CONTINUED CONCERNS



Post-Secondary Students One Year into COVID-19







Executive Summary

This paper is a summary of public opinion research that surveyed post-secondary students across Canada in late March and early April 2021. The results are meant to capture a snapshot of the student experience one year into the COVID-19 pandemic. It also serves as a follow-up to CASA's May 2020 report, Students are Still Worried: COVID-19 and Post Secondary Education.

Accordingly, this paper reflects how the challenges, gaps, and barriers presented in 2020 have evolved over the past year, as well as identify new or persistent concerns and priorities.

This public opinion research was commissioned by the Canadian Alliance of Student Associations and conducted by Abacus Data.

Methodology

The survey was conducted with 1,000 post-secondary education students in Canada from March 30th to April 8th 2021. A random sample of panelists were invited to complete the survey from a set of partner panels based on the Lucid exchange platform. These partners are typically double opt-in survey panels, blended to manage out potential skews in the data from a single source.

The margin of error for a comparable probability-based random sample of the same size is +/- 3.1%, 19 times out of 20.

The data were weighted according to census data to ensure that the sample matched Canada's post-secondary education population according to age, gender, language, and region. Totals may not add up to 100 due to rounding.

Introduction

The Canadian Alliance of Student Associations (CASA) is a non-partisan, not-for-profit advocacy organization representing over 275,000 students at 24 student associations across the country. CASA advocates for accessible, affordable, innovative, and high quality post-secondary education in Canada. For over 25 years, CASA has done so successfully through policy and research development, awareness campaigns, government relations efforts, and partnerships with other stakeholders in the education sector. Part of this work is ensuring that conversations surrounding postsecondary education are undertaken with the most up-to-date information and with direct feedback from students.

In May 2020, CASA published Students are Still Worried: COVID-19 and Post Secondary Education, a report examining the effect that COVID-19 was having on students and their perceptions on how the upcoming year would unfold. In that report, CASA found that an overwhelming majority of students were worried about the impact of the pandemic on their financial situation, mental health, employment prospects, and their studies. Two-thirds of respondents reported a negative change to their own or their families financial situation, while 75% said the pandemic would negatively impact their employment. Further, over 70% reported

feeling stressed, anxiety, or isolated due to the pandemic. The majority of respondents also responded that they felt that online learning would not be as beneficial as in-person learning.

Overall, the May 2020 report depicted a student population seeking to survive, not thrive.

While in some cases learning during the pandemic has not proven to be quite as problematic as expected, there is no denying that the past year has been extraordinarily challenging for students, whether treated from an academic, personal, or financial perspective. Not only have students been forced to adapt to a new education delivery model, but traditional supports, benefits, and networks that are typically present during difficult times have been removed or severely undercut. When asked to describe the previous year in three words, the most common response was stressful, difficult, and lonely. Despite a slight decrease in the percent of students reporting that COVID-19 is worrying them (53% in 2021 vs 60% in 2020), the past year has been as difficult as most students assumed it would be.

Understanding these challenges and advocating accordingly has been central to CASA's work over the past year. During the early stages of the pandemic, CASA was seized by the need to respond to the historic needs of students in

the face of the pandemic, and the organization worked extensively to ensure that students would be properly and adequately considered in any government relief packages. In April and May 2020, the Government of Canada made several announcements in support of students. These included the introduction of the Canada Emergency Student Benefit, the doubling of Canada Student Grants, and an expansion of job opportunities.1 The following months saw further announcements regarding targeted support for researchers and graduate students, as well as dedicated funding for Indigenous learners.²

More recently, the 2021 Federal Budget re-emphasized the government's desire to support students as they recover from the effects of the pandemic. The doubling of Canada Student Grants was extended until July 31, 2023 and the waiver on interest accrual on Canada Student Loans and Apprentice Loans was extended until March 31, 2023. Furthermore, the income threshold for loan repayment for those enrolled in the Repayment Assistance Program was raised to \$40,000, and the cap on monthly loan payments was reduced from 20 percent of a borrower's income to 10 percent.3

Budget 2021 also included a massive injection of funding to support student employment opportunities and skills development, including \$109.3 million

for the Youth Employment and Skills Strategy, \$239.8 million for the Student Work Placement Program, \$371.8 million for the Canada Summer Jobs program, and \$708 million over five years for Mitacs. Overall, these programs will support the creation of nearly 94,000 job opportunities for students.⁴

While these constitute some of the largest investments ever made in postsecondary education and are certainly a step in the right direction, students remain worried. In broad terms, the concerns of students can be understood as falling along two parallel and related axes: (1) concern over the present or near term versus concern about the future, and (2) a realization that post-secondary education is more than simply the inclass, academic experience. These trends highlight that, even as vaccine numbers increase and case numbers decline, the consequences of the virus will be with us for years to come.

The most obvious and immediate concern has been, unsurprisingly, academics. In May 2020, 68% of students disagreed that online learning would provide the same value as in-person classes, but a year later, that number actually dropped to 56%. That said, over half of students feel that the value and quality of online learning is lower compared in-person and 56% reported that academic support was worse in the online format. Beyond traditional

Accessed online: https://www.budget.gc.ca/2021/report-rapport/p2-en.html#chap3



[&]quot;Supports for Students and Recent Graduates Impacted by COVID-19". (Ottawa, ON: Department of Finance Canada, 2020). Accessed online: https://www.canada.ca/en/department-finance/news/2020/04/support-for-students-and-recent-graduates-impacted-by-covid-19.html
2 "Support for students and new grads affected by COVID-19". (Ottawa, ON: Prime Minister's Office, 2020). Accessed online: https://pmgc.ca/en/news/news-releases/2020/04/08/changes-canada-summer-jobs-program-help-busine
3 "A Recovery Plan for Jobs, Growth, and Resilience: Budget 2021". (Ottawa, ON: Department of Finance, 2021).

academia, students also reported challenges in the ancillary portions of their post-secondary experience. Indeed, over two thirds of students reported that their ability to build both social and professional networks has been negatively impacted and 64% reported that their post-secondary experience was worse as a result of the pandemic.

The impact of this diminished postsecondary experience can be seen in both the financial and mental wellbeing of students. 69% of respondents reported that COVID-19 will significantly impact their ability to find employment in the future and 70% reported that it will have a negative impact on their finances beyond this year. This inability to connect with others also impacted students' mental health, with 67% saying they faced challenges accessing support from peers and 53% faced challenges accessing campusprovided mental health services. Both of these are an increase from the data taken in May 2020.5 Overall, 84% of students reported that the pandemic has added new, or exacerbated existing, mental health challenges.

Following the trend seen in May 2020, these challenges were not felt equally. Economic and health related concerns continue to be felt more by women, low income students, those living alone, and older students. Geography has also played a role, especially given

the uneven distribution of cases and recovery plans across the country. Students from Manitoba, Saskatchewan, and Ontario are far more likely to be worried compared to their colleagues in Quebec and the Atlantic provinces. Across the board, however, those reporting that the pandemic has made them feel the most worried are those who have faced significant financial challenges. It is worth remembering, therefore, that while the pandemic has touched all aspects of the post-secondary experience, some have felt its impact more acutely than others.

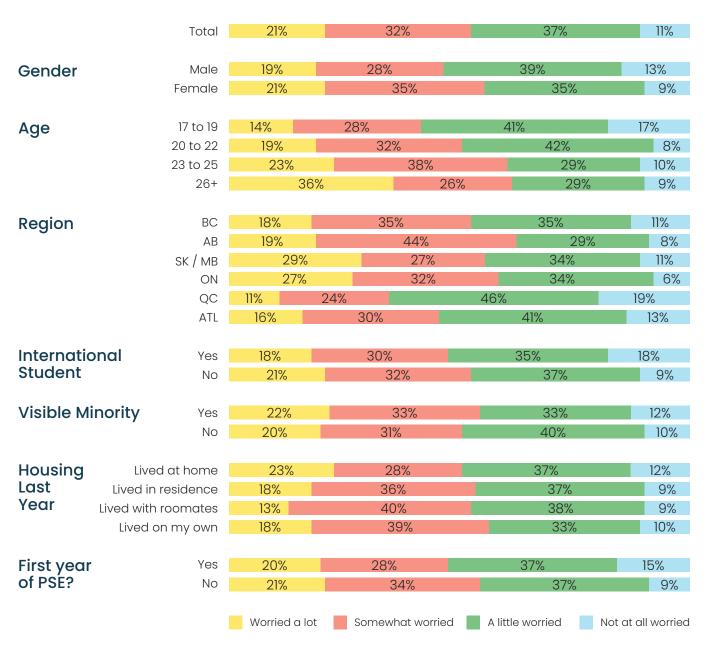
"Overall, 84% of students reported that the pandemic has added new, or exacerbated existing, mental health challenges."

As a follow-up to CASA's 2020 report, this report serves as an important reminder that students are still facing challenges related to COVID-19. Despite a year of working, living, and studying in a pandemic, as well as continued investments by the federal government, students are still struggling. Many of the same worries continue to afflict students, from those surrounding their physical and mental well-being, to their finances, to their education. Even with the end of COVID-19 seemingly in sight, these struggles should not be minimized or downplayed. Students are still worried and deserve to be heard.

⁵ In May 2020, these numbers were 61% and 50%, respectively.



Worry About Coronavirus Outbreak



Overall, how worried, if at all, is the situation with the coronavirus or COVID-19 making you feel right now?

Key Findings

COVID-19 And Students

- Compared to the general population, students are more likely to report a worsening of their physical health
- Nearly two-thirds of students reported having an unhealthy worksocial balance, and 74% spent more time than usual on school work
- Only 11% of students reported seeing no change in their financial situation as a result of COVID-19
- 56% of students reporting that their ability to learn material was negatively impacted by COVID-19
- Three in four students said the quality of content delivered in their classes was not as good as typical in-class offerings

Mental Health

- Over the past year, the percentage of students who reported feeling stressed hasn't shifted (77%)
- There has also been a worrying and noticeable increase in the number of students who reported more serious forms of mental health struggles, including feeling despair (+16%), overwhelmed (+10%), and sadness (+6%)

- Across the board, students reported feeling stressed about their own health (69%), their families and loved ones (78%), their ability to find employment post-graduation (72%), and their fiances (69%)
- Not only has the pandemic worsened pre-existing mental health challenges in 78% of students, but it has created new challenges for 64%
- While some optimism remains, the percentage of students who reported feeling optimistic dropped by 5% in the past year, down to just 41%

Affordability

- Nearly two-thirds of students reported that the pandemic had made affording post-secondary education more difficult
- Overall, 88% of students reported having to change the way they funded their education due to COVID-19
- Fewer students experienced difficulties finding summer employment than expected (56% actual versus 68% expected)
- Despite government supports and increased job opportunities, finances continue to worry students, with 61% worried about their ability to pay Fall 2021 tuition and 65% worried about living expenses in Fall 2021

Accessibility

- As expected, being able to access online learning was difficult from a technological standpoint, with 54% reporting problems related to Internet access
- Accessing professors, instructors, and teaching assistants was also a challenge, with 76% reporting that they were not as accessible as they would have been in an in-person classroom
- International students were more likely to report challenges accessing technological and mental health supports compared to their domestic colleagues
- Nearly half of students reported having difficulty finding somewhere to live where they felt safe and able to follow public health guidelines

Government Support

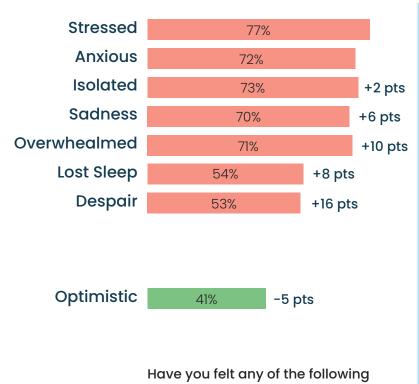
- 64% of students reported using government support programs, with the Canada Emergency Student Benefit and the Canada Emergency Response Benefit being the most popular
- Overall, students were satisfied with government support, with only 18% stating that they were insufficient.
 That said, 48% also stated that while helpful, more support will be needed
- Of all programs, students viewed lowering interest rates on student loans, expanding Canada Student Grants, and funding for employment opportunities as the most important
- The most likely students to access government funding included those between 17 and 29 (45%), those in their first year (44%), and those without personal income (47%)

Mental Health

Like all Canadians, the past year of living with COVID-19 has taken its toll on the mental and emotional well-being of post-secondary students. Prior to the pandemic, students were already among the most impacted by mental health challenges, as noted by the Mental Health Commission of Canada (MHCC). In a 2020 report, the MHCC states that

75% of mental health-related problems are first diagnosed between the ages of 16 and 24, when many are going through post-secondary education. The report further emphasizes that 52% of students told the 2019 National College Health Assessment that they experienced depression so severe as to limit their ability to function in school.⁶

The Pandemic Has Caused Pressures on the Mental Health of Students



Despite stress being the top word to describe this year, the % of PSE students who say they are stressed has remained constant.

Instead, more serious negative feelings have grown.

Since last year there has been a ten point increase in those who say they are overwhelmed.

Also concerning, there is a 16-pt increase in students who say they have felt feelings of despair.

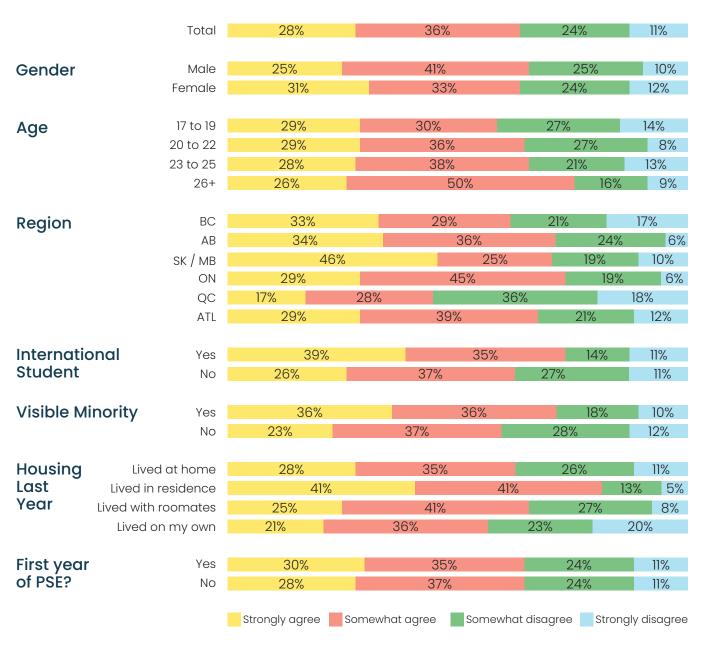
Some optimism remains, but there has been a decline in this as well.

because of COVID-19?

⁶ Mental Health Commission of Canada, "Supporting Mental Health and Well-Being for Post-Secondary Students", (Ottawa, ON: 2020). Accessed online: https://www.mentalhealthcommission.ca/sites/default/files/2020-10/PSS_Standard_Leaflet_eng.pdf



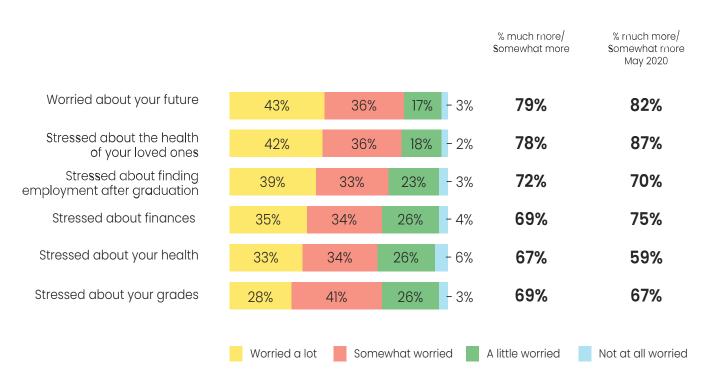
Caused Me To Experience Mental Health Struggles I Did Not Experience Prior to the Pandemic (i.e. Experiencing Symptoms of Depression/Anxiety for the First Time)



Do you agree or disagree with the following statements?

These challenges have only worsened in the past year. Although rates of feeling "Stressed" and "Anxious" have remained constant since May 2020, all other negative feelings have risen, including, notably, feelings of "Despair" and of being "Overwhelmed". This intensification of mental health challenges can also be seen in the 64% of students that reported that the pandemic has created entirely new mental health struggles for them. It is clear that living through a full year of COVID-19 has not been easy on the mental well-being of students.

Student Continue to Have Multiple Sources of Stress



Compared to usual, would you say the COVID-19 pandemic has made you more or less...

Compared to last year overall worry about one's future has not shifted, there is a significant increase in those who say much more worried (36% vs 43%). Stress about health has seen a similar impact, overall stress remains constant, but those who say they've been much more stress increased 10 pts.

Compared to the general population, students have had a far more difficult time maintaining social connections and are more likely to be stressed about their physical and mental health. For example, while 56% of the general population reported that they are less healthy overall as a result of the pandemic, 72% of students reported feeling less healthy. Similarly, 63% of the general population reported that the pandemic had had a negative impact on their mental health compared to 78% of students.

As expected, there are multiple sources contributing to this rise in stress, many of which, such as grades and post-graduate employment, reinforce that the pandemic has had a unique impact on students.

Although these challenges are broadly shared across the student population, certain demographics have fared worse than others. Following the trend seen in May 2020, women, low income students, and those living with roommates or at home reported higher rates of stress regarding their futures. Geography also played a role, with students from Ontario and Quebec, two of the harder hit provinces, reporting higher rates of stress compared to their colleagues elsewhere. As we transition into various COVID-19 recovery phases, the asymmetrical nature of the pandemic's impact on students' mental health will need to be taken into consideration.

Affordability

Despite significant federal investments in post-secondary education during the early stages of the pandemic, students have struggled to pay for their education over the past year. About two-thirds of students said that COVID-19 negatively impacted their finances, which pushed students to rearrange their finances, dip into personal savings, and apply for government relief.
Only 12% reported that they made no changes to their finances for funding their post-secondary education.

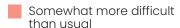
The concern about affordability extends beyond individual students' finances or personal savings. Students tend to be more worried about their families' finances than their own (69% versus 66%). Further, of students where familial support represents at least a quarter of financial aid, 62% are worried about their parents' financial situation

Despite these challenges, nearly half of students still reported an increase in their reliance on family support.

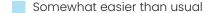
Beyond familial finances, the impact of the pandemic on both current and future employment had the largest impact on students' ability to afford their education. In May 2020, 68% of students felt that COVID-19 would negatively impact their employment, and while that number turned out to be 56%, that still represents more than half of students.

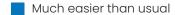
Affordability of PSE

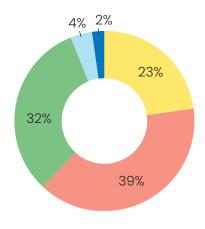












62% of students said COVID-19 made PSE affordability more difficult.

Those most likely to say affordability has been made more difficult are:

- Students in Alberta
- International Students
- Those making between 20-30K
- And those who felt a big Impact to their personal finances

Take a moment to think about the affordability of PSE prior to the pandemic, and how affordability of PSE for you has changed, if at all, during the pandemic. During the last academic year in the COVID-19 pandemic was affordability of post-secondary education...

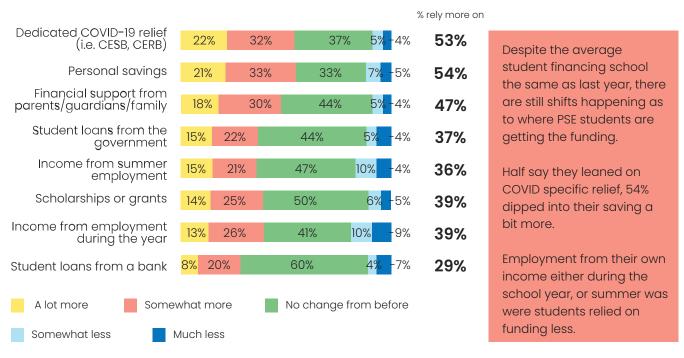
While income was down for most students, the impacts were more severely felt by those working part-time jobs during the academic year. Just over half of students working part-time felt the effects, with 55% reporting a decrease in income and 36% reporting no income at all. Although a smaller percentage of those employed full-time during the academic year saw an impact (36%), of those that did, over half saw their income decrease and 37% saw no income at all.

The result of all of these changes is that students have been forced to rethink how they pay for their education, many of which will continue to impact students in the future.

Still, while the financial impacts are being felt today, they are also likely to stay with students for years to come. Notably on employment, although students fared better than expected, worries about employment in Summer 2021 are as high as they were about Summer 2020. Like last spring, over 60% are worried about summer expenses, fall tuition, and fall living expenses. Ultimately, 60% of respondents believe that they will take on more student debt as a result of the pandemic. Clearly, the concerns regarding affordability are both an immediate and future concern.

Still, Most Have Made Year over Year Changes to Financing their PSE

Only 12% of students say they saw no chance to how they funded PSE prior to the pandemic



Compared to usual, would you say the COVID-19 pandemic has made you more or less...



Accessibility

In May 2020, much was written and said about how COVID-19 would impact the academic environment, whether through the switch to online learning, the need for reliable Internet and the appropriate technology, or the accessibility of educators and support staff. At the time, over 80% of students said receiving the same value and learning experience in the fall was a big concern. Students struggled to gain the same value compared to in-person, and new challenges

arose relating to peer support, social networks, and the ability to maintain a healthy studies-social balance.

Last year's predictions about concerns for the academic year were fairly accurate, if not more optimistic than reality. Many students did indeed struggle with finding support from peers (67%), accessing academic supports (61%), and even finding somewhere to live where they can follow public health guidelines (45%).

Online Academic Year was as Difficult as Predicted, If Not More So

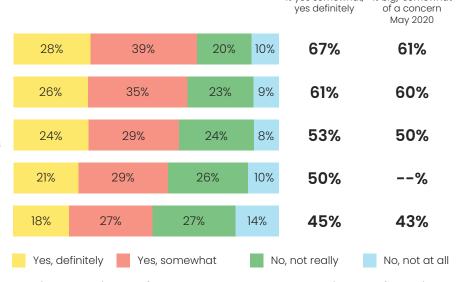
Finding support from my peers (conversations with classmates about classes, challenges, etc.)

Accessing academic supports usually offered (tutorials, office hours, study groups)

Accessing mental health support services usually offered 'on campus' (student support groups, on-campus counseling services, etc.)

Accessing mental health support services usually offered 'off campus' (therapy services, etc.)

Finding somewhere to live where you will feel safe (able to follow public health guidelines)



During the last academic year, did you face any challenges accessing the following...

Last year's predictions about concerns for the academic year were fairly accurate, if not more optimistic than reality. Many students did indeed struggle with finding support from peers (67%), accessing academic supports (61%), and even finding somewhere to live where they can follow public health guidelines (45%)

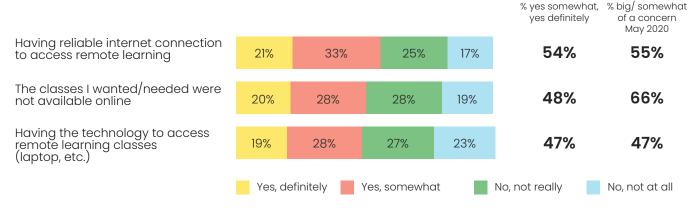
The most immediate and obvious change was in content delivery. More than half of students felt that the online learning environment did not offer the same value compared to in-person learning. When examined further, this number actually downplays the challenges students faced:

- 76% found that professors were not as accessible as they would have been in an in-person class.
- 75% found that the quality of academic content was not as good as what is typically offered in an in-person class.
- 69% found that they were not able to perform as well in an online class compared to an in-person class.

A major contribution to these struggles were the anticipated problems with reliable Internet access and technological needs. Nearly two-thirds of students had difficulties with a reliable Internet connection and close to half reported that they did not have proper access to the technology they needed to complete their courses.

These challenges were not experienced equally by all students. Those who experienced a major impact on their personal finances, international students, and older students were all far more likely to have difficulty accessing technological necessities compared to their colleagues.

Challenges for an Online Semester: Accessibility



And what about the following? Did you face any challenges accessing...

Concerns about accessing classes tapered once students began the online academic year, but worries about a reliable internet connection and having the necessary technology were warranted. 65% had difficulties with a reliable internet connection, and 47% did not have proper access to the technology they needed.

Struggles were not limited to the academic space. For most students, the post-secondary education experience is not simply the time spent in class; it is an opportunity to build social networks, make connections, and learn together. These connections, in turn, help students succeed in the academic world. However, the pandemic had a significant impact on the ability of

students to form these bonds. This lack of informal support and interaction, when coupled with the perceived absence of formal support (e.g. access to professors), resulted in 74% of students spending more time on assignments and more time studying. Indeed, even traditional support systems (e.g. oncampus counseling, off-campus therapy services) were also less accessible.

Government Support

Throughout the pandemic, the federal government has repeatedly prioritized students in their COVID-19 recovery programs. These supports have taken the form of direct investments in student financial aid, the expansion of job opportunities, and changes to limit student debt accrual. Following the April 2020 announcement on student and new graduate aid, these supports totalled approximately \$9 billion in funding.⁷

For the May 2020 report, many of these programs were just beginning to be rolled out or were yet to be implemented. This meant that for many students, the prospects of receiving aid, particularly financial, was still speculative; though, the demand was certainly felt. Now, with a full year of support to reflect upon, it is clear that while imperfect, government support played a significant role in the lives of many students.

However, while the depth and breadth of this government support was substantive, awareness of these programs was both uneven and quite low in some cases.
Unsurprisingly, the Canada Emergency Response Benefit (CERB) and Canada Emergency Student Benefit (CESB) were the most visible, with over two thirds of students being aware of them. Uptake was also highest for these programs, with 33% of students reporting having received funding from one of them.

That said, awareness and uptake⁸ both dropped off significantly beyond these programs.

- Automatic suspension of loan repayment for Canada Student Loans and Canada Apprentice Loans
 - Awareness: 49%
- Additional investments for federal student work programs, including Canada Summer Jobs, the Youth Employment Skills Strategy, and other work-integrated learning programs

Awareness: 47%Uptake: 17%

 Changes to Canada Student Loan Program, including the doubling of the Canada Student Grant and the increase in weekly loan maximums

Awareness: 46%Uptake: 21%

 The creation of #RisingYouth, a Canada Service Corps program that provides micro-grants to young people undertaking new community initiatives

Awareness: 36%Uptake: 14%

Overall, 74% of students reported that they applied to at least one program

^{7 &}quot;Support for Students and Recent Graduates Impacted by COVID-19. (Ottawa, ON: Department of Finance Canada, 2020). Accessed online: https://www.canada.ca/en/department-finance/news/2020/04/support-for-students-and-recent-graduates-impacted-by-covid-19.html
8 Uptake was defined as having applied for the specific program and been approved for it.

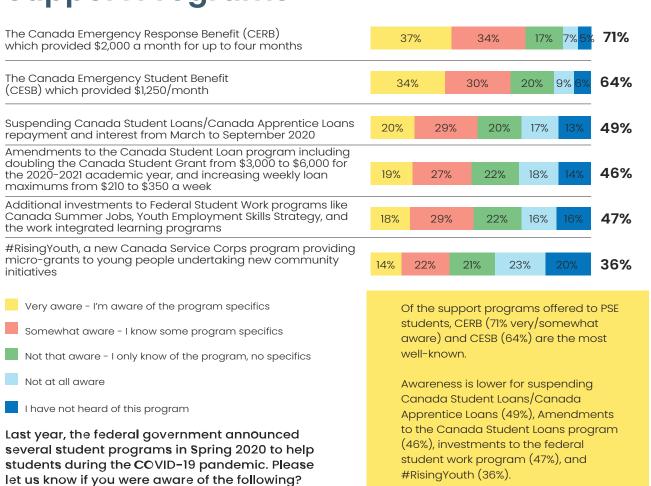


and 64% received support from at least one program. This funding represented an average of 8% of total education financing for students, though certain demographics were least likely to receive federal aid, such as students between the ages of 17 and 29, those in their first year of post-secondary education, those with no personal income, and those graduating in 2021 or later.

While it is clear that students took advantage of the aid provided, most are expecting that they will need additional support in the upcoming school year. In total, only one third of students reported that last year's support was enough.

Awareness Highest for 'Basic' Support Programs

% very/ somewhat aware

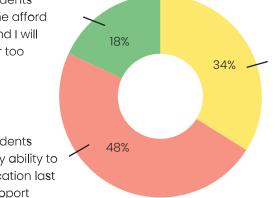


When asked what type of additional support would be most welcomed, the most popular answer given was the lowering of interest rates on federal student loans and an increase in up-front, non-repayable financial assistance. In both cases, more than a quarter of students ranked that as their preferred option, and 69% had lowering interest rates in their top three options. Students also showed significant interest in expanding job opportunities and coop placements during their studies.

As this data was commissioned prior to the 2021 Federal Budget and its inclusion of a further \$6 billion in dedicated student aid, it remains to be seen what impact this will have on affordability and the perception of government support in the coming year. However, many of the announcements align well with the demands of students, particularly the expansion of needs-based grants and the overall desire for additional support.

A Majority Say the Current Programs Aren't Enough

The benefits available to students were not sufficient to help me afford post-secondary last year, and I will need more support this year too



The benefits available to students were enough to help with my ability to afford post-secondary education, and I don't expect I will need additional help this year

The benefits available to students were enough to help with my ability to afford post-secondary education last year, but I will need more support again this year too

Right now the federal government has not extended any of the COVID response supports for students for the upcoming academic year. Which of the following best describes how you feel about the government support programs for students, as part of the COVID-19 response?

This tracks almost identical to last year where back then 18% said the supports would not be enough and they would require more, 44% said they were sufficient for now, and about a third said the support is adequate (39%)

Looking Ahead

Although it is still far too early to say that the COVID-19 pandemic is over, the end is moving increasingly into view. Across most of the country, young people and students are becoming eligible for vaccinations and plans are beginning to emerge regarding a potential return to in-person classes for the Fall 2021 semester. Though there is cause for optimism, the impact of COVID-19 will remain with for some time.

This data illustrates how hard the past year has been for students. The loss of on-campus services, notably counseling and access to academic resources, has lessened the value of post-secondary education for many students. In particular, the lack of mental health services has been highlighted as problematic. Indeed, the stress of living, studying, and working in isolation will certainly have a lasting influence on students, as will the inability to form social and professional networks. As shown, many students are worried that this lack of connections will hamper their ability to find work postgraduation. When coupled with the financial strain COVID-19 has had

on both students and their families, this damage to employment opportunities threatens to worsen intergenerational poverty. Additionally, while online learning has not been as challenging as many expected it would be, the absence of essential technological resources, such as laptops and reliable Internet, has made the post-secondary experience less accessible overall. Finally, while government support has been welcomed, many are concerned that it will be insufficient to cover upcoming costs.

That said, students are resilient and have overcome numerous barriers in their pursuit of post-secondary education. As the past year has shown, when faced with the challenges of having to adapt to an entire new learning environment, students have shown a tremendous amount of dedication. However, it is equally important that students receive the support they require. At CASA, we will continue to advocate for students and a post-secondary education sector that is affordable, accessible, innovative, and of the highest quality.

Our Members















STUDENTS' UNION

UNIVERSITY OF CALGARY

































About CASA

Established in 1995, the Canadian Alliance of Student Associations (CASA) is a non-partisan, not-for-profit, student organization composed of 24 student associations representing 275,000 post-secondary students from coast to coast. Through its

partnership with the Quebec Students Union (QSU), CASA presents a national student voice to the federal government. CASA advocates for a Canadian post-secondary education system that is accessible, affordable, innovative and of the highest quality.















