College Studies

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College Studies: Did science get it right?

With approximately 30 million Americans enrolled in four-year universities, there are plenty of psychologists and scientists who want to poke and prod our brains and figure out how we work. Here is a list of interesting facts about college students, spot on or way off?

- Think you’re overworked? The National Center for Education Statistics found that 1 in 10 full-time college students also work a full-time job (35+ hours p/w).

- American college students love to participate in psychology studies. Scientists writing in the Behavioral and Brain Sciences journal say that simply being an American college student makes one 4,000 times more likely to be psychological test subjects, either because participation is mandatory or because there is monetary compensation.

- If you’re having trouble concentrating on your homework, there’s some good (bad?) news: you’re not alone. According to an experiment conducted by the British technology firm Olympus, millennial college students have an average attention span of 10 minutes.

- There may be a grain of truth to the adage that college students think they know everything. A survey by a professor at San Diego State University revealed that two-thirds of students have above-average scores for Narcissistic Personality Disorder.

- Homework keeping you up all night? You’re not alone. A study published in the Journal of Adolescent Health stated that only about 30 percent of college students get at least eight hours of sleep.

- Virginia Woolf is certainly dancing in her grave: In 2010, the Bureau of Labor Statistics found that 54 percent of full-time college students were female.

- Be careful who you bring home from the lodges. A study by Stanford University’s Sexual Health Peer Resource Center revealed that approximately 1 in 4 college students suffer from some sort of sexually-transmitted disease.

- The Freshman 15 haunts us all. In 2007, the College Student Health Survey Report found that 38.5 percent of students surveyed were overweight.

- Kelsey Shields

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