

# HOME BASE AND HEADSPACE:

## The Impact of Housing on Academic Performance



Victoria Bui, Daisy Campos, Sakina Jaffery, & Tara Wang

### Background

- Research shows a connection between housing location and academic performance.
- Factors influencing performance include transportation, finances, commute time, and sleep.
- Most studies focus on younger students, leaving a gap in data on college students.
- This study examines how UCSD students' housing status and related factors impact academic performance.

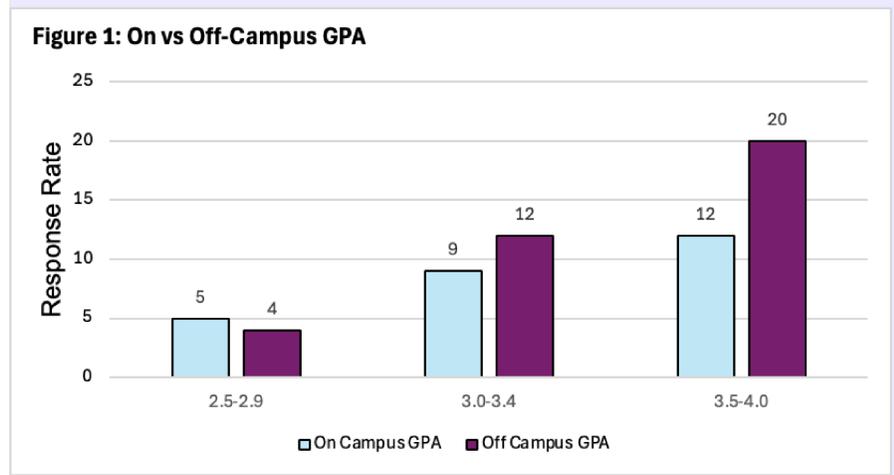
### Objectives

- To examine the relationship between housing status (on-campus vs. off-campus) and academic performance among UCSD students.
- To compare the academic performance of students living on-campus versus off-campus.
- To explore how other barriers may contribute to academic challenges (e.g., sleep, employment, study habits, etc.).

### Methodology

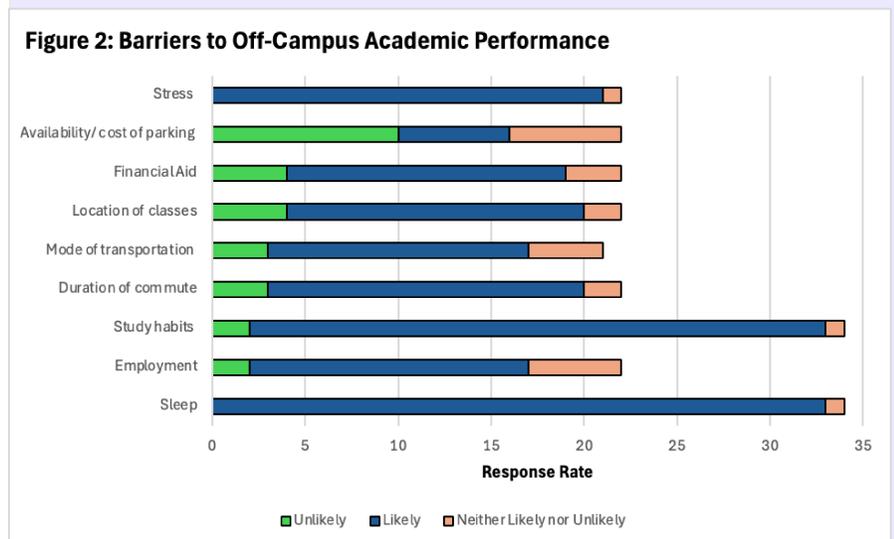
- Conducted a research survey among UCSD undergraduates.
- Participation was voluntary via an online survey.
- Collected data on:
  - Academic factors: major, year, GPA
  - Living conditions: on-campus vs. off-campus
  - Other factors affecting academic performance: sleep, work, financial barriers, etc
- Chi-square test conducted to assess link between housing status and academic performance.

### Findings



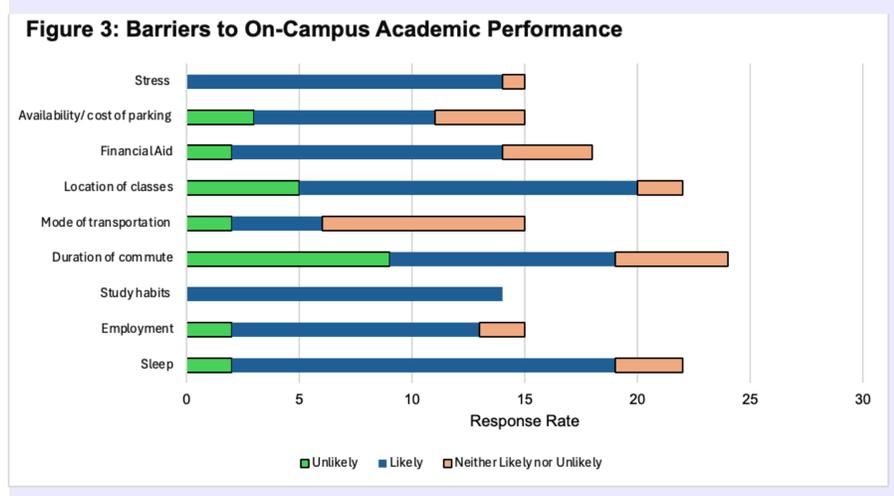
Sleep

89%



Study Habits

93%



Stress

94%

### Conclusions

- Chi-square test showed no significant association between GPA and housing status (p-value>0.05).
- 77% of off-campus students reported commute time as a factor affecting their academic performance
  - Suggests that housing status may still influence academic performance in more subjective or indirect ways.
- Stress, study habits, and sleep were the most frequently reported factors influencing academic performance across both groups.

### Policy Implications

- Implementing a policy that requires universities to develop and fund programs that help students improve time management, reduce stress, and build healthier sleep and study habits.

### Acknowledgements

We would like to thank all students who participated, as well as Professor Zoumas and Lucia.

This research was supported by the Herbert Wertheim School of Public Health and Human Longevity Science, UC San Diego.

References >

