

# The COVID-19 pandemic has greatly impacted students living on campus, leading to disruptions in learning and a lack of social interaction. Students' mental health, academics, and social life have suffered, but the resumption of in-person classes point to a brighter and more normal future.

## Background

- The ongoing COVID-19 pandemic has upturned social order worldwide
- College students living on campus have had to adjust to a new lifestyle during a transitional and formative time in their lives while being in a pandemic
- The effects may be different for them compared to the general population

## Purpose

- Determine how the pandemic may have impacted the experiences of college students, their well-being, and their studying and learning
- We hypothesized that students would report worse mental health and social life, as well as negative effects on academics and perceptions about the financial worth of living on campus

## Methods

- Defined population of interest as college students living on campus in UCSD
- Created a Google Form and promoted it through social media such as Facebook and Discord to on-campus residents
- Collected data for two weeks, then analyzed data

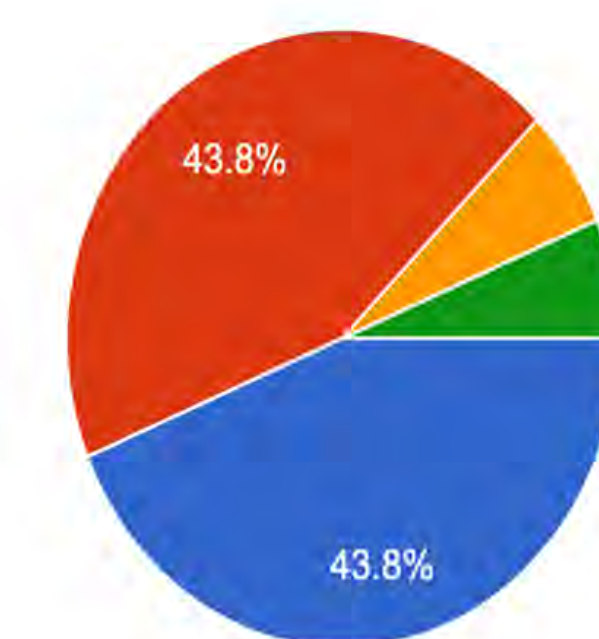
## Results

- **Received 16 responses**
- Online learning has made it somewhat or much more difficult for college students to learn in class (**62.5%**) and study outside of class (**81.3%**) during the pandemic
- **87.6% of students** reported that their social life has gotten somewhat or much worse
- **62.5% of students** are experiencing the same needs (financial, food, or housing) as before the pandemic
- **Only 6.3% of students** claimed they feel somewhat or very unsafe on campus with regard to COVID-19 risk
- **62.6% of students** found it somewhat or much harder to contact school offices

## Conclusions

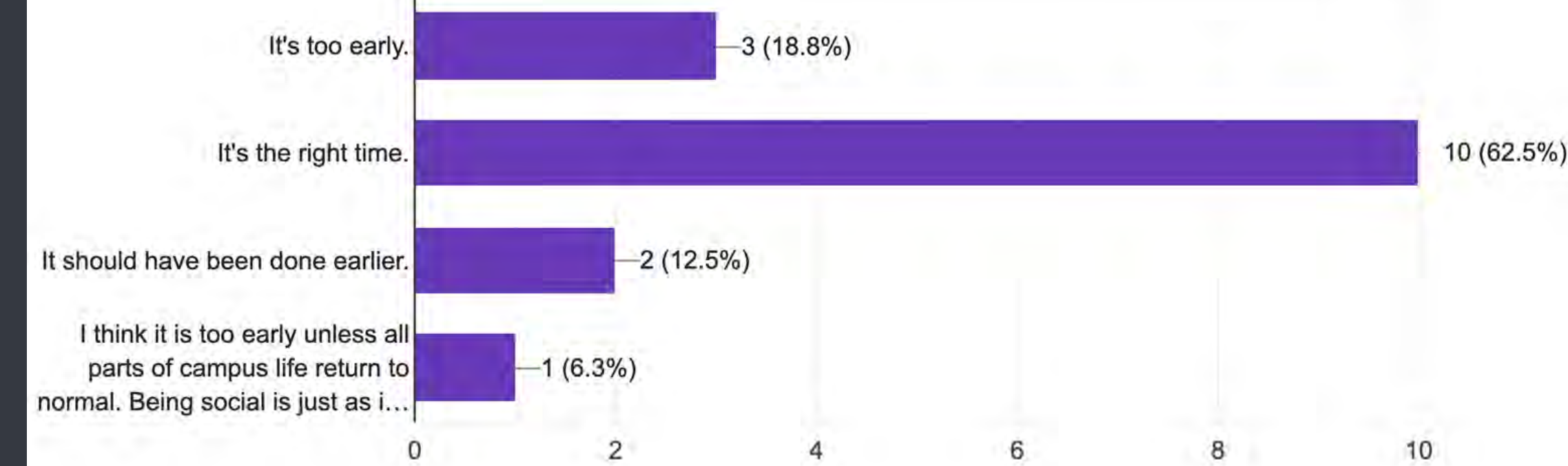
- A majority of students stated that it was much more difficult to learn in an online setting
- Most respondents also reported that their social life has gotten much worse due to strict social distancing rules
- Students' mental health was affected, with over half saying they feel more stress and anxiety

Do you think that paying for single rooms during the pandemic for the experience of living on campus is worth it?  
16 responses

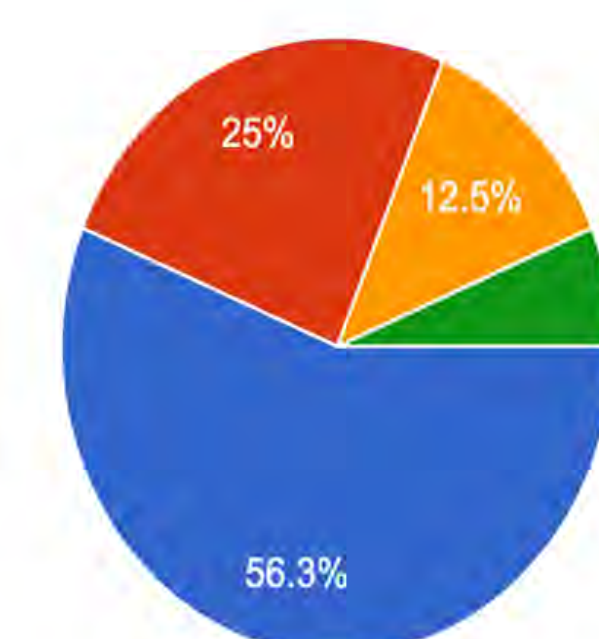


- Worth it.
- Not worth it.
- It is and isn't. I got to meet some very cool people staying on campus, but the price is honestly ridiculous for it being that pandemic and all. It should have been cheaper, we all know UCSD can...
- Having a not-so-great living situation at my mom's place, I found living alone on campus to be better.

In the Fall, the school will return to doing in-person classes. Do you feel like it is the right time for this transition? If you have any concerns or would ...wer, please explain them using the "Other" option!  
16 responses

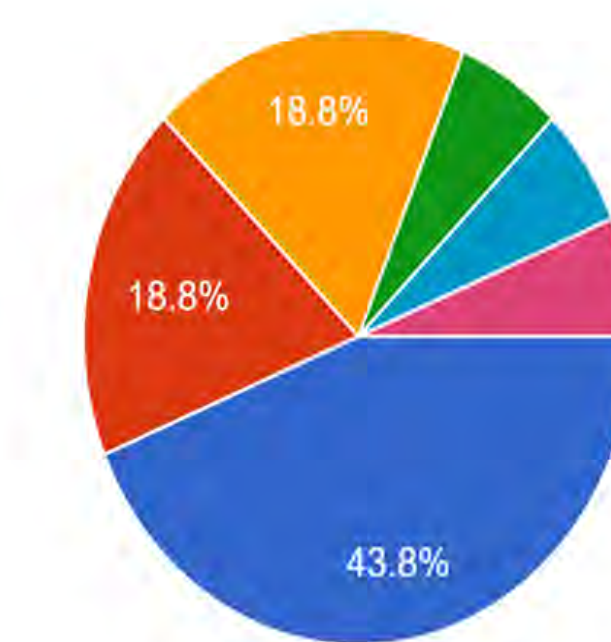


Relative to how you felt before the pandemic, do you feel more, less, or the same amount of stress/anxiety during this time? If other, please explain.  
16 responses



- I feel more stress/anxiety.
- I feel the same amount of stress/anxiety.
- I feel less stress/anxiety.
- I feel more stressed, but it's because it's easier for me to procrastinate

Given the COVID-19 public health measures and the Return to Learn Program implemented by UCSD, how safe do you feel on campus with regard to COVID-19 risk? If other, please explain.  
16 responses



- I feel very safe.
- I feel somewhat safe.
- I feel neutral.
- I feel somewhat unsafe.
- I feel very unsafe.
- I feel that we are very protected given the fact that we are more strict than the cdc and other states. Feels a little over board that we have more restrictions o...
- Not on campus.

## Limitations

- We cannot be sure that the people that filled out the survey actually live on campus
- The small sample size indicates that the results may not be representative of the entire student population. This was designed to get a snapshot of the perceptions of students living on campus

## Public Health Relevance

- The COVID-19 pandemic has forced everyone to adapt to a new way of life, and this caused stress and anxiety for college students when they are already trying to get used to college life
- Difficulties in the online learning environment may contribute to worse mental health for some
- Inability of social interaction may lead to less physical and mental support and thus, worse mental health for some

# Impacts of COVID-19 on On-Campus Residents

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