



Aggie Wellbeing Assessment Quality of Life

The Wellbeing Improvement Survey for Higher Education Settings (WISHES) has been administered to the Texas A&M University student body in College Station since the 2021-2022 academic year. Texas A&M University surveyed the student body to better understand students' overall well-being, intermediate outcomes, educational outcomes, and student experiences that influence wellbeing. The survey covered topics such as overall health, psychological distress, suffering or struggling, flourishing, belonging at Texas A&M, resilience, binge drinking, health and academic risks, engagement in extracurricular activities, having a friend, mentor, or professor who makes them excited about learning and cares for them. The WISHES survey is administered in October, November, February, March, and April of each academic year. In the 2021-2022 academic year, the survey was also administered in September to students living on campus. However, the March and April surveys scheduled for spring 2023 were not administered. Since the 2021-2022 academic year, 17,564 students responded to at least one question, yielding an overall response rate of 12%. This report focuses on flourishing and suffering or struggling.

Figure 1 displays the percentage of students who are flourishing. This measure consists of two groups, flourishing and not flourishing and it differs from the suffering or struggling explained in Figure 2, on the next page. The questions asked revolved around social relationships, engagement in activities, and personal reflection. Graduate students were more likely to be flourishing than their undergraduate counterparts. Asian students were less likely to be flourishing than students in any other ethnic group, while Black/multi-racial with Blacks and International students were more likely to be flourishing than students in any other ethnic group. Additionally, students in the College of Engineering and the College of Performance and Visualization were less likely to be flourishing than students in other colleges. The colleges with the highest percentage of students flourishing (45%) were Education and Public Health.

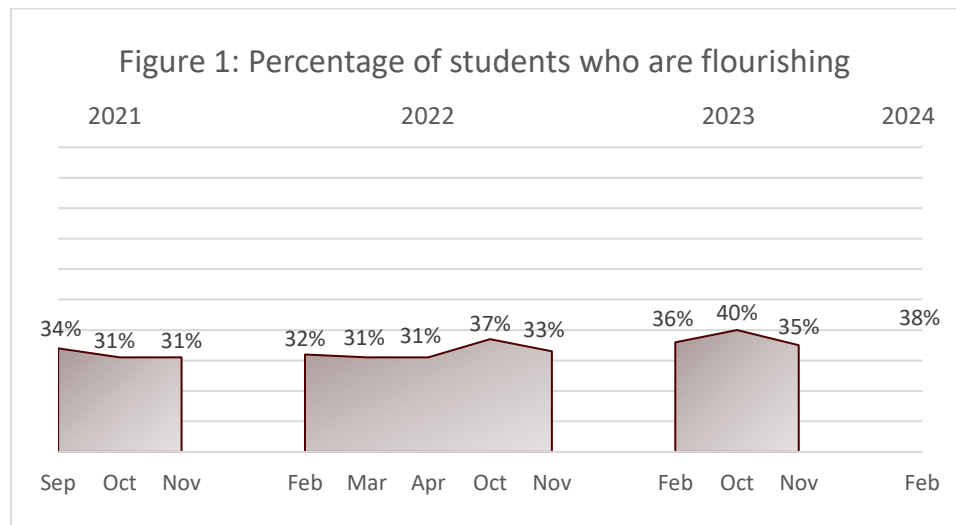
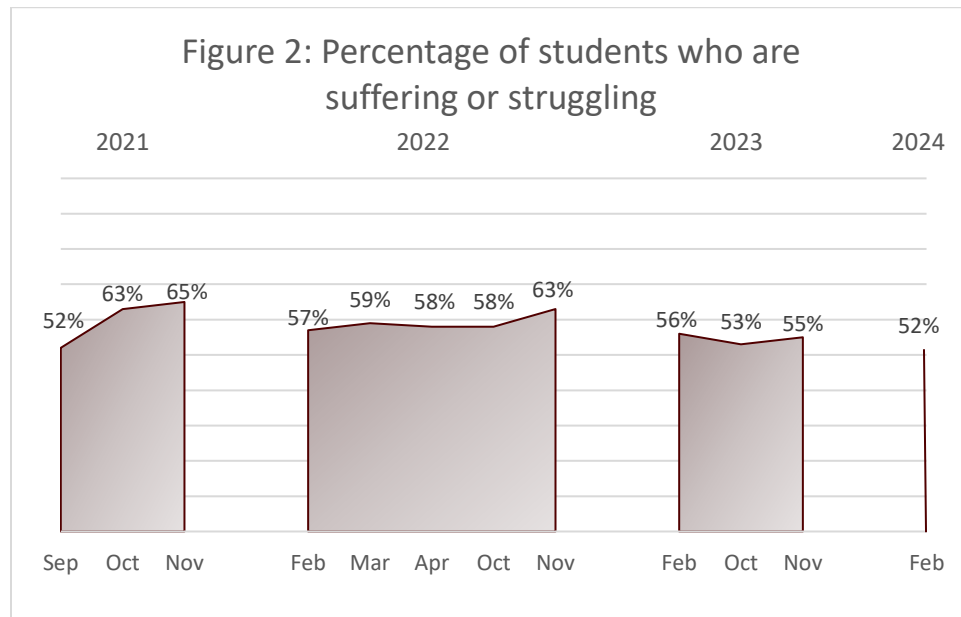


Figure 2, on the next page, shows the percentage of students who are suffering or struggling. This measure consists of three different groups: suffering, struggling, and thriving. Note that thriving is different from flourishing (Figure 1). The percentage of students who are either suffering or struggling is shown in Figure 2. To determine which category a student falls, students were asked to pick a spot on a ladder; the top being the best, which represents where they see their life right now and in five years. Graduate students were less likely to be suffering or struggling than undergraduate students. Asian (65%) and Black/multi-racial with Black (62%) students had the highest percentage of suffering or struggling compared to the other ethnic groups.



Conclusion

Students are experiencing significant hardship. Less than half of all students were considered to be thriving (i.e., not suffering or struggling; 43%), and an even fewer were considered to be flourishing (34%). There is a negative relationship between students flourishing and students suffering or struggling. When one is flourishing, they are much less likely to be suffering or struggling (27%); however, 16% of the students who were suffering or struggling were also flourishing. More information can be found [here](#).

FOR MORE INFORMATION



Go to <http://wishes.tamu.edu> or email wishes@tamu.edu