

Students involved in co-curricular activities report higher levels of belonging. This is the case for **first-year students** and **seniors**.

Belonging is significantly higher for students who spend 1 to 15 hours per week in co-curricular activities. Belonging is mixed for students who are involved in co-curricular activities more than 15 hours a week. This could suggest that students can spread themselves too thin and are better off investing in fewer, more meaningful activities.

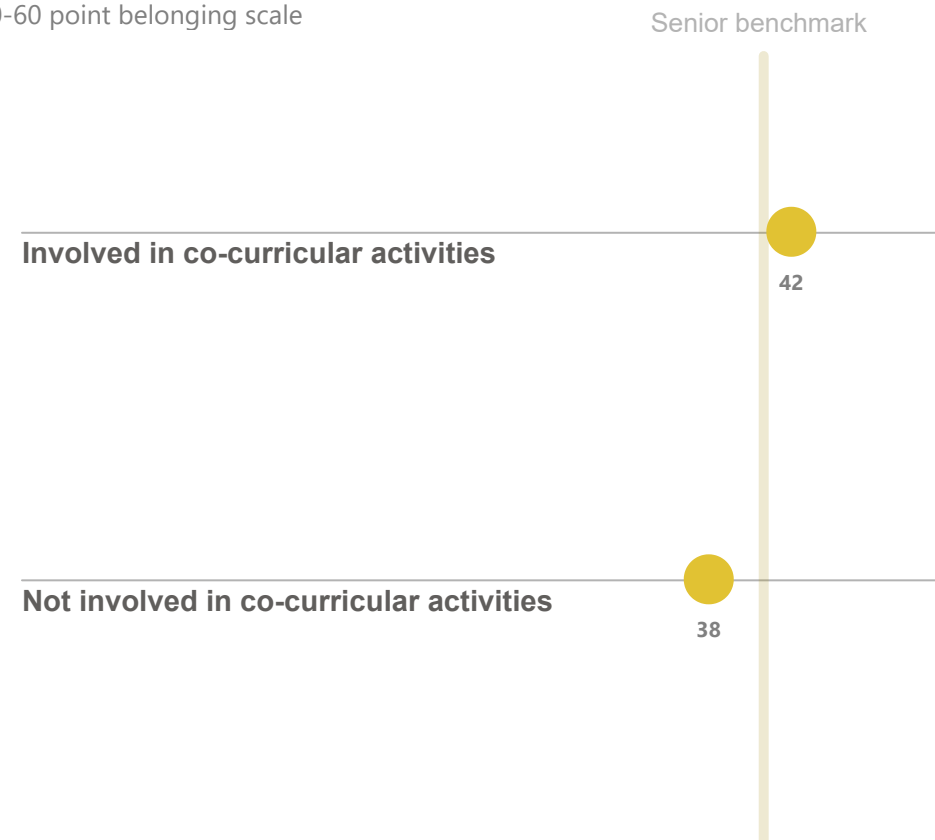
First-year students

0-60 point belonging scale



Seniors

0-60 point belonging scale



Three simple things that enhance belonging and student success

1. Encourage students to get involved in academic and co-curricular activities.
2. Encourage students to prioritize involvement and **limit to less than 15 hours per week**.
3. Encourage **frequent and meaningful interactions** with faculty, staff, and other students.