Introduction and methods:

The Emotional Well-being Survey is a pilot study ran out of the American College Health Foundation with the purpose of examining the overall well-being of college campuses across the United States. Michigan State University was chosen as a pilot school, therefore the survey was distributed in February 2021 and yielded 543 responses ranging students, faculty, and staff. The data that follows was analyzed using SPSS statistical software and tests ran included Chi Square and One-way ANOVA, and statistical significance was examined on the p >= 0.05 level.

Demographic Profile of the Sample:

Demographic data was cleaned and collapsed in order to ensure an adequate number of responses for utility of findings. This section will outline the demographic breakdowns used in the tables and will explain how various variables were collapsed. First, University affiliation includes MSU community members who identified in various categories- for example some respondents identified as a student and staff member or a faculty and staff member. Therefore, the percentages add up to over 100%. Gender identity is collapsed to women and man as we acknowledge that trans women and trans men are women or men and identify as so. Additionally, when performing a crosstab on the question “do you identify as transgender” and gender identity, all of the Spartans who are transgender identify within the women or man categories. All demographic data could be further broken down if requested- these data are collapsed for overall analysis.

University Affiliation:
- Students- 48%
- Staff- 57%
- Faculty- 23%

Racial Identity:
- White- 81%
- People of Color- 19%

Gender Identity:
- Women- 69%
- Man- 29%

Sexual Orientation:
- Straight/Heterosexual- 87%
- LGBTQ- 13%

Age:
- 18-22 years old- 34%
- 23-30 years old- 7%
- 31-40 years old- 15%
- 41-50 years old- 16%
- 51 years and older- 25%

Findings:

Below are the analyzed data for the Emotional Wellbeing Survey. You will find the tables split by topic area and categories within the survey, followed by general findings and statistically significant points to consider.

<table>
<thead>
<tr>
<th>Table 1. Community &amp; Belonging-Social Support by Demographic Characteristics: 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where I find myself in stressful situations, I look for social support.</td>
</tr>
<tr>
<td>Strongly Agree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Neither Agree/ Nor Disagree</td>
</tr>
<tr>
<td>If it is important to me to actively contribute to the happiness and well-being of others.</td>
</tr>
<tr>
<td>Strongly Agree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Neither Agree/ Nor Disagree</td>
</tr>
<tr>
<td>I am comfortable accepting help from others.</td>
</tr>
<tr>
<td>Strongly Agree</td>
</tr>
<tr>
<td>Disagree</td>
</tr>
<tr>
<td>Neither Agree/ Nor Disagree</td>
</tr>
</tbody>
</table>

*p<0.05
Points to consider:

- **When I find myself in stressful situations, I look for social support.**
  - 74% of the MSU community looks for social support in stressful situations
  - More women (81%) than men (59%) seek social support in stressful situations

- **It is important to me to actively contribute to the happiness and wellbeing of others.**
  - 92% of the MSU community finds it important to actively contribute to the happiness and wellbeing of others.

- **I am comfortable accepting love from others.**
  - 81% of the MSU community is comfortable accepting love from others.
  - Faculty (88%) and staff (84%) are more comfortable accepting love from others than students (71%).
  - More women (83%) are comfortable accepting love than men (77%).
  - Spartans who identify as straight/heterosexual (82%) are more comfortable accepting love from others than their LGBTQIA+ peers (71%).
  - As age increases, comfortability accepting love from others increases (71%-87%)

- **I am comfortable expressing love to someone else.**
  - 84% of the MSU community is comfortable expressing love to someone else.
  - Faculty (87%) and staff (88%) are more comfortable expressing love to others than students (75%).
  - More women (87%) are comfortable expressing love than men (77%).
  - Spartans who identify as straight/heterosexual (85%) are more comfortable expressing love to others than their LGBTQIA+ peers (75%).
  - 18-22 year olds are least comfortable expressing love to others (76%) whereas 23-30 year olds and 51 year olds are most comfortable expressing love to others (90%).

<table>
<thead>
<tr>
<th>During the past month, how often do you feel:</th>
<th>Overall</th>
<th>UNIVERSITY AFFILIATION</th>
<th>RACE</th>
<th>GENDER</th>
<th>SEXUAL ORIENTATION</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>That you belonged to a community (like a social group, your school, or your neighborhood)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>8.1%</td>
<td>14.4%</td>
<td>4.4%</td>
<td>7.3%</td>
<td>*</td>
<td>5.9%</td>
</tr>
<tr>
<td>Monthly</td>
<td>22.6%</td>
<td>26.3%</td>
<td>20.5%</td>
<td>20.0%</td>
<td>*</td>
<td>22.3%</td>
</tr>
<tr>
<td>Weekly</td>
<td>36.9%</td>
<td>20.3%</td>
<td>36.0%</td>
<td>41.8%</td>
<td>*</td>
<td>39.0%</td>
</tr>
<tr>
<td>Nearly Daily</td>
<td>23.5%</td>
<td>38.0%</td>
<td>39.9%</td>
<td>*</td>
<td>32.9%</td>
<td>30.4%</td>
</tr>
<tr>
<td>That you had warm and trusting relationships with others</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>2.6%</td>
<td>3.8%</td>
<td>2.9%</td>
<td>1.8% *</td>
<td>1.6%</td>
<td>6.9% *</td>
</tr>
<tr>
<td>Monthly</td>
<td>11.4%</td>
<td>22.3%</td>
<td>6.6%</td>
<td>8.2%</td>
<td>9.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Weekly</td>
<td>29.2%</td>
<td>28.3%</td>
<td>27.8%</td>
<td>22.7%</td>
<td>28.7%</td>
<td>31.4%</td>
</tr>
<tr>
<td>Nearly Everyday</td>
<td>56.8%</td>
<td>45.9%</td>
<td>61.3%</td>
<td>57.3%</td>
<td>60.0%</td>
<td>43.1%</td>
</tr>
</tbody>
</table>

Points to consider:

- During the past month, how often did you feel that you belonged to a community (like a social group, your school, or your neighborhood).
  - 92% of Spartans felt they belonged to a community in the past month
  - Faculty (93%) and staff (95%) were more likely to feel they belonged to a community than students (85%)
  - Members of the MSU community who identify as white (94%) were more likely to feel they belonged to a community than members of the MSU community who identify as a Person of Color (82%)
  - Spartans who identify as straight/heterosexual (93%) were more likely to feel they belonged to a community than their LGBTQIA+ peers (87%)
  - Spartans over the age of 40 were more likely to feel they belonged to a community

- During the past month, how often did you feel that you had warm and trusting relationships with others.
  - 97% of Spartans felt they had warm and trusting relationships with others.
  - Students were more likely to have a warm and trusting relationship monthly than faculty and staff who were more likely to nearly everyday
  - Members of the MSU community who identify as white (98%) were more likely to feel they had warm and trusting relationship with others than members of the MSU community who identify as a Person of Color (93%)
Spartans who identify as straight/heterosexual were more likely to have warm and trusting relationships nearly every day, while their LGBTQIA+ peers were more likely to have warm and trusting relationships monthly.

**Points to consider:**

- **Over the past 2 weeks, how often have you felt nervous, anxious, or on edge.**
  - 88% of MSU community members have felt nervous, anxious, or on edge
  - Students (94%) were more likely to feel nervous, anxious, or on edge than faculty (82%) and staff (86%)
  - Spartans under the age of 30 were more likely to feel nervous, anxious, or on edge than those over the age of 30

- **Over the past 2 weeks, how often have you been stopped or control worrying.**
  - 72% of the MSU community has been stopped or control worrying
  - Students (85%) were more likely to not be able to stop or control worrying than faculty (60%) and staff (68%)
  - Spartans who identify as LGBTQIA+ (83%) were more likely to not be able to stop or control worrying than those who identify as straight/heterosexual (70%)
  - As age decreases, not being able to stop or control worrying increases (87% - 53%)

- **Over the past 2 weeks, how often have you worried too much about different things.**
  - 81% of the MSU community has worried too much about different things
  - Women-identifying Spartans (84%) are more likely to worry too much about different things than men-identifying Spartans (76%)
  - Spartans who identify as LGBTQIA+ (87%) were more likely to worry too much about different things than those who identify as straight/heterosexual (80%)
  - As age decreases, worrying too much about different things increases (92% - 69%)

- **Over the past 2 weeks, how often have you been concerned that something bad might happen.**
  - 72% of the MSU community has been concerned that something bad might happen
  - Students (86%) were more likely to be concerned that something bad might happen than faculty (61%) and staff (68%)
  - Spartans who identify as LGBTQIA+ (83%) were more likely to be concerned that something bad might happen than those who identify as straight/heterosexual (70%)
  - As age decreases, being concerned that something bad might happen increases (87% - 53%)

- **Over the past 2 weeks, how often have you been interested in a social situation in which people might judge you.**
  - 51% of the MSU community has been interested in a social situation in which people might judge them
Students (61%) were more likely to feel an intense and persistent fear of social situations in which people may judge them than faculty (44%) and staff (46%)

Spartans who identify as LGBTQIA+ (65%) were more likely to feel an intense and persistent fear of social situations in which people may judge them than those who identify as straight/heterosexual (48%)

- Over the past 2 weeks, how often have you feared that you will embarrass yourself.
  - 50% of the MSU community has feared that they will embarrass themselves
  - Students (67%) were more likely to fear embarrassing themselves than faculty (47%) and staff (42%)
  - Spartans who identify as white (49%) were less likely to fear embarrassing themselves than those who identify as People of Color (55%)
  - Spartans who identify as LGBTQIA+ (65%) were more likely fear embarrassing themselves than those who identify as straight/heterosexual (48%)
  - As age decreases, fearing that you will embarrass yourself increases (67% - 33%)

- Over the past 2 weeks, how often have you feared that people will notice that you are anxious.
  - 42% of the MSU community has feared people will notice they are anxious
  - Students (57%) were more likely to fear that people would notice they were anxious than faculty (32%) and staff (38%)

<table>
<thead>
<tr>
<th>Table 4. Coping &amp; Stress Management - Coping Skills &amp; Stress Management by Demographic Characteristics: 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please respond about the extent to which you agree with each statement: (1=Disagree Strongly, 10=Agree Strongly)</td>
</tr>
<tr>
<td>Overall Mean</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>I feel able to relax when I want to.</td>
</tr>
<tr>
<td>In general, I feel optimistic about the future.</td>
</tr>
<tr>
<td>I am confident in my ability to solve problems that I might face in life.</td>
</tr>
<tr>
<td>I feel that I am laid-back about things.</td>
</tr>
<tr>
<td>When I find myself in stressful situations, I take a problem-focused approach.</td>
</tr>
<tr>
<td>When I find myself in stressful situations, I blame myself.</td>
</tr>
<tr>
<td>When I find myself in stressful situations, I wish for things to improve.</td>
</tr>
<tr>
<td>When I find myself in stressful situations, I try to avoid the problem.</td>
</tr>
</tbody>
</table>

* p<0.05

Points to consider:
- I feel able to relax when I want to.
  - The MSU community neither agrees or disagrees (5.5) that they are able to relax when they want to
  - Staff and faculty (5.9) are more likely than students (4.8) to agree that they can relax when they want to
  - Spartans over the age of 41 (6.17-6.50) are more likely than younger Spartans to agree that they can relax when they want to
- In general, I feel optimistic about the future.
  - The MSU community slightly agrees (6.1) that they feel optimistic about the future
  - Staff (6.4) and faculty (6.7) are more likely than students (5.2) to agree that they feel optimistic about the future
  - Spartans over the age of 41 (6.36-7.20) are more likely than younger Spartans to agree that they feel optimistic about the future
- I am confident in my ability to solve problems that I might face in life.
  - The MSU community agrees (7.2) that they are confident in their ability to solve problems that they might face
  - Staff (7.5) and faculty (7.8) are more likely than students (6.4) to agree that they are confident in their ability to solve problems that they might face
• Spartans who identify as straight/heterosexual (7.4) are more likely than their LGBTQIA+ peers (6.1) to agree that they are confident in their ability to solve problems that they might face.
• Spartans over the age of 41 (7.80-8.02) are more likely than younger Spartans to agree that they are confident in their ability to solve problems that they might face.

**I feel that I am laid-back about things.**
• The MSU community slightly disagrees (4.3) that they are laid-back about things.
• Students (5.2) are more likely than faculty (4.3) and staff (3.8) to agree that they feel laid-back about things.
• Spartans under the age of 23 (5.16) neither agreed or disagreed that they feel laid-back about things, whereas Spartans who are over the age of 23 slightly disagreed/disagreed that they feel laid-back about things.

**When I find myself in stressful situations, I take a problem-focused approach.**
• The MSU community slightly agrees (6.6) that they take a problem-focused approach in stressful situations.
• Staff and faculty (6.9) are more likely than students (6.0) to agree that they take a problem-focused approach in stressful situations.
• Spartans who identify as a man/male (7.0) agreed that they take a problem-focused approach in stressful situations, whereas woman/female (6.4) only slightly agreed.
• Spartans who identify as a straight/heterosexual (6.8) slightly agreed that they take a problem-focused approach in stressful situations, whereas their LGBTQIA+ peers (5.7) neither agreed or disagreed.
• Spartans over the age of 23 (6.24-7.43) are more likely than younger Spartans to slightly agree or agree that they can relax when they want to.

**When I find myself in stressful situations, I blame myself.**
• The MSU community neither agrees or disagrees (5.4) that they blame themselves in stressful situations.
• Students (6.3) slightly agree that in stressful situations they blame themselves, whereas faculty (4.9) and staff (5.0) neither agreed or disagreed.
• Spartans who identify as a straight/heterosexual (5.1) neither agreed or disagreed that they blame themselves in stressful situations, whereas their LGBTQIA+ peers (6.7) slightly agreed.
• Spartans over the age of 23 are more likely to disagree that they blame themselves in situations (5.88-4.30), whereas Spartans under 23 slightly agree.

**When I find myself in stressful situations, I wish for things to improve.**
• The MSU community neither agrees nor disagrees (5.3) that they wish for things to improve in stressful situations.
• Students (6.8) slightly agree that they wish for things to improve in stressful situations, whereas faculty (4.3) and staff (4.8) slightly disagree.
• Spartans who identify as a straight/heterosexual (5.1) neither agreed nor disagreed that they wish for things to improve in stressful situations, whereas their LGBTQIA+ (6.8) slightly agreed.
• Spartans over the age of 23 are more likely to disagree that they blame themselves in situations (5.40-4.04), whereas Spartans under 23 slightly agree.

**When I find myself in stressful situations, I try to avoid the problem.**
• The MSU community slightly disagrees (4.4) that they try and avoid the problem in stressful situations.
• Students (5.3) neither agree nor disagree that they try and avoid the problem in stressful situations, whereas faculty (4.3) and staff (4.0) slightly disagree.
• Spartans who identify as a straight/heterosexual (4.3) slightly disagree that they try and avoid the problem in stressful situations, whereas their LGBTQIA+ peers (5.6) neither agreed nor disagreed.
• Spartans over the age of 23 are more likely to disagree that they try and avoid the problem in stressful situations (4.65-3.43), whereas Spartans under 23 neither agree nor disagree.
Points to consider:

- **Time pressures are a part of my life.**
  - The MSU community believes time pressures are a part of their lives (7.7).
  - Students (8.2) were more likely to feel time pressures are a part of their lives than faculty (7.6) and staff (7.5).
  - Younger Spartans (8.2) were more likely to feel time pressures are a part of their lives than Spartans over the age of 23 (7.9-7.1).

- **How stressful is your life?**
  - The MSU community found their lives to be slightly stressful (6.8).
  - Students (7.2) were more likely to feel their lives are stressful than faculty (6.7) and staff (6.5).
  - Spartans under the age of 23 (7.2) and between 41-50 years old (7.0) were more likely to feel their lives are stressful than Spartans who are 23-40 years old (6.7) and 51 and over (6.0).

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**Table 5. Coping & Stress Management - Stress level by Demographic Characteristics: 2021**

| Time pressures are a part of my life. (1=Not at all a part of my life, 10=Very much a part of my life) | Overall Mean | Students | Staff | Faculty | White People of Color | Female | Male | Straight/ Intersexual | Lesbian/Gay | 18-22 years old | 23-30 years old | 31-40 years old | 41-50 years old | 51 and over |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| How stressful is your life? (1=Not at all stressful, 10=Very stressful) | Overall Mean | Students | Staff | Faculty | White People of Color | Female | Male | Straight/ Intersexual | Lesbian/Gay | 18-22 years old | 23-30 years old | 31-40 years old | 41-50 years old | 51 and over |
| Overall Mean | | 7.7 | 8.2 | 7.5 | 7.6 | 7.8 | 7.6 | 7.4 | 7.7 | 7.9 | 8.2 | 7.4 | 7.8 | 7.9 | 7.1 |

* p<0.05

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**Table 6. Purpose & Meaning: Purpose by Demographic Characteristics: 2021**

| View of purpose and meaning in your life | Overall Mean | Students | Staff | Faculty | White People of Color | Female | Male | Straight/ Intersexual | Lesbian/Gay | 18-22 years old | 23-30 years old | 31-40 years old | 41-50 years old | 51 and over |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| How clear is your sense of purpose in your life? | Overall Mean | 9.0 | 9.0 | 8.3 | 8.8 | 7.2 | 7.5 | 7.2 | 7.0 | 7.0 | 7.0 | 7.2 | 7.4 | 7.6 | 7.7 | 7.1 |
| How well do you understand what gives your life meaning? | Overall Mean | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 |
| How confident are you that you have discovered a satisfying purpose in your life? | Overall Mean | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| How clearly do you understand what it is that makes your life worthwhile? | Overall Mean | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| How hard are you working to make your long-term aims a reality? | Overall Mean | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| How much effort are you putting into reaching your personal goals and aspirations? | Overall Mean | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| How engaged are you in making the world a better place to live? | Overall Mean | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
| How important is it for you to make the world a better place in some way? | Overall Mean | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 |
Points to consider:

- **How clear is your sense of purpose in your life?**
  - 91% of the MSU community thinks their sense of purpose in life is clear or somewhat clear
  - Students (82%) were less likely than Faculty (97%) and staff (94%) to believe their sense of purpose in life is clear or somewhat clear
  - Women-identified Spartans (92%) were more likely than their male peers (88%) to believe their sense of purpose in life is clear or somewhat clear
  - Spartans who identify as straight/heterosexual (93%) were more likely than their LGBTQIA+ peers (83%) to believe their sense of purpose in life is clear or somewhat clear
  - 80% of Spartans under the age of 22 believe their sense of purpose in life is clear or somewhat clear, whereas Spartans over the age of 23 ranged from 91%-99%

- **How well do you understand what gives your life meaning?**
  - 95% of the MSU community somewhat understands or understands what gives their lives meaning
  - Students (90%) were less likely than Faculty (99%) and staff (94%) to somewhat understand or understand what gives their lives meaning
  - Women-identified Spartans (96%) were more likely than their male peers (93%) to somewhat understand or understand what gives their lives meaning
  - Spartans who identify as straight/heterosexual (96%) were more likely than their LGBTQIA+ peers (89%) to somewhat understand or understand what gives their lives meaning
  - 89% of Spartans under the age of 22 somewhat understand or understand what gives their lives meaning, whereas Spartans from age 31-40 years old somewhat understand or understand what gives their lives meaning, whereas Spartans who are 23-30 years old and above 41 range from 99-100% understanding

- **How confident are you that you have discovered a satisfying purpose in your life?**
  - 87% of Spartans are confident or somewhat confident that they have discovered a satisfying purpose in their lives
  - Students (94%) were more likely than Faculty (80%) and staff (86%) to be somewhat confident or confident that they have discovered a satisfying purpose in their lives
  - Spartans who identify as white (89%) were more likely than People of Color (79%) at MSU to be somewhat confident or confident that they discovered a satisfying purpose in their lives
  - Spartans who identify as straight/heterosexual (85%) were less likely than their LGBTQIA+ peers (99%) to feel somewhat confident or confident that they had discovered a satisfying purpose in their lives
  - Spartans who are 31-40 years old or above 51 were less likely to feel confident that they discovered a satisfying purpose in their lives
  - 23-30-year-old’s were the most confident (98%) that they had discovered a satisfying purpose in their lives

- **How clearly do you understand what it is that makes your life worthwhile?**
  - 94% of the MSU community believes it is somewhat clear or clear what makes their lives worthwhile
  - Students (87%) were less likely than Faculty (98%) and staff (97%) to believe it was somewhat clear or clear what makes their lives worthwhile
  - Women-identified Spartans (96%) were more likely than their male peers (92%) to believe it was somewhat clear or clear what makes their lives worthwhile
  - Spartans who identify as straight/heterosexual (96%) were more likely than their LGBTQIA+ peers (83%) to believe it was somewhat clear or clear what makes their lives worthwhile
  - Spartans who are under 22 years old (87%) were less likely than those over 23 years old (96%-100%) to believe it was somewhat clear or clear what makes their lives worthwhile

- **How hard are you working to make your long-term aims a reality?**
  - 98% of the MSU community is working somewhat hard or quite hard to make their long-term aims a reality

- **How much effort are you putting into making your goals a reality?**
  - 99% of the MSU community is putting some effort or quite a bit of effort into making their goals a reality

- **How engaged are you in carrying out the plans that you set for yourself?**
98% of the MSU community is somewhat engaged or engaged in carrying out the plans that they have set for themselves. Students (96%) were less likely than Faculty (100%) and staff (99%) to be somewhat engaged or engaged in carrying out the plans that they have set for themselves.

**What portion of your daily activities move you closer to your long-term aims?**

93% of the MSU community says at least some of their daily activities move them closer to their long-term aims.

**How often do you hope to leave the world better than you found it?**

98% of the MSU community sometimes or frequently hopes to leave the world better than they found it. Faculty (94%) were less likely than students (98%) and staff (99%) to sometimes or frequently hope to leave the world better than they found it. Women-identified Spartans (99%) were more likely than their male peers (94%) to sometimes or frequently hope to leave the world better than they found it.

**How often do you find yourself hoping that you will make a meaningful contribution to the world?**

98% of the MSU community sometimes or frequently hopes they will make a meaningful contribution to the world.

**How often do you hope that the work you do positively influences others?**

99% of the MSU community sometimes or frequently hopes their work will positively influence others. Students (98%) were less likely than Faculty and Staff (99%) to sometimes or frequently hope the work they do will positively influence others.

**How important is it for you to make the world a better place in some way?**

95% of the MSU community finds it somewhat important or important to make to make the world a better place in some way.

### Table 7. Subjective Wellbeing - Life Satisfaction by Demographic Characteristics: 2021

<table>
<thead>
<tr>
<th>In most ways my life is close to ideal.</th>
<th>Students</th>
<th>Staff</th>
<th>Faculty</th>
<th>People of Color</th>
<th>Whit</th>
<th>Gender</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>5.9%</td>
<td>3.8%</td>
<td>1.1%</td>
<td>*</td>
<td>4.1%</td>
<td>3.8%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Neither Agree Nor Disagree</td>
<td>34.1%</td>
<td>18.5%</td>
<td>13.5%</td>
<td>9.2%</td>
<td>14.1%</td>
<td>13.5%</td>
<td>9.2%</td>
</tr>
<tr>
<td>Agree</td>
<td>49.4%</td>
<td>37.5%</td>
<td>31.2%</td>
<td>56.0%</td>
<td>53.4%</td>
<td>38.6%</td>
<td>51.1%</td>
</tr>
<tr>
<td>Strongly Agree</td>
<td>4.6%</td>
<td>1.9%</td>
<td>0.5%</td>
<td>5.2%</td>
<td>4.3%</td>
<td>1.8%</td>
<td>5.2%</td>
</tr>
</tbody>
</table>

The conditions of my life are excellent.

| Strongly Disagree                      | 4.1%    | 1.9% | 1.1%   | *              | 2.4% | 3.8%   | 1.1% |
| Neither Agree Nor Disagree             | 30.8%   | 17.8%| 11.6%  | 13.8%          | 10.1%| 16.2%  | 13.8%|
| Agree                                  | 48.8%   | 36.6%| 31.6%  | 33.6%          | 36.1%| 40.3%  | 35.6%|
| Strongly Agree                         | 9.3%    | 5.5% | 3.8%   | 10.3%          | 6.2% | 9.7%   | 10.3%|

I am satisfied with life.

| Strongly Disagree                      | 4.1%    | 1.9% | 1.1%   | *              | 2.4% | 3.8%   | 1.1% |
| Neither Agree Nor Disagree             | 28.2%   | 17.4%| 11.5%  | 15.5%          | 10.3%| 16.3%  | 15.5%|
| Agree                                  | 49.4%   | 37.6%| 31.2%  | 56.0%          | 53.4%| 38.6%  | 51.1%|
| Strongly Agree                         | 9.1%    | 5.5% | 3.8%   | 10.3%          | 6.2% | 9.7%   | 10.3%|

So far I have gotten the important things I want in life.

| Strongly Disagree                      | 3.2%    | 6.2% | 3.2%   | *              | 2.1% | 7.8%   | 3.2% |
| Neither Agree Nor Disagree             | 24.3%   | 23.0%| 10.4%  | 9.1%           | 9.6% | 15.1%  | 9.1% |
| Agree                                  | 57.5%   | 49.2%| 43.5%  | 54.8%          | 57.0%| 49.8%  | 54.8%|
| Strongly Agree                         | 11.0%   | 6.6% | 3.2%   | 10.3%          | 6.2% | 5.6%   | 10.3%|

If I could live my life over, I would change almost nothing.

| Strongly Disagree                      | 10.7%   | 16.7%| 7.3%   | 9.1%           | 6.5% | 20.4%  | 9.1% |
| Neither Agree Nor Disagree             | 27.3%   | 20.9%| 14.0%  | 17.7%          | 15.8%| 27.7%  | 14.0%|
| Agree                                  | 40.4%   | 30.5%| 24.0%  | 34.5%          | 30.7%| 37.5%  | 34.5%|
| Strongly Agree                         | 13.6%   | 10.2%| 6.4%   | 10.3%          | 10.1%| 11.2%  | 10.3%|

**Points to consider:**

- In most ways my life is close to ideal.
  - 53% of the MSU community agrees that in most ways their lives are close to ideal.
  - Students (39%) are less likely than faculty (62%) and staff (60%) to agree in most ways their lives are close to ideal.
  - Spartans who identify as white (56%) are more likely than Spartans who identify as People of Color (45%) to agree that in most ways their lives are close to ideal.
Spartans who identify as straight/heterosexual (59%) are more likely than their LGBTQIA+ peers (25%) to agree that in most ways their lives are close to ideal. As age goes up, agreeing that in most ways their lives are close to ideal goes up (37%-70%).

**The conditions of my life are excellent.**
- 65% of the MSU community agrees that the conditions of their lives are excellent.
- Students (55%) are less likely than faculty (67%) and staff (69%) to agree that the conditions of their lives are excellent.
- Spartans who identify as white (66%) are more likely than Spartans who identify as People of Color (57%) to agree that the conditions of their lives are excellent.
- Spartans who identify as straight/heterosexual (68%) are more likely than their LGBTQIA+ peers (42%) to agree that the conditions of their lives are excellent.
- As age goes up, agreeing that the conditions of their lives are excellent goes up (54%-74%).

**I am satisfied with life.**
- 64% of the MSU community agrees that they are satisfied with life.
- Students (47%) are less likely than faculty (73%) and staff (72%) to agree that they are satisfied with life.
- Spartans who identify as white (66%) are more likely than Spartans who identify as People of Color (59%) to agree that they are satisfied with life.
- Spartans who identify as straight/heterosexual (68%) are more likely than their LGBTQIA+ peers (37%) to agree that they are satisfied with life.
- As age goes up, agreeing that they are satisfied with life goes up (47%-79%).

**So far I have gotten the important things I want in life.**
- 70% of the MSU community agrees that they have gotten the important things they want in life.
- Students (49%) are less likely than faculty (79%) and staff (80%) to agree that they have gotten the important things they want in life.
- Spartans who identify as white (73%) are more likely than Spartans who identify as People of Color (60%) to agree that they have gotten the important things they want in life.
- Spartans who identify as straight/heterosexual (74%) are more likely than their LGBTQIA+ peers (47%) to agree that they have gotten the important things they want in life.
- As age goes up, agreeing that they have gotten the important things they want in life goes up (52%-87%).

**If I could live my life over, I would change almost nothing.**
- 44% of the MSU community agrees that if they could live their lives over, they would change almost nothing.
- Students (36%) are less likely than faculty (50%) and staff (49%) to agree that if they could live their lives over, they would change almost nothing.
- Spartans who identify as white (46%) are more likely than Spartans who identify as People of Color (31%) to agree that if they could live their lives over, they would change almost nothing.
- Women-identified Spartans (47%) are more likely than their male peers (35%) to agree that if they could live their lives over, they would change almost nothing.
- Spartans who identify as straight/heterosexual (47%) are more likely than their LGBTQIA+ peers (22%) to agree that if they could live their lives over, they would change almost nothing.
### Points to consider:

- **Over the past 2 weeks, how often have you experienced feeling depressed.**
  - 64% of the MSU community has felt depressed at some point in the past 2 weeks.
  - Students (75%) are more likely than staff (59%) and faculty (58%) to feel depressed at some point in the past 2 weeks.
  - Women-identified Spartans (65%) are more likely than male-identified Spartans (61%) to feel depressed at some point in the past 2 weeks.
  - Spartans who identify as heterosexual/straight (61%) are less likely than Spartans who identify as LGBTQIA+ (83%) to have felt depressed at some point in the past 2 weeks.
  - As age increases, feeling depressed in the past 2 weeks decreases (75%-47%).

- **Over the past 2 weeks, how often have you experienced feeling sad.**
  - 77% of the MSU community has felt sad at some point in the past 2 weeks.
  - Students (88%) are more likely than staff (72%) and faculty (73%) to feel sad at some point in the past 2 weeks.
  - Women-identified Spartans (81%) are more likely than male-identified Spartans (66%) to feel sad at some point in the past 2 weeks.
  - Spartans who identify as heterosexual/straight (75%) are less likely than Spartans who identify as LGBTQIA+ (90%) to have felt sad at some point in the past 2 weeks.
  - As age increases, feeling sad in the past 2 weeks decreases (88%-64%).

- **Over the past 2 weeks, how often have you experienced feeling like nothing can make you happy.**
  - 44% of the MSU community has felt like nothing could make you happy at some point in the past 2 weeks.
- Students (64%) are more likely than staff and faculty (35%) to feel like nothing could make them happy at some point in the past 2 weeks
- Spartans who identify as People of Color (50%) are more likely than Spartans who identify as white (42%) to feel like nothing can make them happy at some point in the past 2 weeks
- Spartans who identify as heterosexual/straight (39%) are less likely than Spartans who identify as LGBTQIA+ (72%) to have felt like nothing could make them happy at some point in the past 2 weeks
- As age increases, feeling like nothing could make them happy in the past 2 weeks decreases (63%-23%)

- Over the past 2 weeks, how often have you experienced thinking that others would be better off without you.
  - 21% of the MSU community has thought others would be better off without you at some point in the past 2 weeks
  - Students (38%) are more likely than staff (15%) and faculty (13%) to think that others would be better off without you at some point in the past 2 weeks
  - Spartans who identify as People of Color (30%) are more likely than Spartans who identify as white (19%) to feel that others would be better off without them at some point in the past 2 weeks
  - Spartans who identify as heterosexual/straight (17%) are less likely than Spartans who identify as LGBTQIA+ (49%) to have felt like others would be better off without them at some point in the past 2 weeks
  - As age increases, thinking that others would be better off without you in the past 2 weeks decreases (40%-8%)
• As age increases, feeling isolated from others in the past 2 weeks decreases (81%-64%)
• Over the past 2 weeks, how often have you experienced feeling like no one understands you.
  o 52% of the MSU community has felt like no one understands them at some point in the past 2 weeks
  o Students (68%) are more likely than staff (47%) and faculty (40%) to feel like no one understands them at some point in the past 2 weeks
  o Spartans who identify as People of Color (59%) are more likely than Spartans who identify as white (50%) to feel like no one understands them at some point in the past 2 weeks
  o Spartans who identify as heterosexual/straight (48%) are less likely than Spartans who identify as LGBTQIA+ (72%) to have felt like no one understands them at some point in the past 2 weeks
  o As age increases, feeling like no one understands you in the past 2 weeks decreases (67%-31%)
• Over the past 2 weeks, how often have you experienced feeling exhausted.
  o 43% of the MSU community has felt exhausted at some point in the past 2 weeks
  o Students (54%) are more likely than staff (37%) and faculty (43%) to feel exhausted at some point in the past 2 weeks
  o Spartans who identify as People of Color (55%) are more likely than Spartans who identify as white (40%) to feel exhausted at some point in the past 2 weeks
  o Spartans who identify as heterosexual/straight (40%) are less likely than Spartans who identify as LGBTQIA+ (66%) to have felt exhausted at some point in the past 2 weeks
  o As age increases, feeling exhausted in the past 2 weeks decreases (55%-37%)

Points to consider:

• **I feel I am a part of a community at my institution.**
  o 68% of the MSU community agrees that they feel they are a part of a community at their institution
  o Students (56%) and faculty (67%) are less likely than staff (77%) to agree that they feel they are a part of a community at their institution
  o Spartans who identify as white (69%) are more likely than Spartans who identify as People of Color (60%) to feel they are a part of a community at their institution
Spartans who identify as straight/heterosexual (71%) are more likely than Spartans who identify as LGBTQIA+ (49%) to feel they are a part of a community at their institution.

Spartans over the age of 31 (75%-78%) are more likely than Spartans under the age of 31 (58%-59%) to agree that they feel they are a part of a community at their institution.

**I would describe my institution as psychologically healthy.**
- 56% of the MSU community agrees they would describe their institution as psychologically healthy.
- Women-identified Spartans (58%) are more likely than male-identified Spartans (52%) to describe their institution as psychologically healthy.
- Spartans who identify as straight/heterosexual (59%) are more likely than Spartans who identify as LGBTQIA+ (40%) to agree they would describe their institution as psychologically healthy.

**My institution prioritizes student mental wellbeing.**
- 70% of the MSU community agrees that their institution prioritizes student mental wellbeing.
- Students (55%) are less likely than faculty (74%) and staff (79%) to agree that their institution prioritizes student mental wellbeing.
- Spartans who identify as white (68%) are less likely than Spartans who identify as People of Color (80%) to agree their institution prioritizes student mental wellbeing.
- Women-identified Spartans (73%) are more likely than male-identified Spartans (63%) to agree their institution prioritizes student mental wellbeing.
- Spartans who identify as straight/heterosexual (73%) are more likely than Spartans who identify as LGBTQIA+ (57%) to agree their institution prioritizes student mental wellbeing.
- Spartans over the age of 31 (75%-78%) are more likely than Spartans under the age of 31 (58%-59%) to agree that they feel they are a part of a community at their institution.
- As age goes up, agreeing that the institution prioritizes student mental wellbeing goes up (57%-82%)

**My institution prioritizes staff mental wellbeing.**
- 61% of the MSU community agrees that their institution prioritizes staff mental wellbeing.
- Spartans who identify as white (60%) are less likely than Spartans who identify as People of Color (66%) to agree their institution prioritizes staff mental wellbeing.

**My institution prioritizes faculty mental wellbeing.**
- 68% of the MSU community agrees that their institution prioritizes faculty mental wellbeing.
- Faculty (54%) are less likely than Students (72%) and staff (74%) to agree that the institution prioritizes faculty wellbeing.
- Spartans who identify as white (67%) are less likely than Spartans who identify as People of Color (72%) to agree their institution prioritizes faculty mental wellbeing.

**People at my institution have a good understanding of the importance of student, faculty, and staff mental health.**
- 69% of the MSU community agrees that people at their institution have a good understanding of the importance of student, faculty, and staff mental health.
- Spartans who identify as white (68%) are less likely than Spartans who identify as People of Color (77%) to agree their institution has a good understanding of the importance of student, faculty, and staff mental health.
- Women-identified Spartans (74%) are more likely than male-identified Spartans (63%) to agree their institution has a good understanding of the importance of student, faculty, and staff mental health.
- Women-identified Spartans (74%) are more likely than male-identified Spartans (63%) to agree their institution has a good understanding of the importance of student, faculty, and staff mental health.

**I feel valued and respected by my manager, supervisor, or instructor.**
- 66% of the MSU community agrees that they feel valued and respected by their manager, supervisor, or instructor.
- Students (69%) are less likely than Faculty (77%) and staff (83%) to agree that they feel valued and respected by their manager, supervisor, or instructor.
- Spartans who are 23-30 years old (87%) are most likely to agree that they feel valued and respected by their manager, supervisor, or instructor.

**I feel my work is valued by my manager, supervisor, or instructor.**
- 77% of the MSU community agrees that they feel their work is valued by their manager, supervisor, or instructor.
Students (66%) are less likely than Faculty (77%) and staff (75%) to agree that they feel their work is valued by their manager, supervisor, or instructor.

Spartans who identify as straight/heterosexual (78%) are more likely than Spartans who identify as LGBTQIA+ (69%) to agree they feel their work is valued by their manager, supervisor, or instructor.

Spartans who are 23-30 years old (87%) and 31-40 years old (81%) are most likely to agree that they feel that their work is valued by their manager, supervisor, or instructor.

Table 10. Your Institution- Institutional Environment by Demographic Characteristics: 2021

<table>
<thead>
<tr>
<th>To what extent do you agree with the following statements about your institutional environment.</th>
<th>Overall</th>
<th>UNIVERSITY AFFILIATION</th>
<th>RACE</th>
<th>GENDER</th>
<th>SEXUAL ORIENTATION</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>o People from diverse backgrounds are treated with respect and fairness at my institution.</td>
<td>Strongly Disagree</td>
<td>3.7%</td>
<td>2.5%</td>
<td>2.3%</td>
<td>9.1%</td>
<td>3.2%</td>
</tr>
<tr>
<td>o Students (66%) are less likely than Faculty (77%) and staff (75%) to agree that people from diverse backgrounds are treated with respect and fairness at their institution</td>
<td>Disagree</td>
<td>18.7%</td>
<td>9.8%</td>
<td>22.0%</td>
<td>21.8%</td>
<td>18.0%</td>
</tr>
<tr>
<td></td>
<td>Agree</td>
<td>63.3%</td>
<td>71.2%</td>
<td>61.2%</td>
<td>56.4%</td>
<td>64.0%</td>
</tr>
<tr>
<td>o Spartans who identify as straight/heterosexual (78%) are more likely than their LGBTQIA+ peers (66%) to agree that people from diverse backgrounds are treated with respect and fairness at their institution</td>
<td>Strongly Agree</td>
<td>14.3%</td>
<td>18.6%</td>
<td>15.6%</td>
<td>12.7%</td>
<td>14.0%</td>
</tr>
<tr>
<td></td>
<td>Disagree</td>
<td>2.8%</td>
<td>1.8%</td>
<td>3.3%</td>
<td>5.5%</td>
<td>2.3%</td>
</tr>
<tr>
<td></td>
<td>Agree</td>
<td>67.5%</td>
<td>71.8%</td>
<td>60.1%</td>
<td>60.0%</td>
<td>68.9%</td>
</tr>
<tr>
<td>o Spartans who are 23-30 years old (87%) and 31-40 years old (81%) are most likely to agree that they feel that their work is valued by their manager, supervisor, or instructor</td>
<td>Strongly Agree</td>
<td>9.8%</td>
<td>13.5%</td>
<td>7.7%</td>
<td>9.1%</td>
<td>8.9%</td>
</tr>
<tr>
<td></td>
<td>Disagree</td>
<td>4.6%</td>
<td>3.7%</td>
<td>4.6%</td>
<td>6.4%</td>
<td>4.1%</td>
</tr>
<tr>
<td>o Spartans who identify as straight/heterosexual (80%) are more likely than their LGBTQIA+ peers (66%) to agree that people from diverse backgrounds are treated with respect and fairness at their institution</td>
<td>Strongly Agree</td>
<td>9.6%</td>
<td>12.9%</td>
<td>8.1%</td>
<td>8.2%</td>
<td>8.9%</td>
</tr>
<tr>
<td></td>
<td>Disagree</td>
<td>4.3%</td>
<td>4.3%</td>
<td>3.3%</td>
<td>9.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td></td>
<td>Agree</td>
<td>62.8%</td>
<td>71.2%</td>
<td>61.2%</td>
<td>55.5%</td>
<td>63.2%</td>
</tr>
<tr>
<td>o Spartans who are 18-22 years old (85%) are most likely to agree that people from diverse backgrounds are treated with respect and fairness at their institution, Spartans who are 41-50 years old (68%) are least likely to agree</td>
<td>Strongly Agree</td>
<td>11.5%</td>
<td>14.1%</td>
<td>10.8%</td>
<td>9.1%</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

Points to consider:

- **People from diverse backgrounds are treated with respect and fairness at my institution.**
  - 77% of the MSU community agrees that people from diverse backgrounds are treated with respect and fairness at their institution
  - Students (88%) are less likely than faculty (69%) and staff (75%) to agree that people from diverse backgrounds are treated with respect and fairness at their institution
  - Spartans who identify as straight/heterosexual (80%) are more likely than their LGBTQIA+ peers (66%) to agree that people from diverse backgrounds are treated with respect and fairness at their institution
  - Spartans who are 18-22 years old (85%) are most likely to agree that people from diverse backgrounds are treated with respect and fairness at their institution, Spartans who are 41-50 years old (68%) are least likely to agree

- **People treat each other with respect and consideration at my institution.**
  - 78% of the MSU community agrees that people treat each other with respect and consideration at their institution

- **People at my institution show sincere respect for others’ ideas, values, and beliefs.**
  - 75% of the MSU community agrees that people at their institution show sincere respect for others’ ideas, values, and beliefs
  - Women-identified Spartans (76%) are more likely than their male-identified peers (72%) to agree that people at their institution show sincere respect for others’ ideas, values, and beliefs
  - Spartans who identify as straight/heterosexual (78%) are more likely than their LGBTQIA+ peers (64%) to agree that people at their institution show sincere respect for others’ ideas, values, and beliefs
  - Spartans age 31-50 (67-69%) are least likely to agree that people at their institution show sincere respect for others’ ideas, values, and beliefs

- **People from all backgrounds are treated fairly at our institution.**
  - 72% of the MSU community agrees that people from all backgrounds are treated fairly at their institution
  - Students (85%) are more likely than faculty (65%) and staff (72%) to agree that people from all backgrounds are treated fairly at their institution
  - Spartans who are 18-22 years old (84%) are most likely to agree that people from all backgrounds are treated fairly at their institution, Spartans who are 23 years or older are less likely to agree (72%-67%)
Points to consider:

- **My institution offers services or benefits that adequately address psychological and mental health.**
  - 80% of the MSU community agrees that their institution offers services or benefits that adequately address psychological and mental health
  - Women-identified Spartans (83%) are more likely than male-identified Spartans (72%) to agree that the institution offers services or benefits that adequately address psychological and mental health.

- **I trust my institution to provide services or benefits related to my emotional well-being.**
  - 61% of the MSU community agrees that they trust their institution to provide services or benefits related to their well-being.
  - Spartans who identify as white (60%) are less likely than Spartans who identify as People of Color (66%) to agree that they trust their institution to provide services or benefits related to their well-being.
  - Women-identified Spartans (64%) are more likely than male-identified Spartans (52%) to agree that they trust their institution to provide services or benefits related to their well-being.
  - Spartans who identify as straight/heterosexual (63%) are more likely than their LGBTQIA+ peers (47%) to agree that they trust their institution to provide services or benefits related to their well-being.

Connection to Inter-association definition of well-being:

**Simple Definition:** “We define well-being as an optimal and dynamic state that allows people to achieve their full potential.”

**Expanded Definition:** “We define well-being as an optimal and dynamic state that allows people to achieve their full potential. Our focus is on two interdependent types of well-being: 1) individual and 2) community. Individual well-being is defined within three broad and interrelated categories: (a) the perceived assessment of one’s own life as being generally happy and satisfying, (b) having one’s human rights and needs met, and (c) one’s contribution to the community. Community well-being is defined by relationships and connectedness, perceived quality of life for all people in the community, and how well the community meets the needs of all members. By focusing on the whole - the whole person, the whole educational experience, the whole institution, the whole community- well-being becomes a multifaceted goal and a shared responsibility for the entire institution.”

Findings based on the definition:

- **Individual Well-Being Findings:**
  - **Subjective Well-Being: Spartans...**
    - **Want to contribute positively to the world in some way.**
      - 98% of the MSU community sometimes or frequently hopes to leave the world better than they found it.
      - 98% of the MSU community sometimes or frequently hopes they will make a meaningful contribution to the world.
• 99% of the MSU community sometimes or frequently hopes their work will positively influence others

**Carry out their long-term plans**
• 94% of the MSU community believes it is somewhat clear or clear what makes their lives worthwhile
• 98% of the MSU community is working somewhat hard or quite hard to make their long-term aims a reality
• 99% of the MSU community is putting some effort or quite a bit of effort into making their goals a reality
• 98% of the MSU community is somewhat engaged or engaged in carrying out the plans that they have set for themselves
• 93% of the MSU community says at least some of their daily activities move them closer to their long-term aims

**Understand their sense of purpose**
• 91% of the MSU community thinks their sense of purpose in life is clear or somewhat clear
• 95% of the MSU community somewhat understands or understands what gives their lives meaning
• 87% of Spartans are confident or somewhat confident that they have discovered a satisfying purpose in their lives

**Subjective Well-Being: Spartans want to work on...**

**Stress management**
• The MSU community neither agrees or disagrees (5.5) that they are able to relax when they want to
• The MSU community slightly agrees (6.1) that they feel optimistic about the future
• The MSU community agrees (7.2) that they are confident in their ability to solve problems that they might face
• The MSU community slightly disagrees (4.3) that they are laid-back about things
• The MSU community slightly agrees (6.6) that they take a problem-focused approach in stressful situations
• The MSU community neither agrees or disagrees (5.4) that they blame themselves in stressful situations
• The MSU community neither agrees nor disagrees (5.3) that they wish for things to improve in stressful situations
• The MSU community slightly disagrees (4.4) that they try and avoid the problem in stressful situations
• The MSU community believes that time pressures are a part of their lives (7.7)
• The MSU community found their lives to be slightly stressful (6.8)

**Life satisfaction**
• 53% of the MSU community agrees that in most ways their lives are close to ideal
• 65% of the MSU community agrees that the conditions of their lives are excellent
• 64% of the MSU community agrees that they are satisfied with life
• 44% of the MSU community agrees that if they could live their lives over, they would change almost nothing

**Connecting**
• 49% of the MSU community has felt like they let themselves, friends, or family down at some point in the past 2 weeks
• 42% of the MSU community has felt like they don’t have friends at some point in the past 2 weeks
• 48% of the MSU community has felt left out at some point in the past 2 weeks
• 73% of the MSU community has felt isolated from others at some point in the past 2 weeks
Civic Well-Being: Spartans...

- Want to contribute positively to the world in some way
  - 98% of the MSU community sometimes or frequently hopes to leave the world better than they found it
  - 98% of the MSU community sometimes or frequently hopes they will make a meaningful contribution to the world
  - 99% of the MSU community sometimes or frequently hopes their work will positively influence others

Civic Well-Being: Spartans want to work on...

- Continuing to improve DEI work
  - 77% of the MSU community agrees that people from diverse backgrounds are treated with respect and fairness at their institution
  - 78% of the MSU community agrees that people treat each other with respect and consideration at their institution
  - 75% of the MSU community agrees that people at their institution show sincere respect for others’ ideas, values, and beliefs
  - 72% of the MSU community agrees that people from all backgrounds are treated fairly at their institution

Community Well-Being Findings:

Subjective Well-Being: Spartans...

- Are connected to each other
  - 92% of Spartans felt they belonged to a community in the past month
  - 97% of Spartans felt they had warm and trusting relationships with others.

- Feel supported in their mental health
  - 80% of the MSU community agrees that their institution offers services or benefits that adequately address psychological and mental health

Subjective Well-Being: Spartans want to work on...

- Community at MSU
  - 68% of the MSU community agrees that they feel they are a part of a community at their institution

- Psychological healthiness of the institution
  - 56% of the MSU community agrees they would describe their institution as psychologically healthy

Objective Well-Being: Spartans...

- Feel supported in their mental health
  - 80% of the MSU community agrees that their institution offers services or benefits that adequately address psychological and mental health

Objective Well-Being: Spartans want to work on...

- Prioritization of mental health resources for all MSU community members
  - 70% of the MSU community agrees that their institution prioritizes student mental wellbeing
  - 61% of the MSU community agrees that their institution prioritizes staff mental wellbeing
  - 68% of the MSU community agrees that their institution prioritizes faculty mental wellbeing
  - 69% of the MSU community agrees that people at their institution have a good understanding of the importance of student, faculty, and staff mental health

- Trust in support of their well-being
  - 61% of the MSU community agrees that they trust their institution to provide services or benefits related to their well-being