



Introduction

- A quarter vs. semester-based system means more midterms and finals in a shorter time period
- We wanted to decipher the factors that may or may not contribute to the overall quality of life. These factors including a shorter time frame, heavier workload, and what might limit a students' social life
- To compare, we chose universities that are close to academic diligence but have varied timelines.

Objectives

- To determine whether the quarter-based vs semester-based system has a notable difference on the quality of life among college students.
- The World Health Organization (WHO) defines quality of life as "an individual's perception of their position in life in the context of the culture and the value systems in which they live and in relation to their goals, expectations, standards and concerns (World Health Organization, 2020)."

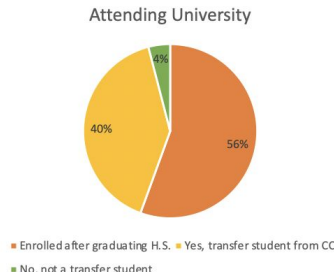
Methods

- We conducted a survey using a cross-sectional study design with 47 participants.
- UCSD students represented the quarter based system and SDSU students represented the semester based system
- The public health academic advising distributed our survey via email for our UCSD population.
- We contacted an admin of an SDSU Instagram page to post a link to our survey on their story

Results

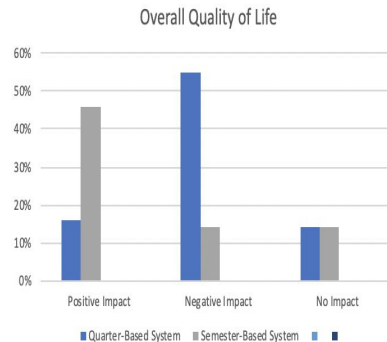
Table 1. Subject Characteristics	
Sex	
Female	75%
Male	23%
Prefer not to answer	2%
Race	
White	26%
Native American/ American Indian	6%
Asian	38%
Native Hawaiian/Pacific Islander	2%
Other	28%
Hispanic Ethnicity	
	37%
Employment	
Full-Time	13%
Part-Time	48%
Not currently employed	39%
Units currently enrolled for the quarter/semester	
7-12	38%
Greater than or equal to 13	62%

Figure 2



Differences in students' enrolling right after graduating high school or whether or not they were a transfer student.

Figure 1



Conclusions

- SDSU and UCSD students were not entirely satisfied with their social life. However, it did not seem to correlate with mental health satisfaction. A high number of students reported a negative association between the quarter based system and overall quality of life (see figure 1).
- UCSD students experience more depression, stress, and problems with emotions, yet on average weren't unhappy with their social life.

Policy Implications

- The findings in this study suggests that students who are enrolled in a quarter-based University should meet with a counselor as part of the articulation process.
- Counseling and Psychological Services (CAPS) to provide more faculty and staff to create more appointment availability for students to seek the help they need.

Acknowledgements

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References

"World Health Organization." (2020). WHOQOL: Measuring Quality of Life. Retrieved by <https://www.who.int/healthinfo/survey/whoqol-qualityoflife/en/>