

mtvU / Associated Press Survey  
May 2009



Interviewing dates: April 22 - May 4, 2009  
Interviews: 2,240 4-year college students age 18-24  
Margin of error: +/- 3.0

Note: All results shown are percentages unless otherwise labeled.  
A "\*" signifies less than one percent.

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**Sex**

	March 2008 Percent	May 2009 Percent
Male	49	50
Female	51	50
Total	100	100

**Age**

	March 2008 Percent	May 2009 Percent
Age 18-19	40	35
Age 20-21	40	41
Age 22-24	20	24
Total	100	100

**Q3. Class level**

	March 2008 Percent	May 2009 Percent
Freshman	28	26
Sophomore	27	26
Junior	23	24
Senior	19	22
DK/NA	3	2
Total	100	100

**Q4. Do you live...**

	March 2008 Percent	May 2009 Percent
On campus	50	47
Off campus	35	40
At home with parents or family	11	12
DK/NA	3	*
Total	100	100

**Q5. Race / Ethnicity**

	March 2008 Percent	May 2009 Percent
White	56	61
Black	15	14
Hispanic or Latino	14	12
Asian	9	8
American Indian or Alaskan Native	1	2
Other	2	3
Refused	3	1
Total	100	100

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**Q7. When you think about how things are going in your life in general, would you say you are...**

	March 2008 Percent	May 2009 Percent
Very unhappy	9	7
Somewhat unhappy	10	9
Neither happy nor unhappy	9	10
Somewhat happy	33	38
Very happy	31	36
DK/NA	8	1
Total	100	100

**Q8. Do you approve, disapprove or neither approve or disapprove of the way Barack Obama is handling his job as President?**

	May 2009 Percent
Strongly approve	27
Somewhat approve	33
Neither approve or disapprove	25
Somewhat disapprove	9
Strongly disapprove	6
DK/NA	1
Total	100

**Q9. Do you personally know anyone who has served or is currently serving in Iraq or Afghanistan since October, 2001, or not?**

	March 2008 Percent	May 2009 Percent
Yes	50	67
No	46	33
DK/NA	4	1
Total	100	100

**Q10. During the past three months, how often have you experienced stress in your daily life?**

	March 2008 Percent	May 2009 Percent
Never	3	1
Rarely	15	13
Sometimes	41	44
Frequently	39	41
DK/NA	2	1
Total	100	100

**Q11. Over the last three months, how much of an impact did each of the following have on the stress you experienced in your daily life?**

**a. Extracurricular activities**

	March 2008 Percent	May 2009 Percent
A lot of impact	17	16
Some impact	33	35
Very little impact	24	26
No impact at all	17	18
DK/NA	10	5
Total	100	100

**b. Family issues**

	March 2008 Percent	May 2009 Percent
A lot of impact	20	18
Some impact	30	36
Very little impact	27	28
No impact at all	18	17
DK/NA	5	2
Total	100	100

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Q11. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life? (continued)

**c. Financial worries**

	March 2008 Percent	May 2009 Percent
A lot of impact	27	32
Some impact	35	35
Very little impact	20	21
No impact at all	13	10
DK/NA	5	2
Total	100	100

**d. Relationships/dating**

	March 2008 Percent	May 2009 Percent
A lot of impact	19	20
Some impact	31	33
Very little impact	24	27
No impact at all	18	16
DK/NA	8	4
Total	100	100

**e. The grades you get in school**

	March 2008 Percent	May 2009 Percent
A lot of impact	36	35
Some impact	35	39
Very little impact	14	17
No impact at all	10	8
DK/NA	5	2
Total	100	100

**f. Your friends**

	March 2008 Percent	May 2009 Percent
A lot of impact	10	11
Some impact	29	28
Very little impact	34	37
No impact at all	22	23
DK/NA	5	2
Total	100	100

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**Q11. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life? (continued)**

**g. Your job**

	March 2008 Percent	May 2009 Percent
A lot of impact	11	12
Some impact	22	24
Very little impact	21	24
No impact at all	20	22
DK/NA	26	18
Total	100	100

**h. Your school work**

	March 2008 Percent	May 2009 Percent
A lot of impact	37	39
Some impact	37	38
Very little impact	15	16
No impact at all	7	6
DK/NA	6	2
Total	100	100

**i. Your physical health**

	March 2008 Percent	May 2009 Percent
A lot of impact	11	10
Some impact	25	25
Very little impact	27	33
No impact at all	29	30
DK/NA	8	3
Total	100	100

**j. Mental health/emotional issues**

	March 2008 Percent	May 2009 Percent
A lot of impact	12	11
Some impact	20	20
Very little impact	25	30
No impact at all	31	35
DK/NA	12	4
Total	100	100

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Q11. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life? (continued)

k. Concerns about finding a full-time job after graduation

	March 2008 Percent	May 2009 Percent
A lot of impact	18	21
Some impact	23	26
Very little impact	23	23
No impact at all	26	26
DK/NA	11	5
Total	100	100

l. Concerns about getting into graduate or professional school

	March 2008 Percent	May 2009 Percent
A lot of impact	15	17
Some impact	18	21
Very little impact	20	21
No impact at all	29	30
DK/NA	18	10
Total	100	100

m. The economy

	May 2009 Percent
A lot of impact	16
Some impact	36
Very little impact	31
No impact at all	14
DK/NA	3
Total	100

Q12. Over the past three months, was there a time when you seriously considered leaving or dropping out of college, or not?

	March 2008 Percent	May 2009 Percent
Yes	19	17
No	79	83
DK/NA	2	*
Total	100	100

Q13. Were any of these a factor in why you considered dropping out of college? (Q13 is a multiple response question. Percentages may add to more than 100%.)

	May 2009 Percent
Financial problems	54
Family problems	26
Major medical problems or illness	6
Academic problems/poor grades	27
Feeling too depressed or lonely to stay in school	26
Something else	32
None of these	4

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**Q14. Over the last two weeks, how often have you been bothered by any of the problems?**

**a. Little interest or pleasure in doing things**

	May 2009 Percent
Not at all	59
Several days	30
More than half the days	6
Nearly every day	2
DK/NA	2
Total	100

**b. Feeling down, depressed or hopeless**

	May 2009 Percent
Not at all	56
Several days	33
More than half the days	7
Nearly every day	2
DK/NA	2
Total	100

**c. Trouble falling or staying asleep, or sleeping too much**

	May 2009 Percent
Not at all	43
Several days	33
More than half the days	14
Nearly every day	8
DK/NA	2
Total	100

**d. Feeling tired or having little energy**

	May 2009 Percent
Not at all	29
Several days	46
More than half the days	16
Nearly every day	7
DK/NA	3
Total	100

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**Q14. Over the last two weeks, how often have you been bothered by any of the problems? (continued)**

**e. Poor appetite or overeating**

	May 2009 Percent
Not at all	54
Several days	28
More than half the days	12
Nearly every day	5
DK/NA	2
Total	100

**f. Feeling bad about yourself - or that you are a failure or have let yourself or your family down**

	May 2009 Percent
Not at all	61
Several days	26
More than half the days	8
Nearly every day	3
DK/NA	3
Total	100

**g. Trouble concentrating on things such as reading the newspaper or watching television**

	May 2009 Percent
Not at all	59
Several days	27
More than half the days	9
Nearly every day	3
DK/NA	2
Total	100

**h. Moving or speaking so slowly that other people noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual**

	May 2009 Percent
Not at all	77
Several days	15
More than half the days	4
Nearly every day	2
DK/NA	2
Total	100

**i. Thoughts that you would be better off dead, or hurting yourself in some way**

	May 2009 Percent
Not at all	87
Several days	7
More than half the days	3
Nearly every day	1
DK/NA	2
Total	100

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**Q15. If you have checked off any problems in Question 14, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?**

	May 2009 Percent
Not difficult at all	33
Somewhat difficult	43
Very difficult	6
Extremely difficult	1
Checked off no problems in Q14	14
DK/NA	3
Total	100

**Q16. At any point during the last three months have you ever felt so stressed that you couldn't get your school work done?**

	March 2008 Percent	May 2009 Percent
Yes, it has happened once or twice	44	41
Yes, it has happened several times	19	19
No, it hasn't happened at all	35	39
DK/NA	2	1
Total	100	100

**Q17. At any point during the past three months have you ever felt so stressed that you didn't want to hang out with your friends or participate in social activities?**

	March 2008 Percent	May 2009 Percent
Yes, it has happened once or twice	38	35
Yes, it has happened several times	17	18
No, it hasn't happened at all	42	46
DK/NA	3	1
Total	100	100

**Q18. How did you spend your summer last year, that is, summer of 2008? (Q18 is a multiple response question. Percentages may add to more than 100%.)**

	May 2009 Percent
Worked a temporary summer job	52
Worked a permanent job	20
Worked a paid internship	8
Worked an unpaid internship	5
Took summer classes	25
Went on a vacation trip	34
Went on an educational trip	6
Lived at home with my family	51
Lived on my own or with roommates	17
Worked or volunteered for a political candidate or election campaign	2
None of these	1



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**Q19. How do you spend your summer this year, that is, summer of 2009?**  
(Q19 is a multiple response question. Percentages may add to more than 100%.)

	May 2009 Percent
Work a temporary summer job	52
Work a permanent job	27
Work a paid internship	13
Work an unpaid internship	6
Take summer classes	36
Go on a vacation trip	38
Go on an educational trip	6
Live at home with my family	39
Live on my own or with roommates	25
None of these	1

**Q20. How worried are you that you will not be able to find a job or internship this summer?**

	May 2009 Percent
Very worried	13
Somewhat worried	25
Not too worried	19
Not at all worried	14
I have already found a summer job or internship	22
I do not plan to look for a job or internship this summer	7
DK/NA	1
Total	39

**Q21. How much do you worry about the finances of your parents?**

	May 2009 Percent
A lot	33
A little	44
Not at all	22
DK/NA	1
Total	100

**Q22. In a typical week at school, how much do you worry about having enough money to make it through the week?**

	May 2009 Percent
A lot	22
A little	43
Not at all	33
DK/NA	1
Total	100

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**Q23. Do you plan to return to school in the fall, or not?**

	May 2009 Percent
Yes	86
No	13
DK/NA	2
Total	100

**Q24. Why don't you plan to return to school next year? (Q24 is a multiple response question. Percentages may add to more than 100%.)**

**Base: Do not plan to return to school next year (n=291)**

	May 2009 Percent
I will graduate college this spring or summer	67
I don't think I can afford to return to school in the fall	7
I plan to take time off to work	10
I plan to take time off to travel	5
I will take time off to deal with medical issues	3
I do not have the grades to continue in the fall	3
Some other reason	11
None of these	9

**Q25. How worried are you that you will not have enough money next year to pay for all your expenses at school? Base: Plan to return to school next year (n=1916)**

	May 2009 Percent
Very worried	14
Somewhat worried	34
Not too worried	30
Not at all worried	19
DK/NA	4
Total	100

**Q26. Where do you plan to live next school year? Base: Plan to return to school next year (n=1916)**

	May 2009 Percent
At home with family	13
On campus	33
Off-campus on your own	11
Off-campus with roommates	32
Not sure	7
DK/NA	4
Total	100

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**Q27. What do you plan to do after you graduate from college? (Q27 is a multiple response question. Percentages may add to more than 100%.)**

	May 2009 Percent
Get a full-time job	63
Get a part-time job or internship	12
Go to graduate or professional school	37
Take time off for travel	10
Become a homemaker	2
Something else	5
Not sure	9
None of these	2

**Q28. How worried are you that you might not be able to find a job after you graduate from college?**

	May 2009 Percent
Very worried	16
Somewhat worried	41
Not too worried	29
Not at all worried	12
DK/NA	1
Total	100

**Q29. Do any of the following apply to you or not? (Q29 is a multiple response question. Percentages may add to more than 100%.)**

	May 2009 Percent
I changed my major this year because I was worried about getting a job after graduation	12
I decided not to go to graduate or professional school because I couldn't afford it	7
I changed my plans and decided to go to graduate school or professional school because I thought I might not be able to get a job with just an undergraduate degree	18
I decided not to go to graduate or professional school because I wasn't sure if I could take on more student loans	7
None of these	62

**Q30. Do you think your college education so far has been worth the time and money you have spent on it, in terms of the benefits it will bring you later in life, or has it not been worth it?**

	May 2009 Percent
Definitely worth it	52
Probably worth it	30
Feel neutral, not sure if it was worth it or not	13
Probably not worth it	3
Definitely not worth it	1
DK/NA	1
Total	100

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**Q32. In general, how safe do you feel on campus?**

	March 2008 Percent	May 2009 Percent
Very safe	49	56
Somewhat safe	37	37
Not too safe	5	5
Not at all safe	2	2
DK/NA	6	1
Total	100	100

**Q33. If you were in serious emotional distress or were thinking about hurting yourself, how sure are you that you would know where or whom to turn to for help?**

	March 2008 Percent	May 2009 Percent
Very sure	56	61
Somewhat sure	24	23
Not too sure	11	10
Not at all sure	5	5
DK/NA	3	2
Total	100	100

**Q34. Who do you think you would turn to for help? (Q34 is a multiple response question. Percentages may add to more than 100%.)**

Response	March 2008 Percent	May 2009 Percent
Friends	76	77
Parents	63	67
Brothers or Sisters	47	47
Significant other	34	35
School Counseling	20	20
A religious leader	27	18
Other family member	19	18
A professor/teacher	23	11
Private therapists	10	10
Online resources	18	6
Other	21	6
Resident Advisers (RAs)	18	6
I wouldn't turn to anyone for help	4	5
A crisis hotline	17	3
Spouse	5	3

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**Q35. How familiar are you with the counseling resources available on campus?**

	March 2008 Percent	May 2009 Percent
Very familiar	14	17
Somewhat familiar	32	31
Not too familiar	30	28
Not at all familiar	22	23
DK/NA	2	2
Total	100	100

**Q36. At any time during the past year have any of your friends talked about wanting to end their life, or not?**

	March 2008 Percent	May 2009 Percent
Yes	16	17
No	82	82
DK/NA	2	1
Total	100	100

**Q37. At any time during the past year have any of your friends made a suicide attempt, or not?**

	March 2008 Percent	May 2009 Percent
Yes	11	10
No	87	89
DK/NA	2	1
Total	100	100

**Q38. At any time during the past year have you seriously thought about ending your life, or not?**

	March 2008 Percent	May 2009 Percent
Yes	9	7
No	89	91
DK/NA	2	2
Total	100	100

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**Q39. Since starting college, have you considered talking to a counselor or mental health professional to help you deal with your stress or other emotional issues, or not?**

	March 2008 Percent	May 2009 Percent
Yes	26	28
No	72	71
DK/NA	2	2
Total	100	100

**Q40. Since starting college, have you received any type of support or treatment from a counselor or mental health professional, or not?**

	March 2008 Percent	May 2009 Percent
Yes	15	16
No	82	82
DK/NA	2	2
Total	100	100

**Q41. Have you ever been diagnosed with a mental health condition (like depression, anxiety disorder, bipolar disorder, or others, or not?)**

	March 2008 Percent	May 2009 Percent
Yes	13	13
No	84	85
DK/NA	4	2
Total	100	100

**Q42. What kind of grades do you get in school?**

	March 2008 Percent	May 2009 Percent
Mostly A's	19	19
Mostly A's and B's	47	49
Mostly B's and C's	26	28
Mostly C's and D's	3	3
Mostly D's	1	*
DK/NA	4	2
Total	100	100

**Q43. Do you rely on any of the following sources to finance your education? (Q43 is a multiple response question. Percentages may add to more than 100%.)**

Response	March 2008 Percent	May 2009 Percent
Money from parents	63	64
Scholarships	47	53
A part-time or full-time job	47	50
Student loans	49	50
Personal savings	27	26
Money from other family members	15	12
None of these	2	2

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**Q44. During this school year, that is since September 1, 2008, did you encounter any difficulty in having your student loans paid because your banks was having financial problems of its own, or not?**

	May 2009 Percent
Yes	7
No	61
I don't have any student loans	29
DK/NA	2
Total	100

**Q45. During this school year, that is since September 1, 2008, did either of your parents get laid off or otherwise loose a job, or not?**

	May 2009 Percent
Yes	18
No	81
DK/NA	2
Total	100

**Q46. Generally, how honestly have you answered these questions?**

	March 2008 Percent	May 2009 Percent
Not honestly at all	2	1
Somewhat honestly	6	4
Very honestly	29	28
Completely honestly	62	67
DK/NA	2	1
Total	100	100