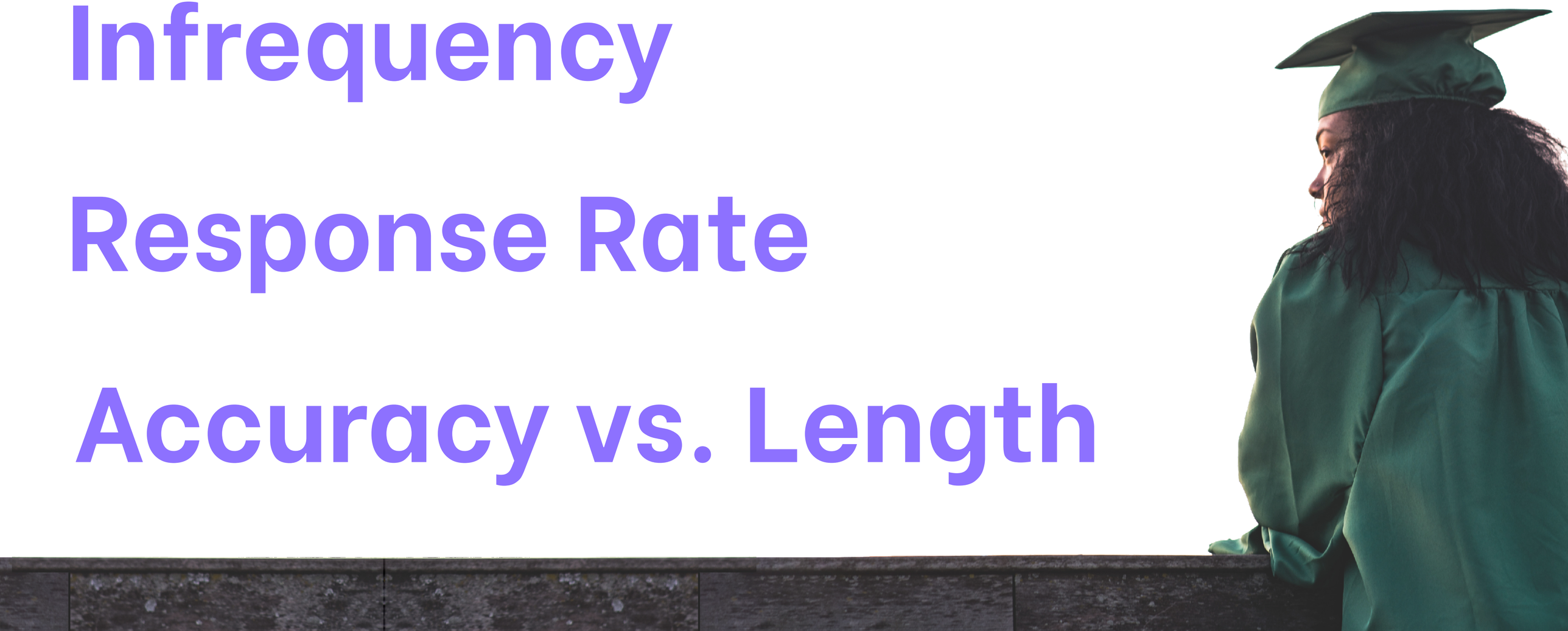
LIMITATIONS

The Difficulties with Collecting Well-being Data

Infrequency

Response Rate

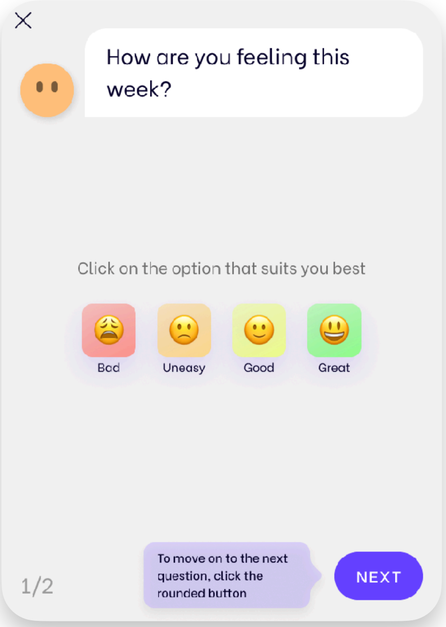
Accuracy vs. Length

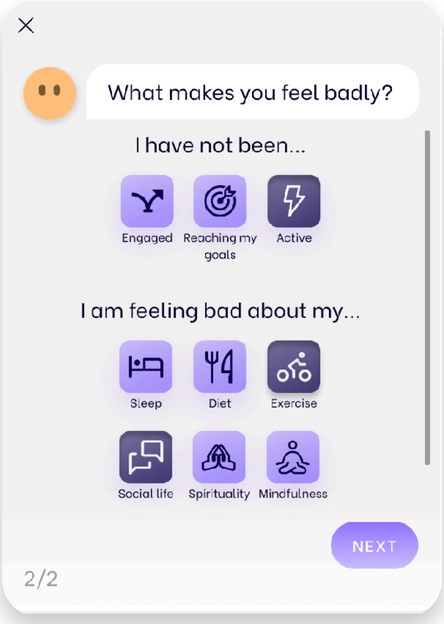


OUR SOLUTION

Recurring feedback in **less than 30 seconds**

We **ask students how they're doing** and **why**





Schools use this data to **identify trends and at-risk students**

COMMUNICATION GAP

The Disconnect Between Students and Universities

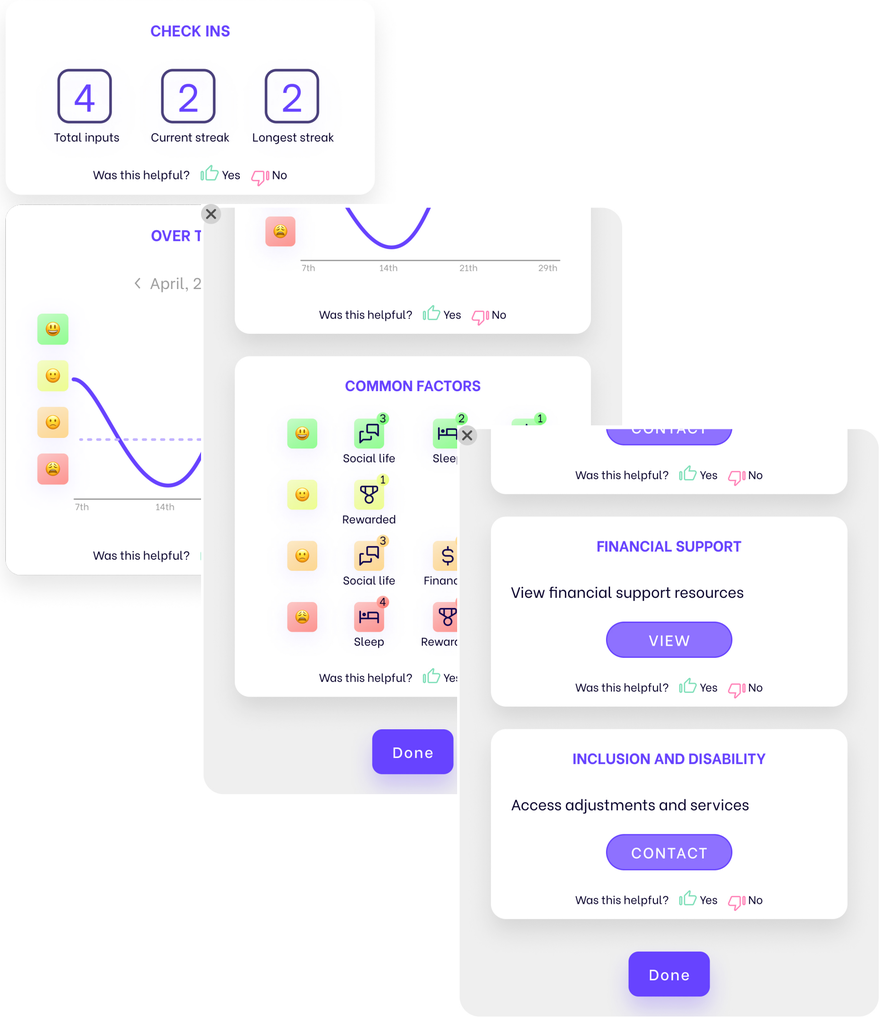
58% of students have **not accessed support services**[1]

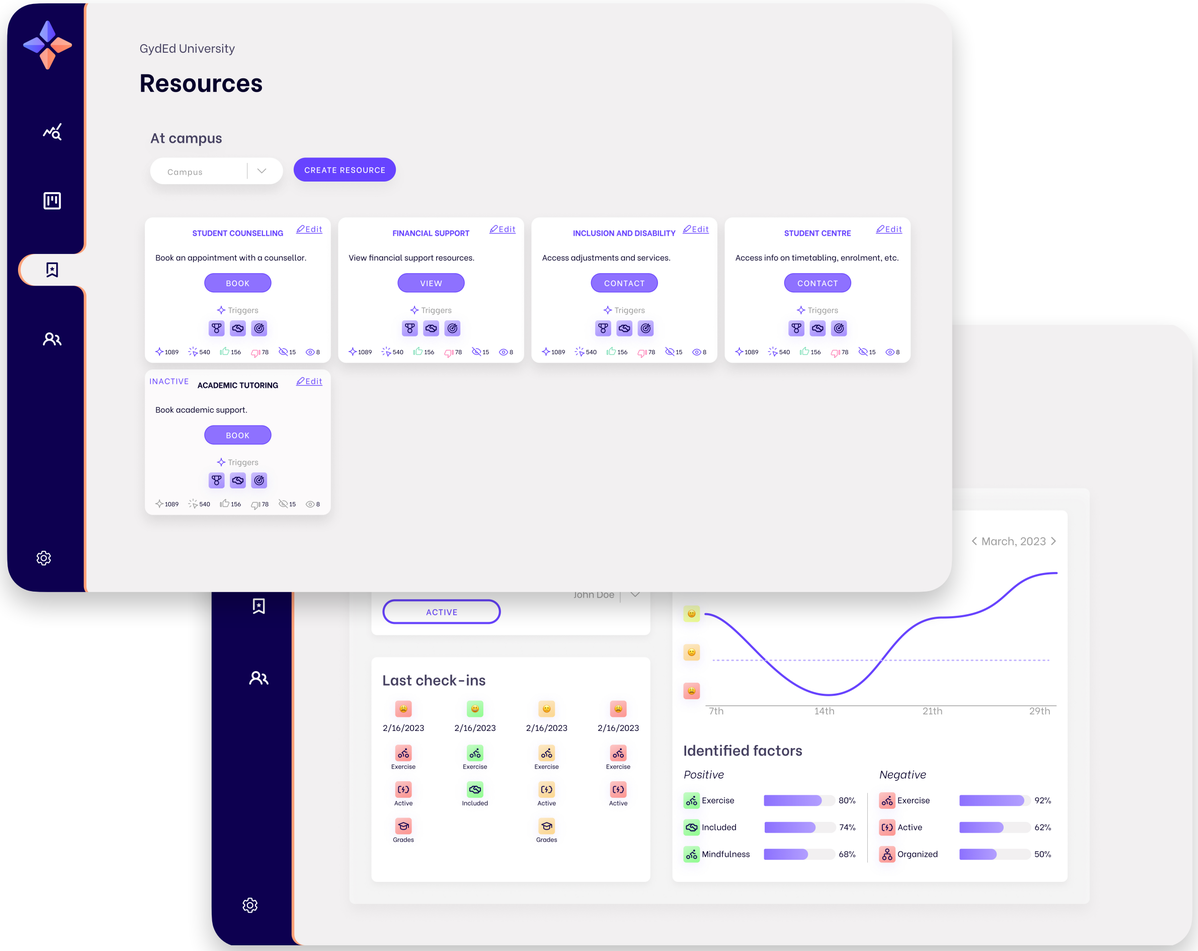
43% of DSA students **didn't know how to access** support resources[2]

1. randstad.co.uk
2. officeforstudents.org.uk

BRIDGING THE GAP

Easy Access to Resources and Support





IMPACT IN NUMBERS

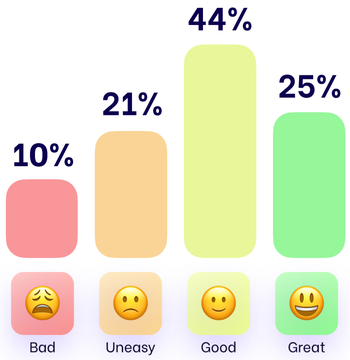
How Students are Using GydEd

52%

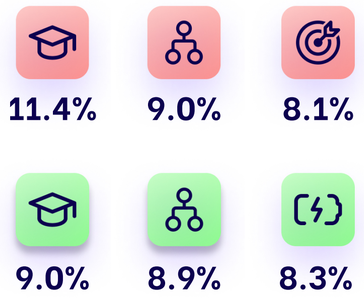
Recurring Weekly Response Rate

80%

At least one answer

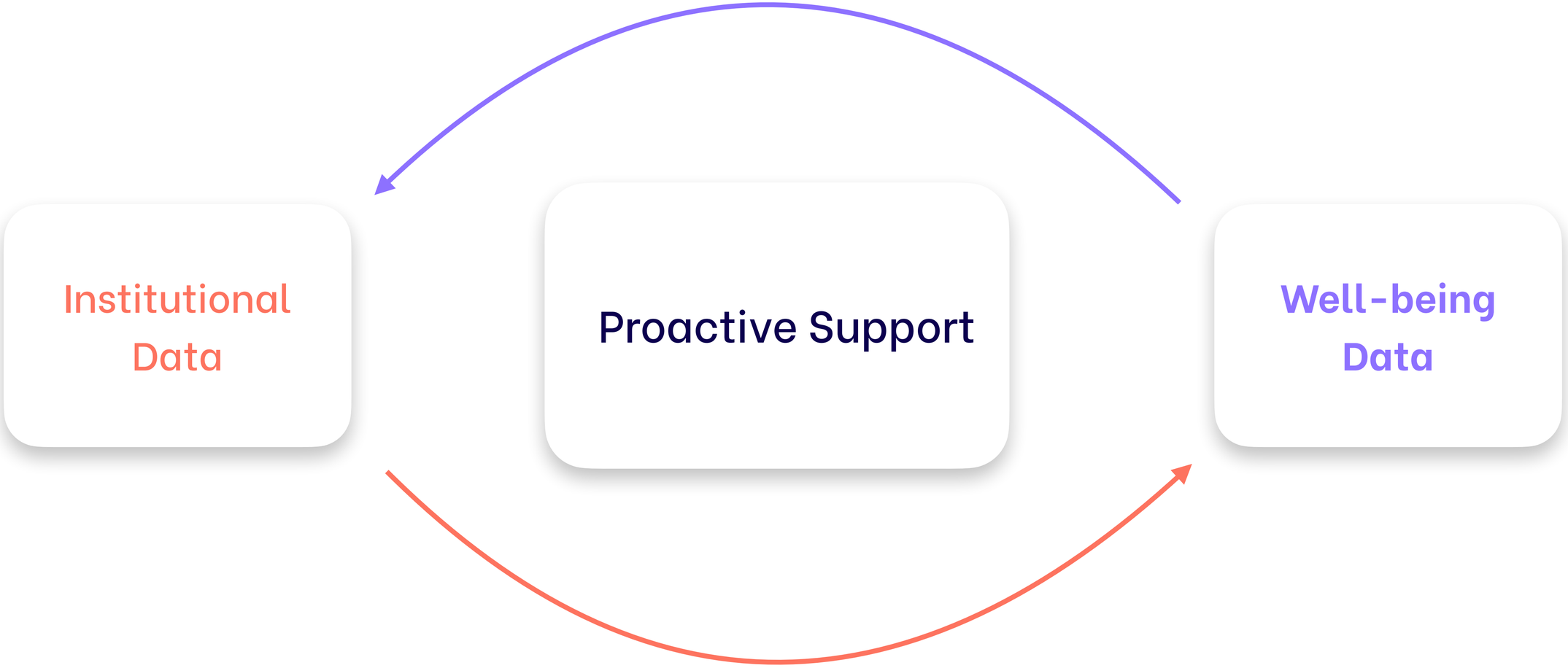


Student Responses



Most Common Factors

The Missing Puzzle Piece



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