



**National Survey of Student Engagement
2021
Coping with COVID-19**

Dates of Administration: March 2021 - April 2021¹
Method of Administration: Web survey (Administered through NSSE)

Demographics and Response Rates:

	First Years	Seniors
Overall Response Rate	61% (126/206)	56% (102/181)
% Female	52%	48%
% Am. Indian or AK Native	0%	0%
% Asian	32%	14%
% Black or African American	2%	4%
% Hispanic or Latino	19%	19%
% White	23%	35%
% International/foreign born	6%	7%
% Two or more races	12%	17%
% Unknown	7%	5%

Background:

HMC participates in the National Survey of Student Engagement (NSSE) annually each spring, surveying all first years and graduating seniors asking them about the characteristics and quality of their undergraduate experience. It includes 10 Engagement Indicators² and High Impact Practices³. Additionally, NSSE allows campuses to add additional topical modules to their survey. The Assessment and Accreditation Committee has worked with OIRE to develop a [cycle for the modules](#) that are relevant to HMC.

This topical module “Coping with Covid” was created specifically for the 2021 administration, and explores the impact of the COVID-19 pandemic on students’ educational experiences, mental wellness, and everyday life experiences. Perceptions of faculty and institutional responses, disruptions to educational plans, living situation details, stressors and negative emotional experiences, and changes in leisure activities and time demands are also addressed. [Click here](#) for more information on this topical module.

An important methodological note for this module is that while traditionally higher means are interpreted as evidence of more of a desired outcome, the reverse is sometimes true here. The response scale for the COVID-19 module is: 0 = Not at all; 1 = Very little; 2 = Some; 3 = Quite a bit; 4 = Very much, which means that for some of the items in this module, a lower mean indicates lesser impact of COVID 19, and are therefore more desirable.

¹ HMC’s 2021 NSSE administration occurred during remote learning, however, some of our comparison schools may have had different approaches to the COVID-19 pandemic. More info about NSSE, data collection policies, and analyses, click [here](#).

² Higher-Order Learning, Reflective and Integrative Learning, Learning Strategies, Quantitative Reasoning, Collaborative Learning, Discussions with Diverse Others, Student-Faculty Interaction, Effective Teaching Practices, Quality of Interactions, and Supportive Environment)

³ Learning Communities, Service-Learning, Research with Faculty, Internships, Study Abroad, and Capstones

Highlights:

- When asked about the extent to which their instructors have remained positive, had reasonable expectations of students, responded appropriately to the needs of students and shown care and concern for students, HMC first years responded significantly higher than their peers at comparison institutions in all the areas. For HMC seniors, while they also rated higher in all the areas than comparison groups, the difference is not significant, with the exception of 'showing care and concern for students.' All HMC students indicated that our faculty "showed care and concern for students during the pandemic" at a higher rate than peers at comparison institutions. When asked about the extent the institution had kept students safe and healthy during the COVID-19 pandemic, HMC first year students rated this item higher than their peers while HMC seniors had were similar to their peers.
- In terms of COVID-19 interfering with their college plans, both seniors and first years indicated that their plans to participate in special learning opportunities such as internships, study abroad, field experiences as well as their preferred living situation were impacted. However, their ability to pay for college and living expenses were not as impacted as that of their peers from other institutions.
- When it comes to mental health measures, our students indicate they were generally less impacted than their peers with a few exceptions. HMC first year students struggled with loneliness more so than their peers and HMC seniors struggled with difficulty to concentrate more so than their peers. But with respect to depression that interfered with daily functioning, anxiety that interfered with daily functioning, and difficulty sleeping, HMC students reported less impact as a result of COVID-19 compared to their peers.
- In other areas of concern, such as ability to pay the bills, having enough food, loss of housing, or access to medical care, our students were less impacted compared to their peers at comparison institutions. Students were asked if there were changes in the time spent on some activities and habits compared to their routines before the COVID-19 pandemic, most students reported slight change. HMC first-years reported less physical exercise and less socializing compared to their peers. For HMC seniors, they reported less academic work and more consuming of entertainment such as music, movies, television, gaming, etc.

Perceptions of faculty and institutional responses

FIRST YEARS				
	HMC	Peer	Comp	Sig
	n = 108	n = 7,305		
1. In light of the COVID-19 pandemic, to what extent have your instructors done the following?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Remained positive	3.4	3.1	▲	p < .001
Had reasonable expectations of students	3.0	2.7	▲	p < .001
Responded appropriately to the needs of students	3.2	2.8	▲	p < .001
Shown care and concern for students	3.5	2.9	▲	p < .001
2. To what extent has your institution kept students safe and healthy during the COVID-19 pandemic?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
	3.6	3.3	▲	p < .001

SENIORS				
	HMC	Peer	Comp	Sig
	n = 82	n = 9,118		
1. In light of the COVID-19 pandemic, to what extent have your instructors done the following?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Remained positive	3.2	3.1		
Had reasonable expectations of students	3.0	2.8	△	p < .01
Responded appropriately to the needs of students	3.2	2.9	△	p < .001
Shown care and concern for students	3.5	3.0	▲	p < .001
2. To what extent has your institution kept students safe and healthy during the COVID-19 pandemic?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
	3.2	3.2		

Impact on college plans

FIRST YEARS				
	<u>HMC</u>	<u>Peer</u>	<u>Comp</u>	<u>Sig</u>
	n = 108	n =7,305		
3. To what extent, if any, has the COVID-19 pandemic interfered with the following?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Your college plans	2.7	2.5		
Your ability to succeed as a student	2.4	2.3		
Your plans to participate in special learning opportunities (internships, study abroad, field experiences, etc.)	3.0	2.5	▲	p < .001
Your ability to pay for college and living expenses	1.1	1.9	▼	p < .001
Your preferred living situation	3.4	1.9	▲	p < .001

SENIORS				
	<u>HMC</u>	<u>Peer</u>	<u>Comp</u>	<u>Sig</u>
	n = 82	n =9,118		
3. To what extent, if any, has the COVID-19 pandemic interfered with the following?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Your college plans	2.5	2.2	△	p < .01
Your ability to succeed as a student	2.3	2.0		
Your plans to participate in special learning opportunities (internships, study abroad, field experiences, etc.)	3.0	2.3	▲	p < .001
Your ability to pay for college and living expenses	1.0	1.9	▼	p < .001
Your preferred living situation	3.2	1.6	▲	p < .001

Impact on Mental Health

FIRST YEARS				
	<u>HMC</u>	<u>Peer</u>	<u>Comp</u>	<u>Sig</u>
	n = 108	n =7,305		
4. As a result of the COVID-19 pandemic, to what extent, if any, have you experienced an increase in the following?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Mental or emotional exhaustion	3.0	2.9		
Depression that interfered with daily functioning	1.6	2.2	▼	p < .001
Anxiety that interfered with daily functioning	1.6	2.4	▼	p < .001
Feeling hopeless about your current situation	1.7	2.0	▽	p < .01
Inability to concentrate	2.4	2.4		
Difficulty sleeping	1.7	2.4	▽	p < .01
Loneliness	2.7	2.2	▲	p < .001

SENIORS				
	<u>HMC</u>	<u>Peer</u>	<u>Comp</u>	<u>Sig</u>
	n = 82	n =9,127		
4. As a result of the COVID-19 pandemic, to what extent, if any, have you experienced an increase in the following?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Mental or emotional exhaustion	3.1	2.9		
Depression that interfered with daily functioning	1.9	2.1		
Anxiety that interfered with daily functioning	2.1	2.3		
Feeling hopeless about your current situation	1.8	1.8		
Inability to concentrate	2.8	2.3	▲	p < .001
Difficulty sleeping	1.9	2.0		
Loneliness	2.3	2.0	△	p < .01

Impact on other concerns:

FIRST YEARS				
	<u>HMC</u>	<u>Peer</u>	<u>Comp</u>	<u>Sig</u>
	n = 108	n =7,305		
5. As a result of the COVID-19 pandemic, to what extent, if any, has your concern about the following increased?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Your ability to socialize	2.5	2.4		
Your ability to pay bills	0.6	1.4	▼	p < .001
Having enough food	0.3	1.0	▼	p < .001
Eviction or loss of housing	0.2	0.5	▼	p < .001
Your health and safety	1.8	2.4	▽	p < .01
The health and safety of friends or family	2.1	2.3		
Access to adequate medical care	0.8	1.2	▼	p < .001
Your future opportunities (employment, further education, etc.)	1.9	2.0		

SENIORS				
	<u>HMC</u>	<u>Peer</u>	<u>Comp</u>	<u>Sig</u>
	n = 82	n =9,125		
5. As a result of the COVID-19 pandemic, to what extent, if any, has your concern about the following increased?				
<i>0= not at all; 1 = very little; 2 =some; 3 = quite a bit; 4 = very much</i>				
Your ability to socialize	2.5	2.3		
Your ability to pay bills	0.8	1.7	▼	p < .001
Having enough food	0.5	1.1	▼	p < .001
Eviction or loss of housing	0.3	0.7	▼	p < .001
Your health and safety	2.0	1.9		
The health and safety of friends or family	2.6	2.4		
Access to adequate medical care	1.1	1.4	▽	p < .01
Your future opportunities (employment, further education, etc.)	2.1	2.2		

Changes in leisure activities and time demands

FIRST YEARS				
	HMC	Peer	Comp	Sig
	n = 108	n =7,305		
6. Compared to your general habits before the COVID-19 pandemic, how much time have you spent on the following activities?				
<i>1= Much less; 2 =less; 3 =about the same; 4 = More; 5 = Much more;</i>				
Academic work	3.9	3.5		
Physical exercise	2.4	2.8	▼	p < .001
Hobbies	2.5	2.9	▽	p < .01
Consuming entertainment (music, movies, television, gaming, etc.)	3.3	3.4		
Socializing	1.9	2.4	▼	p < .001
Working for pay	2.7	3.0		
Looking for work	3.1	3.0		
Caring for dependents or others	3.0	3.2	▽	p < .01

SENIORS				
	HMC	Peer	Comp	Sig
	n = 108	n =7,305		
6. Compared to your general habits before the COVID-19 pandemic, how much time have you spent on the following activities?				
<i>1= Much less; 2 =less; 3 =about the same; 4 = More; 5 = Much more;</i>				
Academic work	2.5	3.4	▼	p < .001
Physical exercise	2.5	2.7		
Hobbies	2.7	2.7		
Consuming entertainment (music, movies, television, gaming, etc.)	3.9	3.3	▲	p < .001
Socializing	1.8	2.0	▽	p < .01
Working for pay	2.6	2.9	▽	p < .01
Looking for work	3.2	3.2		
Caring for dependents or others	3.4	3.5		

- ▲ HMC students' average was significantly higher (p<.001)
- △ HMC students' average was significantly higher (p<.01)
- △ HMC students' average was significantly higher (p<.05)
- ▼ HMC students' average was significantly lower (p<.001)
- ▽ HMC students' average was significantly lower (p<.01)
- ▽ HMC students' average was significantly lower (p<.05)