Loneliness at UCSD
Vs. National averages

2755 students
(Fall 2018 & Winter 2019)
Mindfulness may protect against Loneliness and Stress

High mindfulness is associated with less loneliness and lower stress levels

2755 students (Fall 2018 & Winter 2019)
Student Interest
in a well-being class that counts towards their college requirements at UCSD

How interested would you be in taking a well-being class if it counted towards your college requirements at UCSD?

2755 students
(Fall 2018 & Winter 2019)