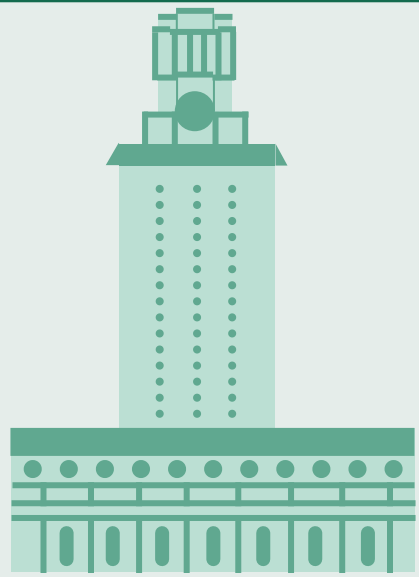


LATINX FRESHMAN SURVEY PROJECT

General Information

In this study, we are assessing the experiences of Latinx/Hispanic freshmen students at UT through an online survey. As a result, we decided we wanted to hear more about your own experiences in order to help us better understand how we can support or provide resources to students like you.

70%
OF PARTICIPANTS IDENTIFIED AS FEMALE



3.86
WAS THE INCOMING AVERAGE G.P.A. OF ALL PARTICIPANTS

PARTICIPANTS WERE 18 YEARS OLD ON AVERAGE



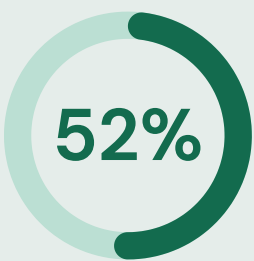
71%
OF STUDENTS FELT PREPARED FOR COLLEGE

The Sanger Learning Center helps by offering free tutoring, a peer mentor to teach you new studying strategies, and a professional Learning Specialist to help those with learning disabilities like ADHD

<https://ugs.utexas.edu/slc/support>

89% of students who took the survey indicated that they were born in the U.S.

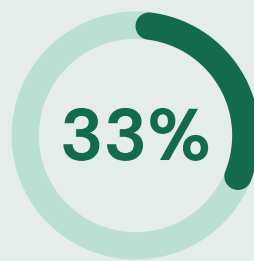
One parent born outside of the U.S.



Some grandparents born outside of the U.S.



All grandparents born outside of the U.S.



All of these people were born outside of the U.S.



<https://sites.utexas.edu/projectjuntos/>

LATINX FRESHMAN SURVEY PROJECT

COVID-19 Responses

It's challenging to stay positive after the year we have had. We hope that you can find solidarity reading about some of your peers experiences. Here are a few things you all had to say about the ways COVID-19 impacted your lives:

"COVID-19 HAS MADE LIFE FEEL UNREAL AND HAS HAD MAJOR IMPACTS ON OUR LIVES WILL BE FROM HERE ON OUT IN THE FUTURE. THIS HAS AFFECTED MANY FAMILIES IN VARIOUS WAYS SUCH AS CHANGE IN WORK ENVIRONMENT AND SCHOOL WHICH TAKES A MAJOR TOLL ON PEOPLE"



"DUE TO THE PANDEMIC, AND ALL OF MY CLASSES BEING ONLINE, I DECIDED TO STAY HOME THIS SEMESTER"

"I FEEL LIKE PEOPLE HAVE LOST THEIR HUMANITY. MANY PEOPLE REFUSED TO WEAR THEIR MASKS FOR FEAR OF BEING DISCOMFORT FOR A FEW MINUTES. THEY PUT ALL OF OUR FRIENDS AND FAMILY AT RISK"



"I AM A COMPLETELY DIFFERENT PERSON THAN I WAS TWO YEARS AGO"



"IT'S JUST HARD TO MAINTAIN A SOCIAL LIFE AND BE INVOLVED IN GROUPS WHILE ALSO KEEPING UP WITH ACADEMICS"



FOR MORE INFORMATION ON UT'S RESPONSE TO COVID-19 SCAN THE QR CODE



LATINX FRESHMAN SURVEY PROJECT

Coping

We all have our own ways to deal with stress. Here are some of the top ways you all responded that you all handle stressful situations.



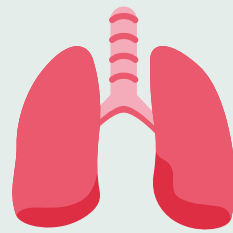
"I do something to try to fix the problem or take action to change things."



"I keep my mind off problems with other people (e.g. exercise, video games, see friends, do a hobby, watch TV)."



"I think about the things I am learning from the situation, or something good that will come from it."



"I do something to calm myself down when I am having problems with others (e.g. take deep breaths, pray, listen to music, walk, meditate, take a break)."

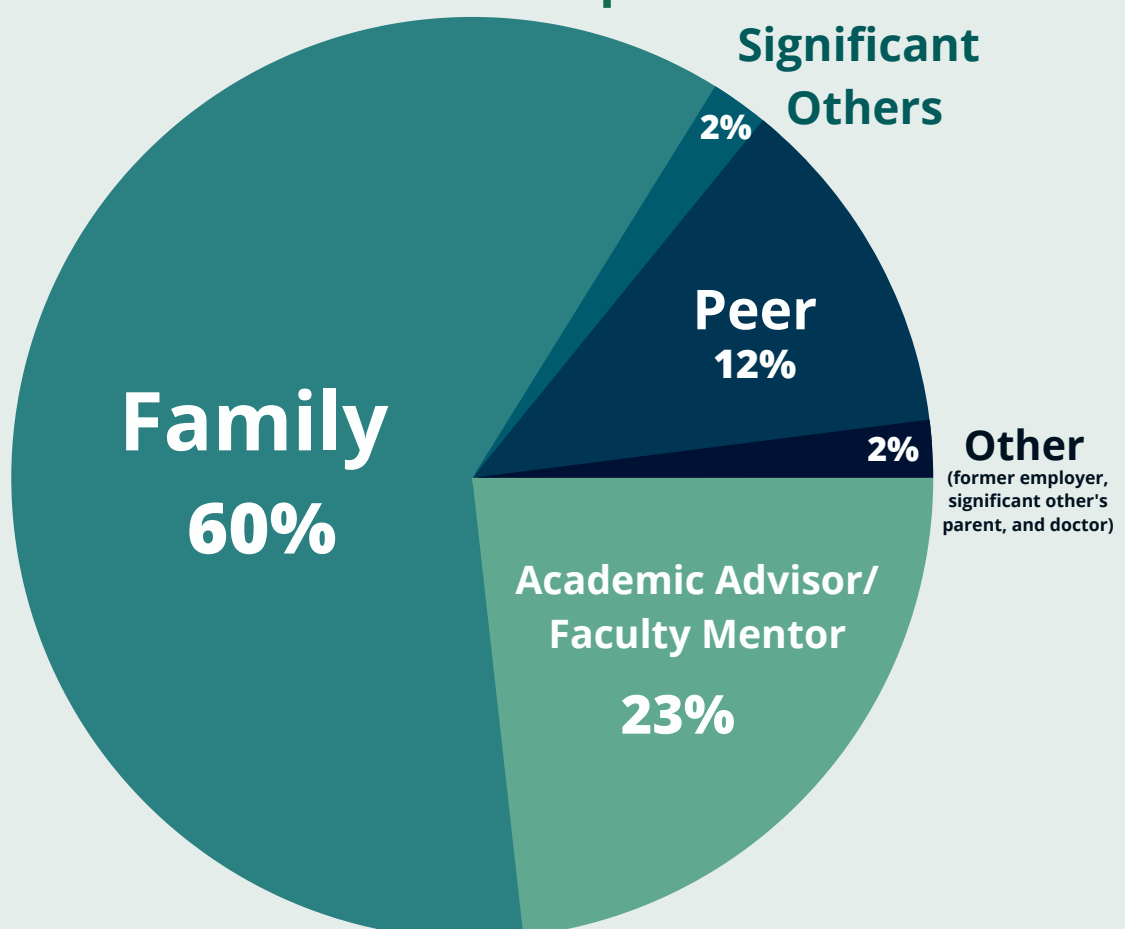


"I tell myself that everything will be alright."



Participants in this study sought support from family, friends, and significant others. On average, participants were seeking support a little more from friends.

We want to report the breakdown of who you all turn to the most for academic mentorship.



LATINX FRESHMAN SURVEY PROJECT

Mental Health and Gender

Students who identified as male reported lower levels of depression and anxiety than individuals who identified as female or transgender

PREVIOUS DATA HAS SHOWN THAT THERE MIGHT BE A FEW REASONS THESE DIFFERENCES IN DEPRESSION AND ANXIETY LEVELS OCCUR.

We hope to explore our data more in-depth as the survey continues and look forward to exploring the reasons some of these differences exist in depression and anxiety with respect to different gender identities.

In general, those who identify as transgender tend to report more stress than cis-gendered individuals. (Rood et al., 2016)



Some research shows that there are more pressure or stressors that female-identifying students face that might be contributing to these levels (Altemus et al., 2014).

On the other hand, it has been explored that male individuals tend to be socialized not to report depressive symptoms or anxiety. (Altemus et al., 2014).



It is also possible female individuals are socialized to be more talkative when it comes to their thoughts and feelings (Altemus et al., 2014).



YOUR FUTURE RESPONSES AND CONTINUED PARTICIPATION WILL HELP US DRAW MORE CONCLUSIONS REGARDING THIS RELATIONSHIP



SCAN THIS QR CODE TO MAKE AN APPOINTMENT WITH THE UT COUNSELING AND MENTAL HEALTH CENTER

