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## How College Students' Mental Health is Impacted by Working

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# How having a job impacts college students mental health

## *Having a part-time job can lead college students to better mental health.*

### Introduction

Working college students' mental health is impacted by many different factors. Coming to college I questioned how a job would impact my mental health, through my research I found:

- Students working 10-15 hours a week have the best performance in college
- Working college students have to learn how to prioritize their schedules<sup>1</sup>
- Working too many hours a week can negatively impact students' mental health

This research looked at different sources to be able to analyze college students experience balancing school, work, and social life and the impact that had on their mental health.



← Link to full paper



### Top three things students agree are challenging about college...



63%  
Tuition & loan costs



57%  
Balancing school & job



41%  
Doing well in classes

Source: McGraw-Hill Education 2016 Digital Study Trends Survey.

*Financial stress and balancing school and work are some of the biggest stressors of college students and are interconnected with each other.<sup>2</sup>*

### Methods

I did most of my research through the USU library and Google searches.

I made sure my research was well rounded and had different perspectives. I got the perspectives of professors, students, and MMU scholars.

### Results

Through my research I found working 10-15 hours a week allows students to have financial relief while still having time for homework and a social life.

### Sources

1. *8 simple Steps to Balance Work and College*. Concordia St. Paul. Retrieved October 13, 2022, from <https://online.csp.edu/resources/article/balancing-work-college/>
2. Sojdie, M. (2018, January 8). *Challenges of Today's College Students*. StaffingSoft. Retrieved December 1, 2022, from [https://www.staffingsoft.com/ssblog/challenges-of-todays-college-students/?doing\\_wp\\_cron=1670103810.4077110290527343750000](https://www.staffingsoft.com/ssblog/challenges-of-todays-college-students/?doing_wp_cron=1670103810.4077110290527343750000)
3. Dundes L., Marx J. (2006) *Balancing Work and Academics in College: Why do Students Working 10-19 Hours Per Week Excel?* Retrieved October 13, 2022, from <https://community.pepperdine.edu/studentemployment/content/balancing-work-article.pdf>
4. University, U. S. (n.d.). *Counseling and psychological services: Caps*. Utah State University. Retrieved December 3, 2022, from <https://www.usu.edu/aggiewellness/mental-health>

**“Most student-workers believed that employment forced them to become more efficient.”**

Dundes L., Marx J. (2006) *Balancing Work and Academics in College: Why do Students Working 10-19 Hours Per Week Excel?*<sup>3</sup>

### Conclusion

Mental health is just as important as physical health and college students need to know how to balance work and school without jeopardizing their mental health.

Universities can support student's mental health by providing more resources, not just for mental health, but for financial help and job opportunities.

- Programs like USU's CAPS program<sup>4</sup>
- Internships
- Lower mandatory credit hours
- Coping mechanism resources
  
- College students who have jobs commonly have better grades and better mental health than those who do not.