

NCHA and NIU Data Dashboards 2011, 2013, 2015

Academic Impediments

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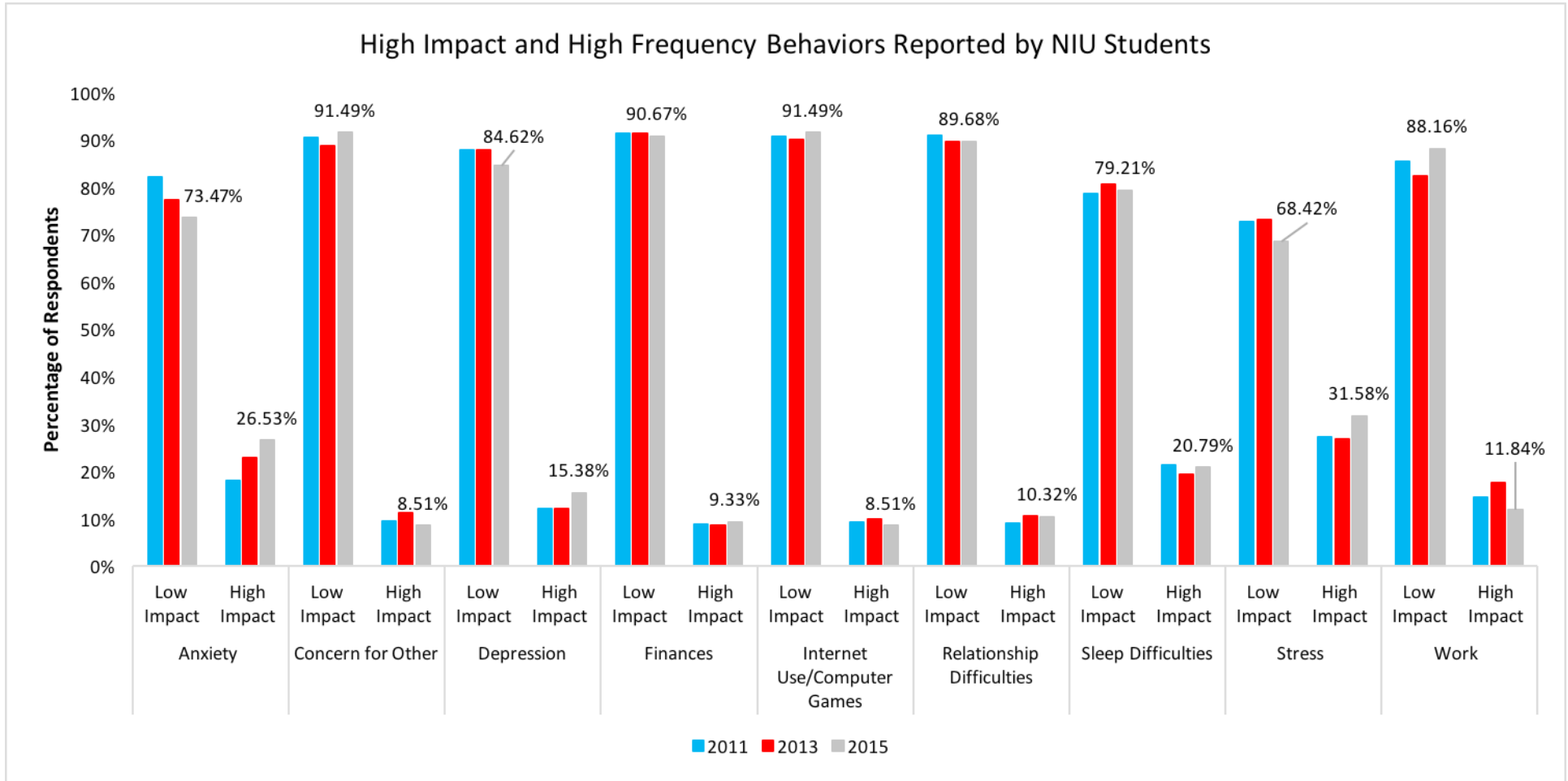


NORTHERN ILLINOIS UNIVERSITY

Wellness Promotion

Division of Student Affairs

Reported Impediments to Academic Performance* by NIU Students



*Impediments are organized by impact factor (high/low) and frequency of behavior (high/low) when reported.

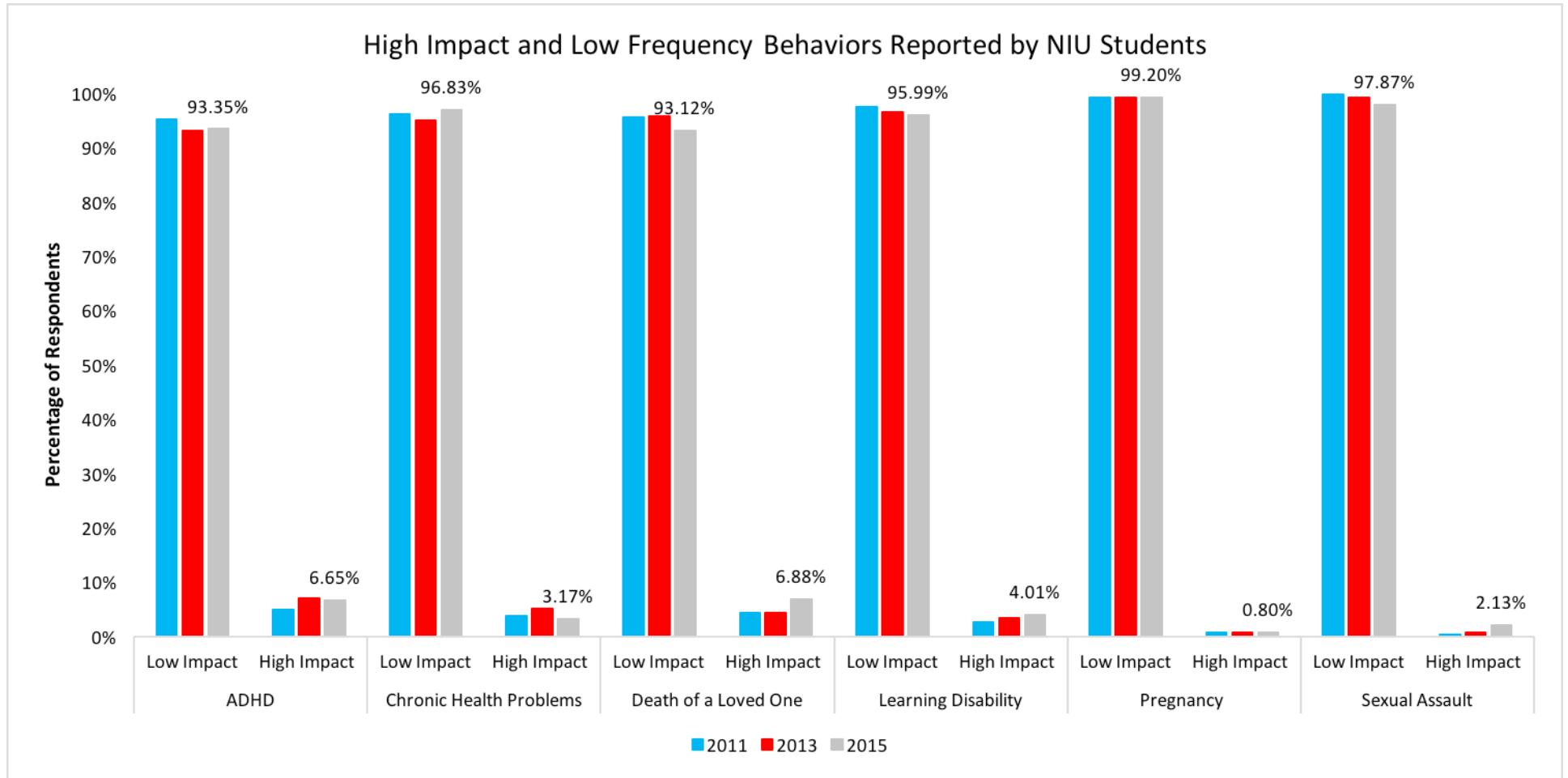
*National College Health Assessment

The behaviors reported in this graph are behaviors that are considered highly impactful when they occur as well as reported more frequently than the other impediments in question. A majority of NIU undergraduate participants indicated that the impediments in question did not impact their academic performance. Of those of higher frequency being reported (reported by more than approximately 20% of the participants), anxiety, sleep difficulties, and stress are the leading impediments that are being reported as influencing academic performance. The other impediments listed are still highly impactful and being reported more often than the other impediments asked about (e.g., concern for others, depression, finances, internet use/computer games, relationship difficulties and work are still influencing students' academic performance, just at a lower rate). These trends are comparable to the National College Health Assessment's Reference Group.



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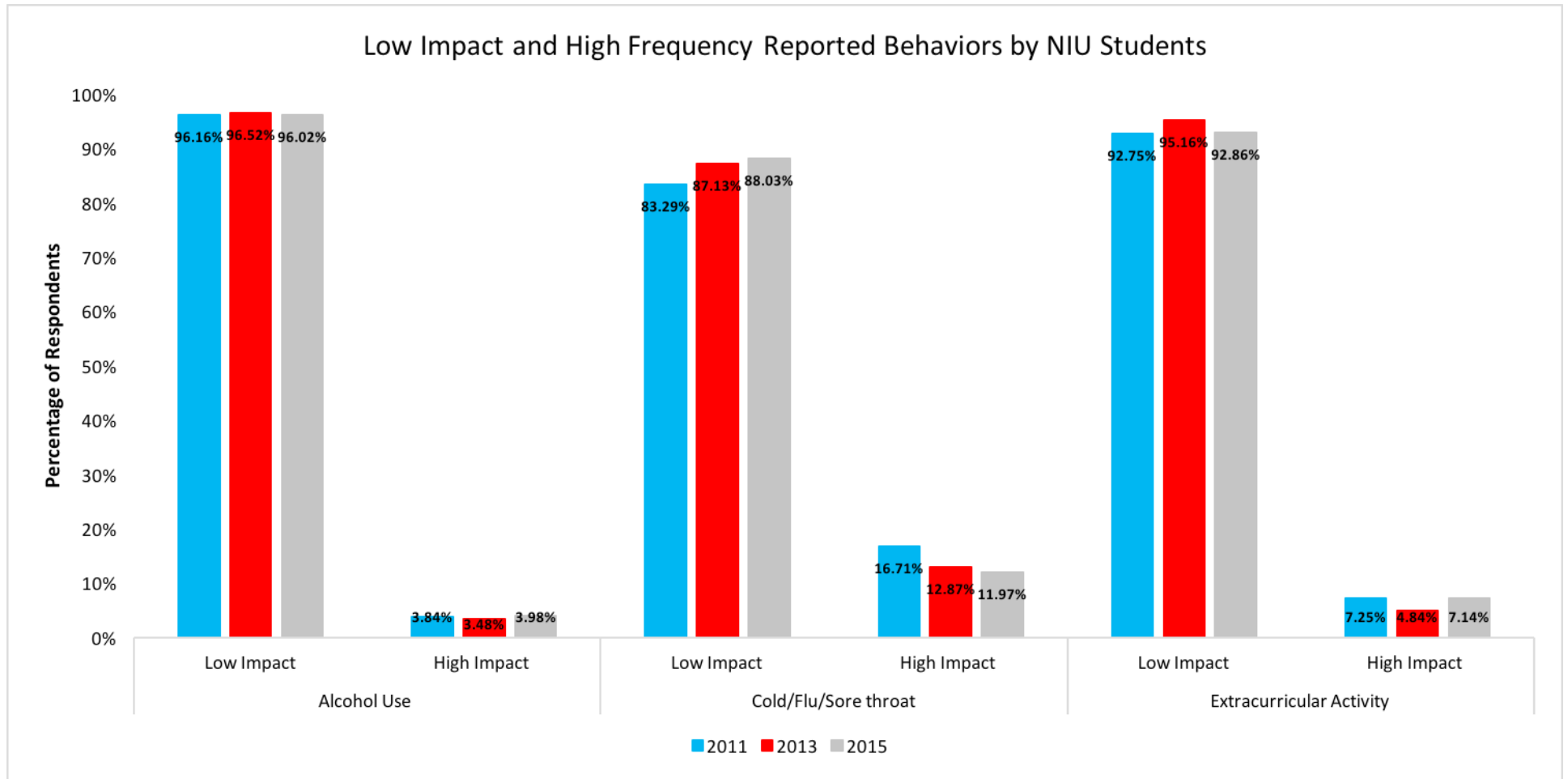
The behaviors reported in this graph are behaviors that are considered highly impactful when they occur but are reported infrequently. NIU undergraduate participants are not reporting pregnancy, sexual assault, or chronic health problems at a high rate. However, if they occur, they highly influence academic performance. Further, students are reporting approximately 5% of the time ADHD, Death of a Loved One, and Learning Disabilities as highly impactful on their academic performance, but they occur infrequently in the student sample.

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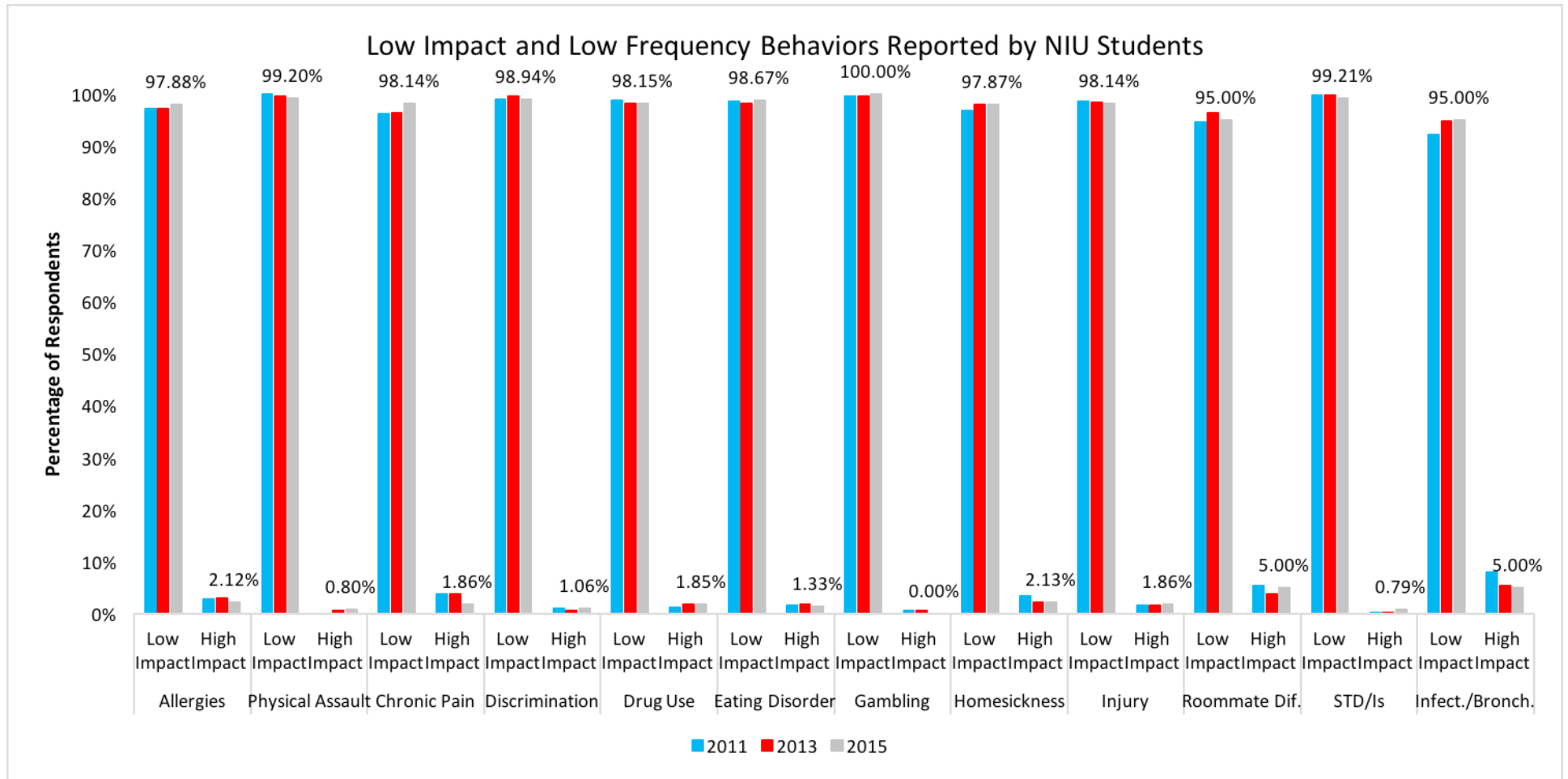
The behaviors reported in this graph are behaviors that are considered low in impact when they occur but are reported more frequently than some of the other impediments asked about. Students are reporting engaging in these behaviors a little more frequently (alcohol use, cold/flu/sore throat, and extracurricular activities) but they are not impacting students' academic performance.

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These behaviors are not impacting students' performance and are not happening frequently. These behaviors are being reported as intrusive less than 5% of the time by NIU undergraduate participants.

*National College Health Assessment

