



THE UNIVERSITY OF NEW MEXICO

STUDENT WELL-BEING ASSESSMENT

2024-2025 UNM-Valencia Findings Report

***A Lobo* Well-Being Project**

SUMMARY

The UNM Student Well-Being Assessment was completed in Fall 2024 in partnership with the American College Health Association (ACHA). 4,704 UNM students participated in the survey, which investigated areas of well-being, known as “dimensions”, that are influenced by the college environment. Please refer to the *Student Well-Being Assessment: 2024-2025 Findings Report* for information regarding ACHA’s dimensions and correlation to the University’s Lobo Well-Being framework.

This supplemental report references terminology specific to the American College Health Association’s Well-Being Assessment. Definitions of Trans/GNC, Dimensions, and the use of sex and gender are included in the 2024-2025 Findings Report.

DEMOGRAPHICS

According to the UNM Office of Institutional Analytics (OIA) Official Enrollment Report (OER), the total Valencia Campus Headcount for Fall 2024 was 917 students. Of that total, 134 students participated in the Student Well-Being Assessment, resulting in a response rate of 14.6%. Please note that students participating in dual-credit and concurrent enrollment were not included in the Student Well-Being Assessment. Approximately 65% of Valencia’s Fall 2024 headcount was female, while 35% was male. OIA does not currently track transgender or gender non-conforming identities in the OER.

See Figure 1 below for additional demographic information.



72.4%

Identify as BIPOC

76.1%

Reported being a first generation college student

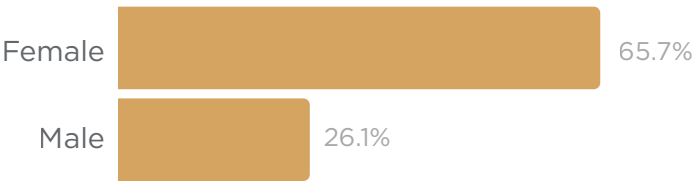
17.9%

Reported primary responsibility for a child under the age of 18*

21.6%

Identify as Queer

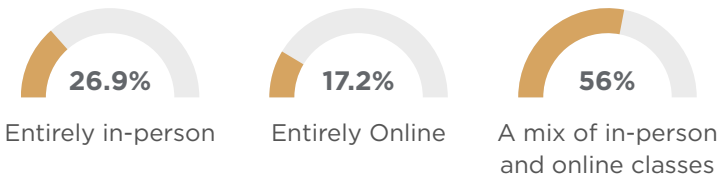
Respondents by Sex & Gender



58.2% reported full-time enrollment

38.1% reported part-time enrollment

Course Modality



*For the purposes of this study, this group is known as Parenting Students

RESULTS & KEY FINDINGS

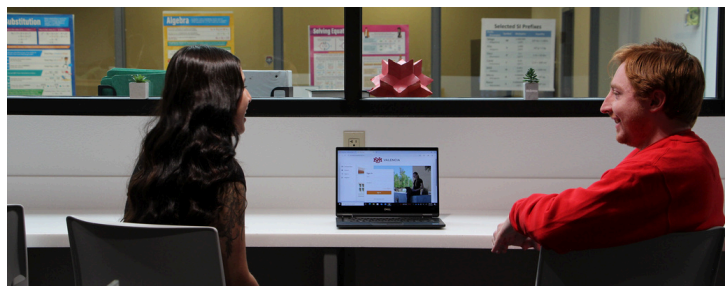
Figure 2. Dimension Scores by Campus

● = Most desirable score

Dimension Scores by Campus			
	Valencia	All Other Branches	Central (Main)
Happiness	33.34	<u>34.65</u>	30.71
Anxiety	27.52	<u>25.30</u>	29.29
Depression	21.61	<u>20.51</u>	22.68
Loneliness	18.56	18.12	19.79
Social Anxiety	23.10	<u>20.03</u>	22.60
Life Satisfaction	42.45	<u>43.99</u>	42.04
Self-Esteem	43.68	<u>44.99</u>	42.44
Optimism	39.81	<u>41.41</u>	37.47
Positive Coping	34.20	<u>36.12</u>	34.49
Belonging	46.72	45.82	41.41
Meaning	46.06	<u>46.71</u>	42.95
Purpose	<u>50.92</u>	49.68	49.24
Academic Engagement	45.25	<u>46.50</u>	43.95
Activity Engagement	43.14	41.06	43.20

Students at the Valencia campus generally reported less desirable dimension scores than their peers at All Other Branches but more desirable dimension scores than their Central (Main) Campus peers. Respondents at Valencia reported more desirable Purpose scores than their peers and reported scores within +/- 1.00 of all other branches in the Loneliness and Belonging dimensions. See Figure 2.

Students at Valencia with Disabilities or Conditions reported less desirable scores in all dimensions compared to their Valencia peers who did not disclose disabilities or conditions. Queer-Spectrum students reported less desirable scores in ten dimensions compared to their peers at the same Branch. Notably, Queer-Spectrum students at Valencia scored approximately 2.00+ points more desirably in the Purpose and Academic Engagement dimensions than their Valencia peers.



Unlike with Parenting Students at Central (Main) Campus, Valencia does not have a population that scored significantly more desirably than the mean across most or all dimensions.

Mental Health and Access to Care

Figure 3. Valencia Students' Mental Health and Access to Care



58.2% of students at Valencia report having at least one disability or condition



32.8% of students at Valencia cannot currently afford to obtain mental health care if needed.



31.3% of students at Valencia cannot currently afford to obtain medical care if needed.

The number of students at Valencia who report having at least one disability or condition is slightly higher than the average of students at all campuses (58.2% vs. 57.9%). Additionally, 3.2% more students at Valencia cannot currently afford medical care if needed while 1.5% more cannot currently afford mental health care if needed. This indicates that students at Valencia may face slightly greater barriers to care than the average UNM student. See Figure 3.

RESULTS & KEY FINDINGS (CONTINUED)

Within the last 30 days, 36.6% of students at Valencia indicated the food they bought did not last, and they did not have money to get more (vs. an average of 31.4%). 41% of Valencia students also reported sometimes/often/very often contributing money to support family members, vs. a UNM-wide average of 26.3%. Students at Valencia appear to worry about paying for their educational expenses about the same as the average UNM student (55.9% vs. 56.4%). See Figure 4.



Figure 4. Valencia Students' Basic Needs and Financial Concerns

36.6%

Within the last 30 days, the food I bought (sometimes/often) just didn't last, and I didn't have money to get more.

41%

I (sometimes/often/very often) contributed money to help support family members who were not my own domestic partner or children.

55.9%

I (sometimes/often/very often) worried about being able to pay for my educational expenses.

CONSIDERATIONS

In addition to the Considerations highlighted in the 2024-2025 Findings Report, please note that, due to the number of responses, care should be taken when

reviewing these data. With a response number of 134, Valencia met the desired 10% response rate, but sub-population data may not be fully representative of the Valencia student body. Additionally, some sub-populations including Veterans and Trans/GNC students have been excluded from further analysis due to the risk of identification. Lastly, research requirements have mandated that students under the age of 18 be excluded from this assessment. Given the composition of UNM's Branch Campuses in general, it is important to remember that these data apply *only* to students 18 years of age or older.

REFERENCES

American College Health Association. American College Health Association-Well-Being Assessment: University of New Mexico Executive Summary Fall 2024. Silver Spring, MD: American College Health Association; 2024.

The University of New Mexico. (2025). *Student Well-Being Assessment: 2024-2025 Findings Report*.

UNM Office of Institutional Analytics. (n.d.). *University of New Mexico Official Enrollment Report* [Public dashboard]. Retrieved September 3, 2025, from <https://oia.unm.edu/facts-and-figures/official-enrollment-reports.html>

The UNM IRB protocol associated with this study is **#2407139897**

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