

# From Nerves to New Beginnings: The Feelings of Starting College

## Possibility:

- 31% of students describe themselves as **"thrilled and optimistic"** about starting college
- 47% say they're **extremely confident** or very confident in their ability to succeed.
- 49% **plan to participate** in student clubs/organizations



"I'm looking for a fresh start, a new chapter in my life that will hopefully be filled with new fun experiences while learning."

## Independence:

- 87% **plan to work** while enrolled
- 28% will be independently **supporting themselves** financially
- 25% will be fully supported financially **by family**



"I am looking forward to the independence college brings from living away from family."

## Discovery:

- 60% are concerned about the current **political climate**
- 51% are facing **financial pressures**
- 35% **feel overwhelmed** or drained by being digitally connected (text, social media, notifications, etc.)

## Connection:

- 38% **report feeling lonely** occasionally or more often
- 42% feel only somewhat confident in their **ability to make friends**
- 20% **don't know** where to begin



"What I'm most looking forward to about starting college is the chance to meet new people and make lifelong friends."



45% say they use **AI to enhance learning**, not replace it.



Students express a **desire for courses** that feel relevant and empowering.

## Preparation:

- 65% of incoming students have **already received therapy**, up from 58% last year
- 83% are planning or open to using **campus mental health services**
- 67% say they would talk to someone if they **were feeling down**



"I'm looking to better prepare myself for my future career and get into the field I want."

"I plan to network and take advantage of opportunities such as internships and job openings."



## Survey Sample

timelycare

1,100+ incoming U.S. students entering higher education (ages 18-29)

