

# AGGIE WELL-BEING SURVEY

## Overall Student Wellbeing

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, 29,123 students responded to at least one question, yielding an overall response rate of 12%. This report focuses on students' overall wellbeing, including health, psychological distress, financial wellbeing, and alcohol use.

Figure 1, on the next page, shows the percentage of students who reported having poor or fair overall health, with the trend steadily decreasing each academic year to its lowest point yet. Graduate students had better overall health than undergraduate students. First-generation students were more likely to report having poor/fair health than non-first-generation students. Similarly, females were more likely to report poor/fair health than males. Students reporting poor or fair health were more likely to experience psychological distress, loneliness, be suffering or struggling, and less likely to feel that they belonged at Texas A&M.

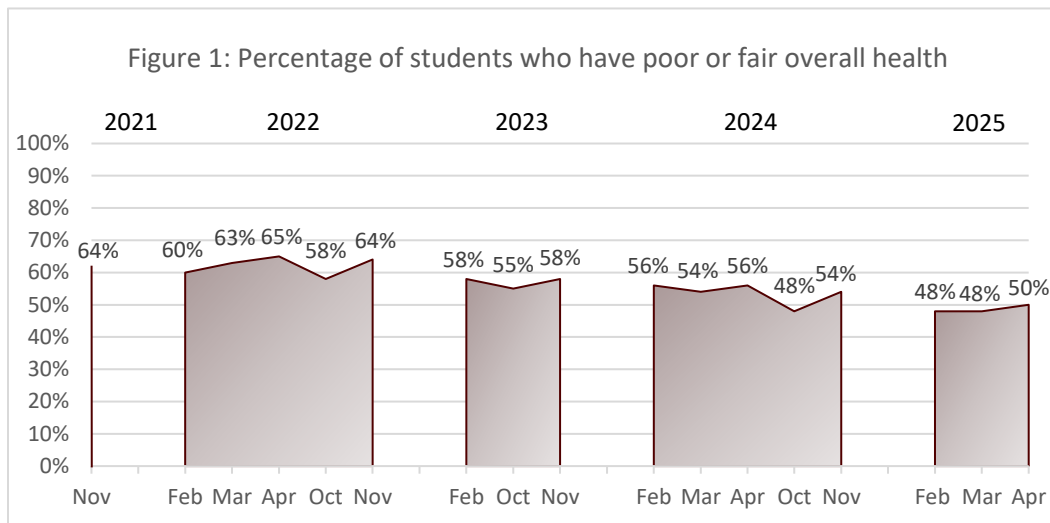
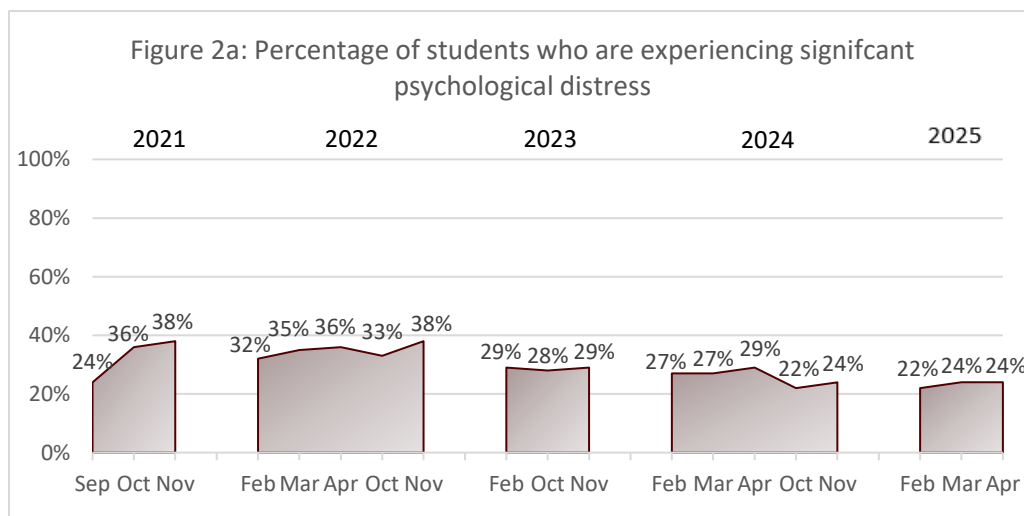
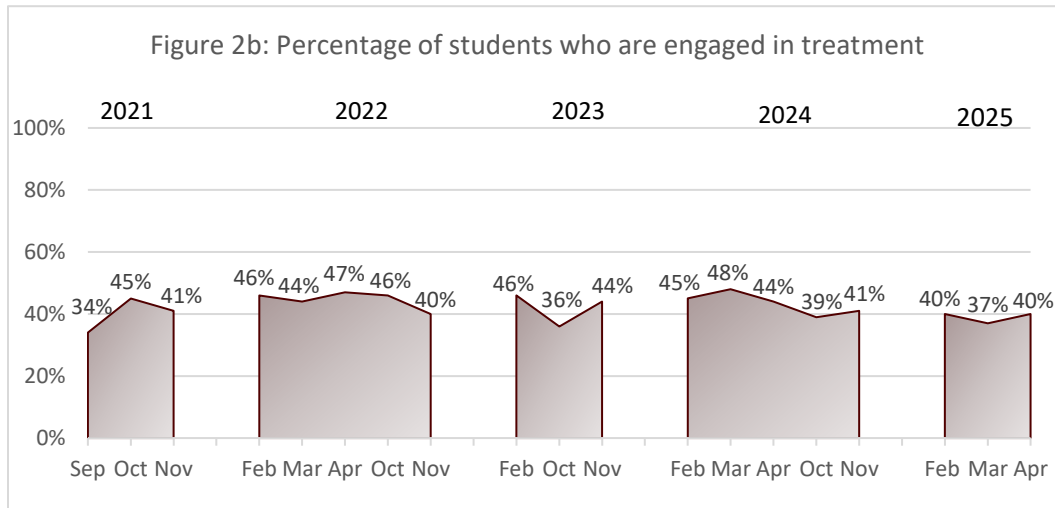


Figure 2a represents students who reported experiencing significant psychological distress; Figure 2b, on the next page, illustrates whether those who were experiencing significant psychological distress were engaged in mental health treatment. First-generation students were more likely to experience significant psychological distress compared to non-first-generation students; however, they were less likely to seek treatment. Females were more likely to be experiencing significant psychological distress compared to males. Additionally, distressed females were also more likely to be engaged in mental health treatment than distressed males. International and White students were less likely to be in distress than the other ethnic groups; however, distressed International students were much less likely to be engaged in mental health treatment. Undergraduate students are more likely to experience significant psychological distress compared to graduate students; however, graduate students showed greater variation over time in receiving mental health treatment than undergraduates.





The next measure asked students about their financial situations and determined whether or not students are suffering financially. The results shown in Figure 3 illustrates the percentage of students who were suffering financially. First-generation students had a higher likelihood of suffering financially when compared to non-first generations students. Freshmen students were less likely to struggle financially than any other classification. Black/multi-racial with Black students were the ethnic group most likely to be suffering financially, while Asian students were the least likely to report financial struggles. Male students were less likely than female students to suffer financially.

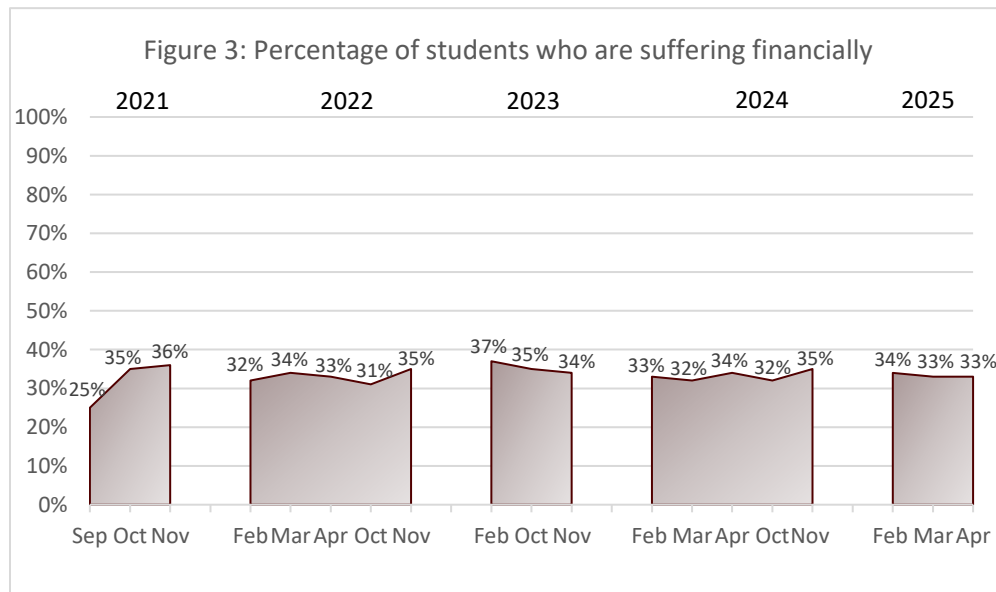
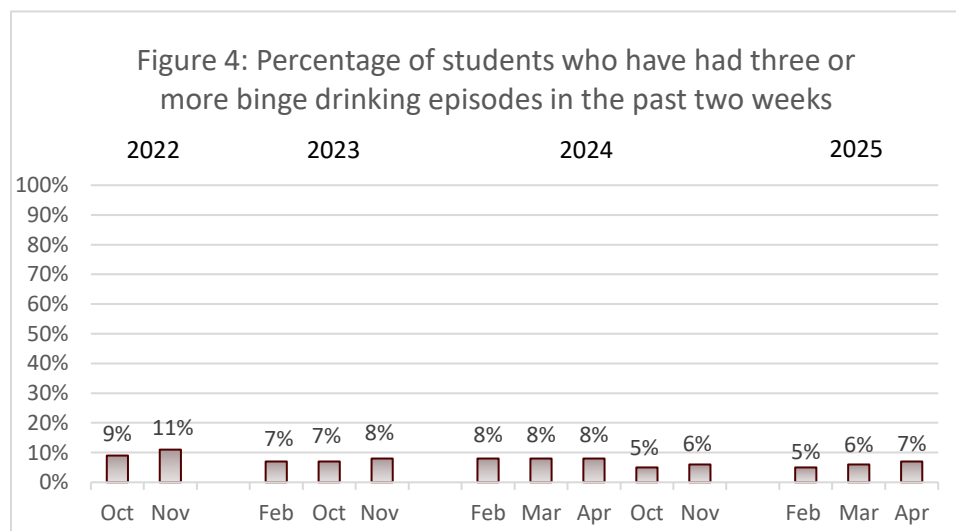


Figure 4 conveys the percentage of students who had at least three or more binge drinking episodes in the past two weeks. For males, binge drinking constitutes five or more drinks in a day, while for females, it is four or more drinks in a day. Females reported fewer binge drinking episodes than their male counterparts. Binge drinking that was reported tended to increase each undergraduate year, meaning freshmen were binge drinking less than sophomores and juniors; seniors reported the highest binge drinking episodes of all the undergraduate classifications. However, graduate students reported binge drinking less than undergraduate students overall. Additionally, students living on campus reported fewer binge drinking episodes than those living off campus.



## Conclusion

From Spring 2022 to Spring 2025, there has been a gradual decline in the number of students reporting poor or fair overall health as well as those experiencing significant psychological distress. While approximately one-quarter of students reported psychological distress, fewer than half of them were engaged in mental health treatment. The likelihood of seeking treatment among distressed individuals varied significantly across demographic groups. Meanwhile, the percentage of students reporting three or more binge drinking episodes in the past two weeks remained relatively consistent over time.

This executive summary is updated at the conclusion of each semester and was last updated at the end of the spring 2025 semester.

**For more information, please contact [aggiewellbeing@tamu.edu](mailto:aggiewellbeing@tamu.edu).**