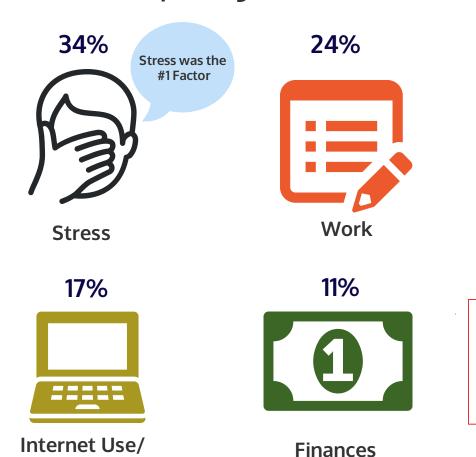
## Understanding Barriers to Academic Success at Ohlone College

Source: American College Health Association-National College Health Assessment, Ohlone College, Sample Size=607

## **Factors Impacting Student Academic Performance**



Anxiety and depression were also factors affecting students' academic performance

**Sleep Difficulties** 

**22%** 

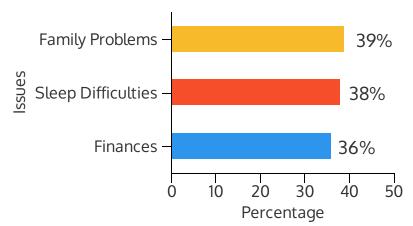
## **Traumatic or Very Difficult Issues to handle**

Students were asked to report on the issues they found traumatic or very difficult to handle in the past 12 months.

**Computer Games** 



52% of students surveyed reported academics as a traumatic or very difficult issue to handle.



## **Resources for Support**

- Alameda County Crisis Support Line: 1-800-309-2131
- National Suicide Prevention Lifeline: 1-800-273-8255







