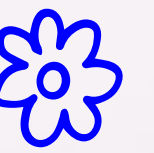


**Beyond Anxiety: The
Search for Purpose in
College**

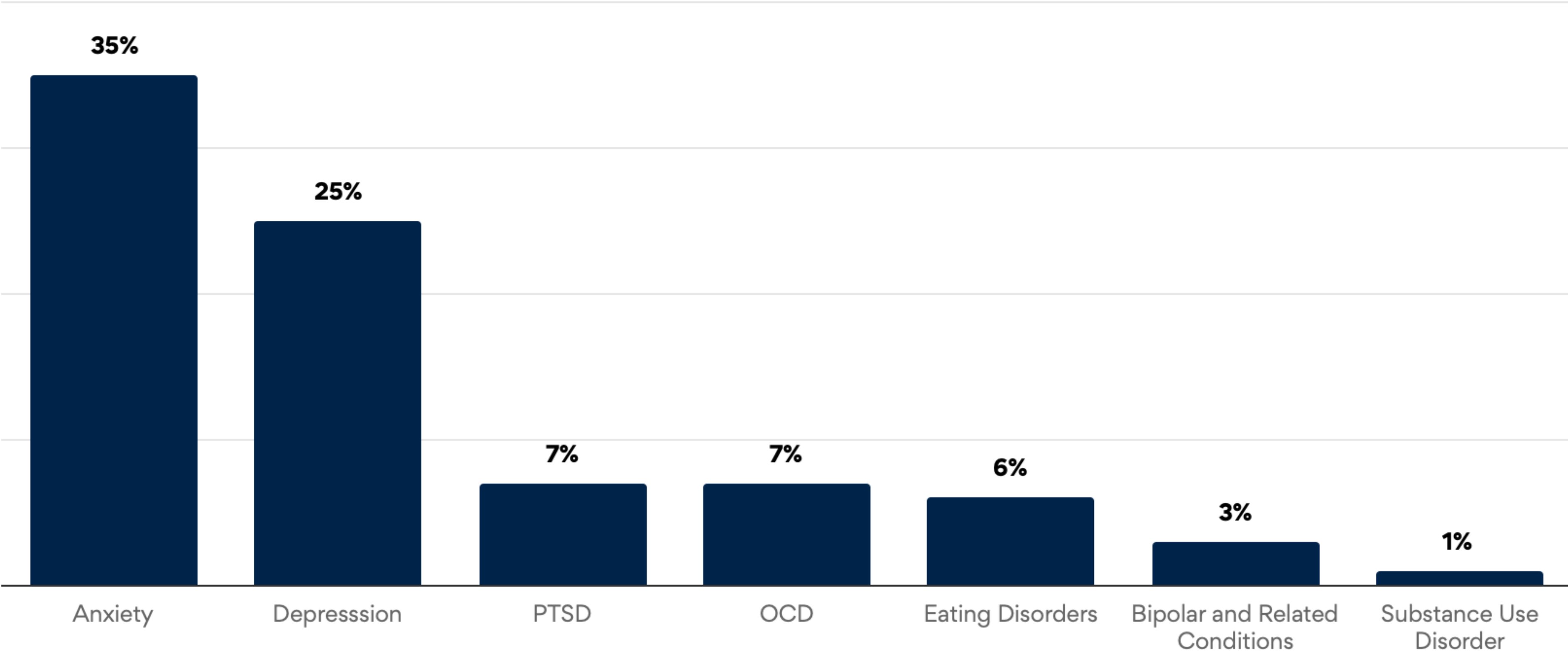


Name:	Maricarmen	Age:	21
Major:	Int Affairs	Year:	Junior

My Story



Mental Health Conditions Diagnosed in College Students, 2024



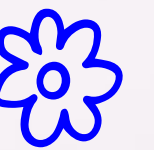
Source: ACHA^[1]

According to the University of Michigan's School of Public Health, studies indicate that over 50% to 60% of students face severe anxiety or mental health challenges, with many experiencing burnout, pressure to succeed, and financial stress.



Zhai et al. (2025) found that 20% to 33.68% of international students report clinically significant anxiety; the top stressors include financial difficulties (72.07%), language barriers (69.34%), social isolation, and academic pressures.

Getting involved



Getting involved

- Join that Club you've been eyeing
- Speak up
- Take that opportunity
- Walk into that room



Change starts with a step into the
unknown

THANK YOU!

Do you have any questions?

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References:

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