

HOME BASE AND HEADSPACE:

The Impact of Housing on Academic Performance

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Background

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- 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.).



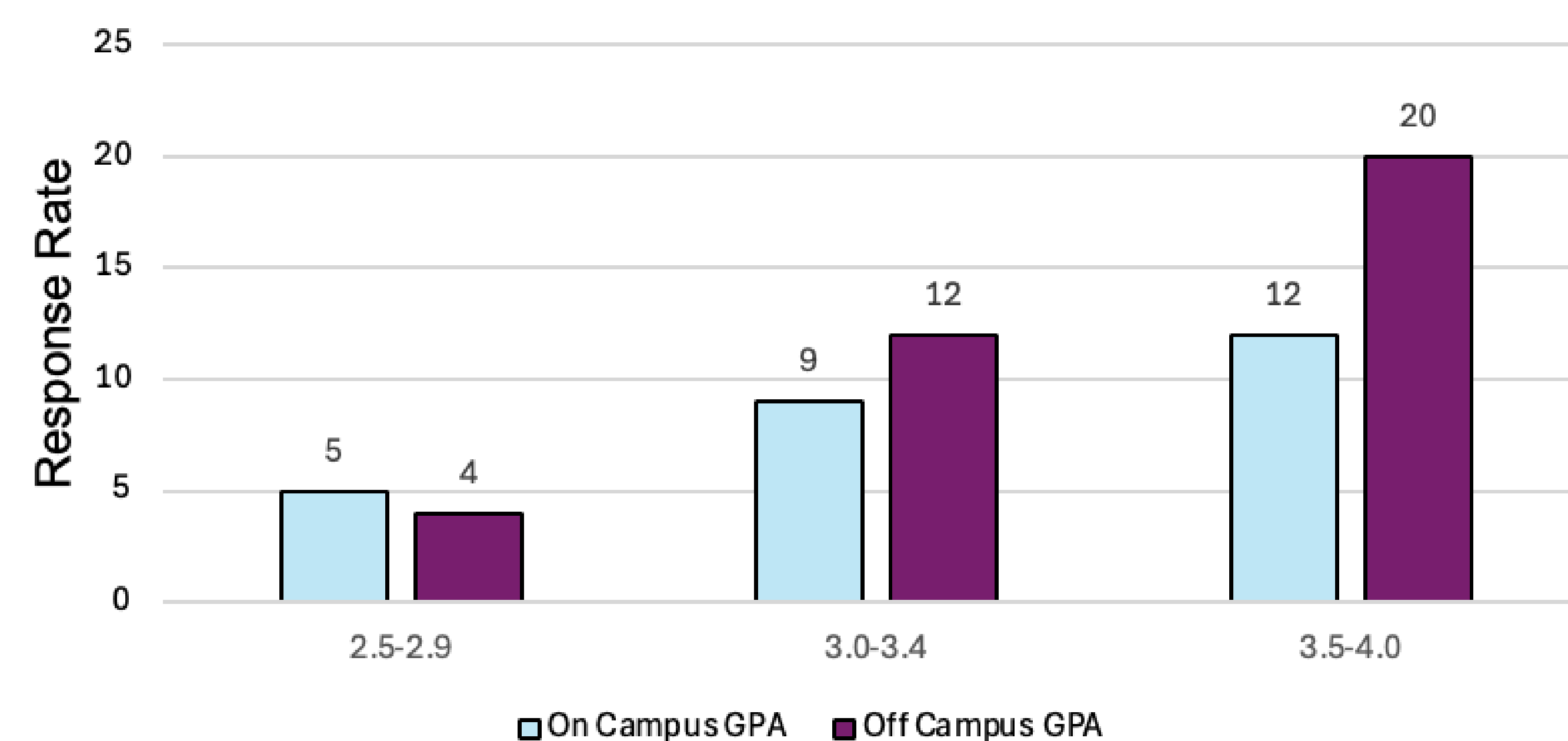
Methodology

- 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

Figure 1: On vs Off-Campus GPA



Sleep



89%

Study Habits



93%

Stress



94%

Figure 2: Barriers to Off-Campus Academic Performance

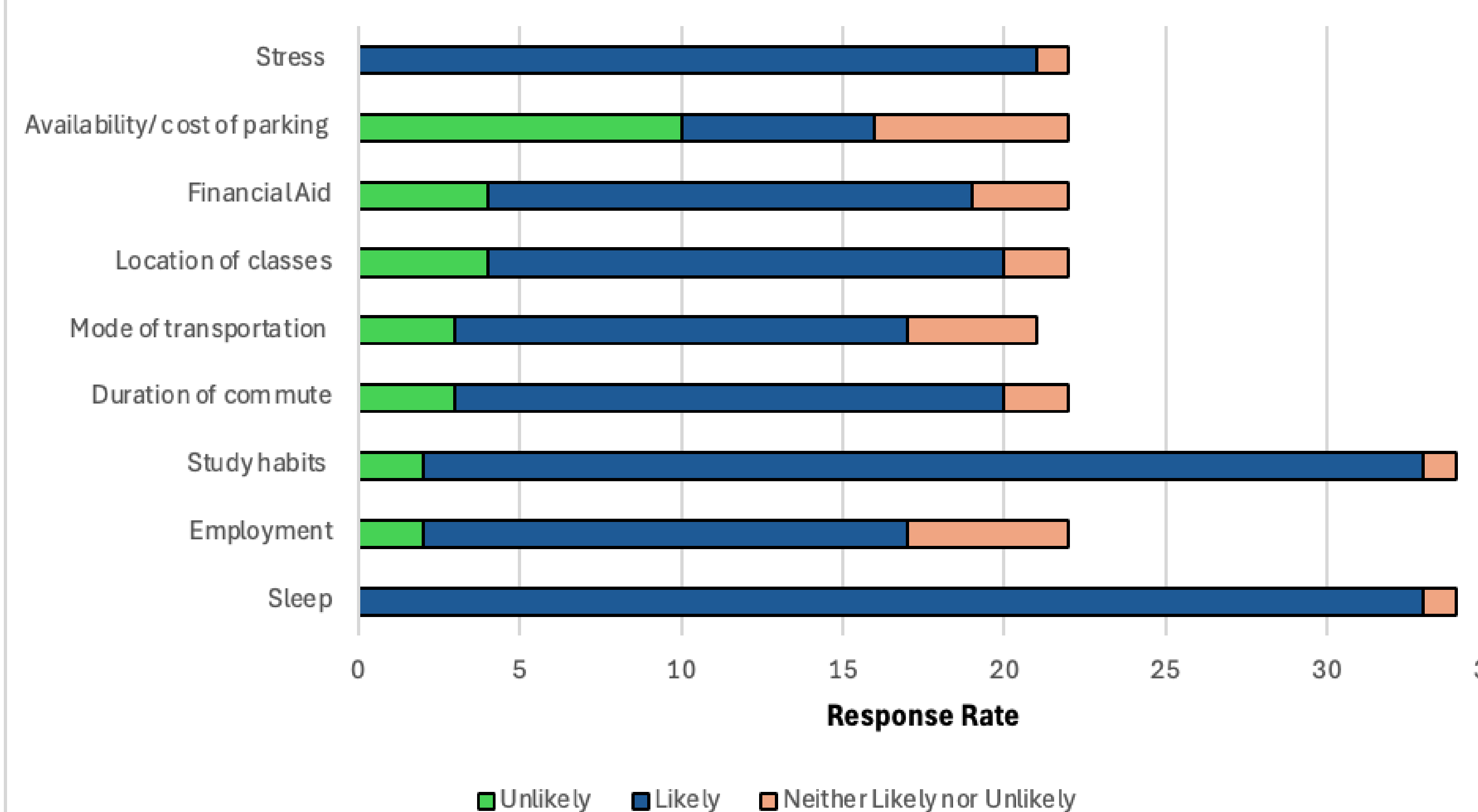
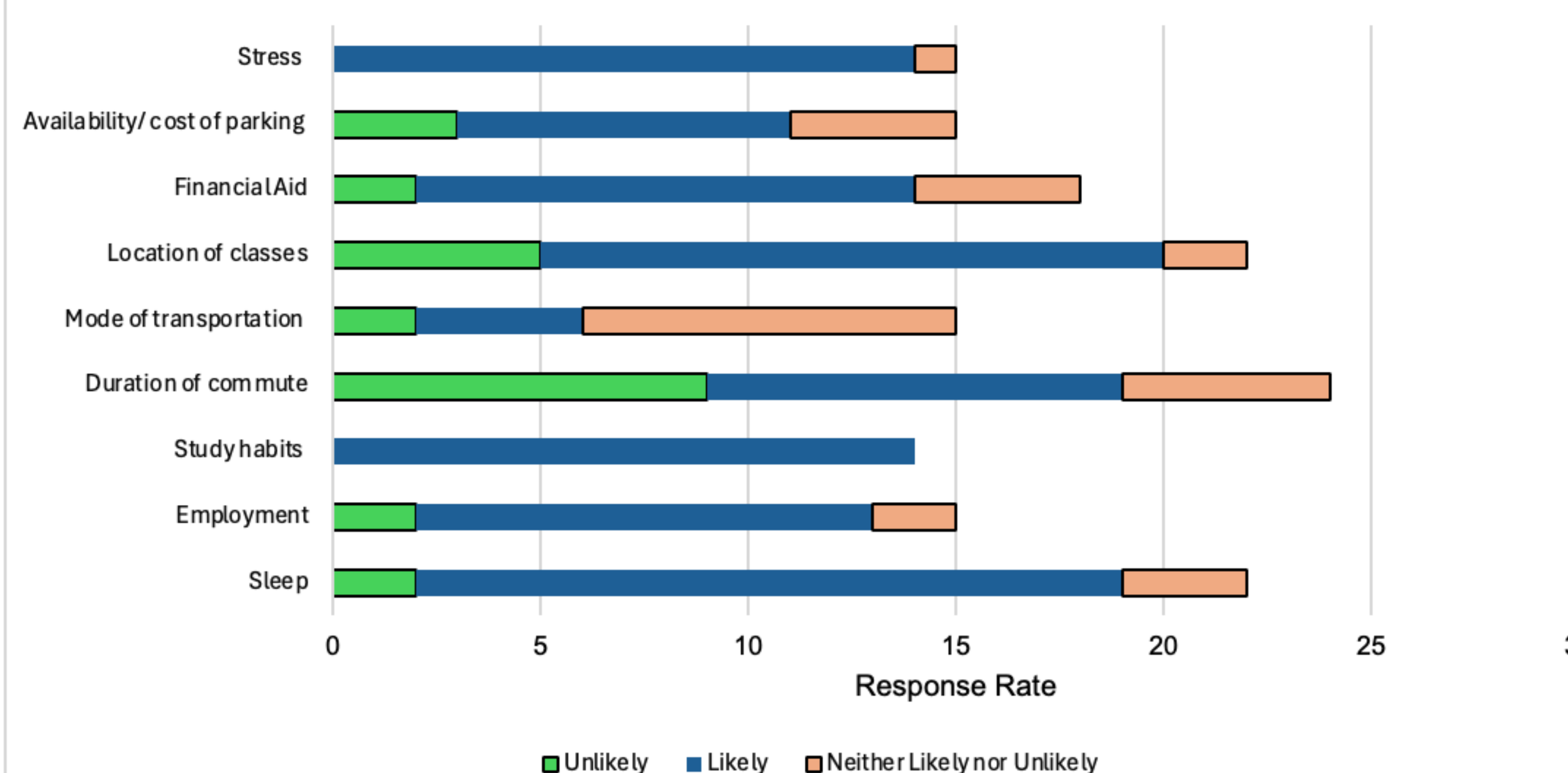


Figure 3: Barriers to On-Campus Academic Performance



Conclusions

- Chi-square test showed no significant association between GPA and housing status ($p\text{-value} > 0.05$).
- 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.

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References >



