

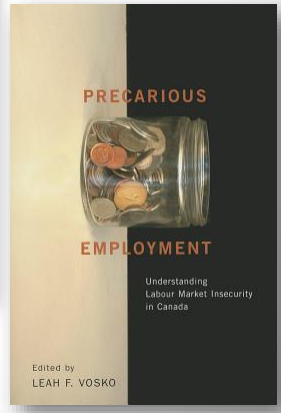
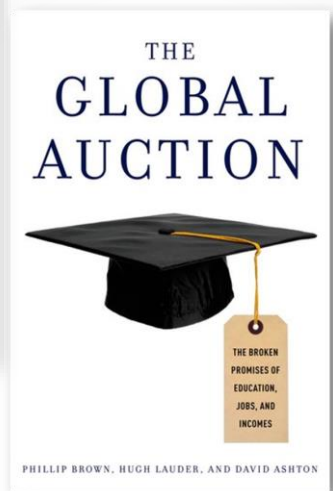
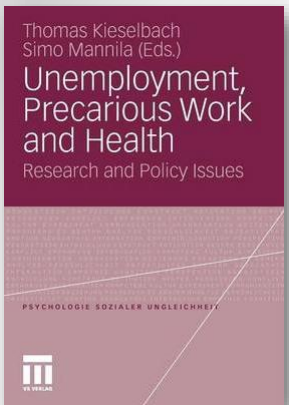
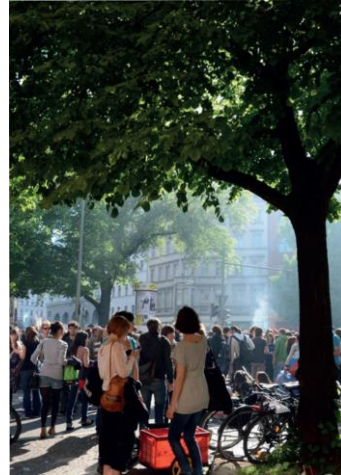
Being a University Student in the 21st Century

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The Life Patterns Program in 2016


- Cohort 1
- **Generation X: born in early 1970s. Left secondary school in 1991**
 - Sample size 2000 in 1996, now 258
 - Currently aged 42 - 43
 - Representative by gender, type of school attended, rural/urban
 - Victoria
- Cohort 2
- **Generation Y: born in late 1980s. Left secondary school in 2006**
 - Sample size 4000, now 583
 - **Currently aged 27-28**
 - Representative by gender, type of school attended. Over-sampled in rural
 - VIC, ACT, TAS, NSW


- In 2016, 30% are still studying



Life Patterns
Ten years following Generation Y


<http://web.education.unimelb.edu.au/ycr/>

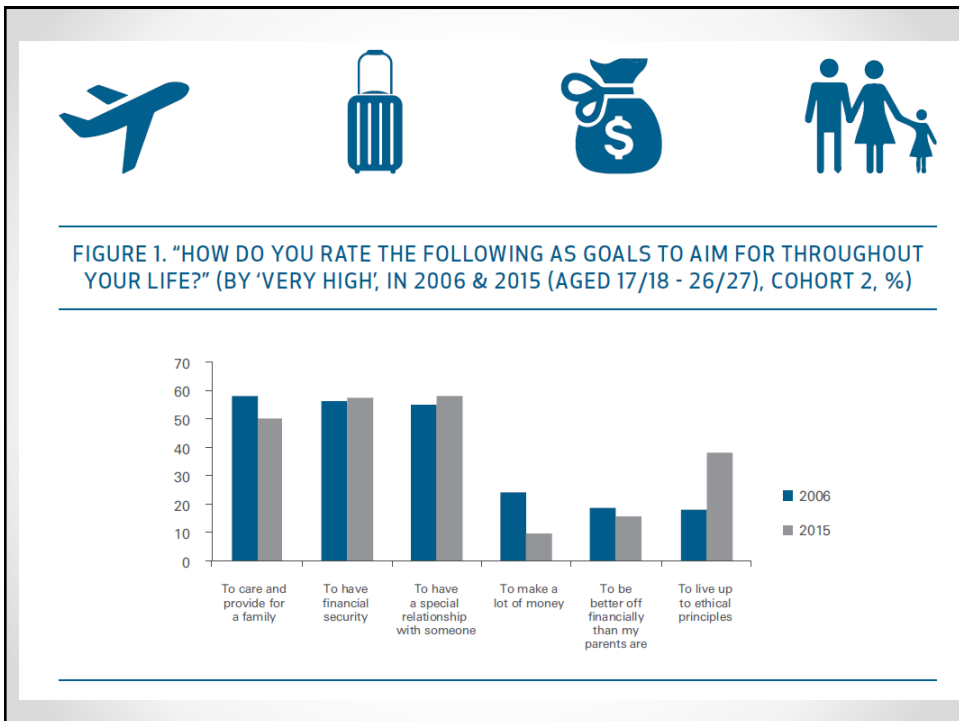




MELBOURNE GRADUATE
SCHOOL OF EDUCATION

Shaping minds, shaping the world





HOW MUCH IMPORTANCE WOULD YOU GIVE TO "JOB SECURITY" IN DECIDING ON A CAREER JOB?
(By 'high' and 'very high', 2009 (aged 20/21) to 2015 (aged 26/27), Cohort 2, %)



SINCE 2010, 68% OF PARTICIPANTS HAVE HAD 2 TO 5 JOBS AND 12% HAVE HAD OVER 5 JOBS. FURTHERMORE, ONLY 23% OF PARTICIPANTS EXPECT TO BE IN THEIR CURRENT JOB FOR LONGER THAN 5 YEARS

FIGURE 2. WORKING CONDITIONS - IRREGULAR SHIFTS: "YOUR WORK INVOLVES..."
 (BY 'AGREE', 2009 (AGED 20/21) TO 2015 (AGED 26/27), COHORT 2, %)

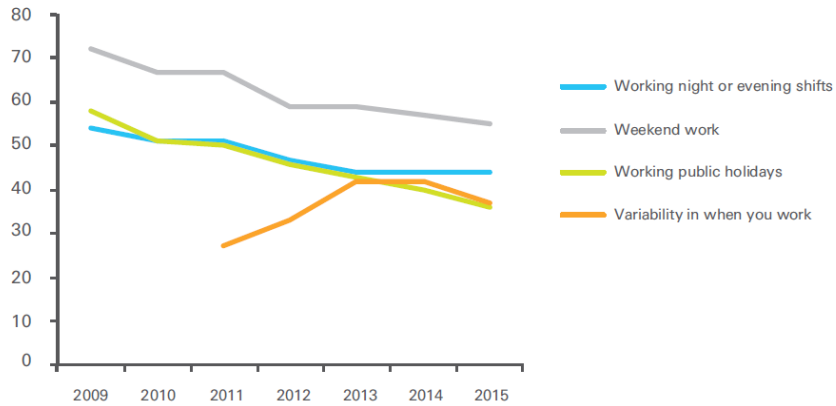
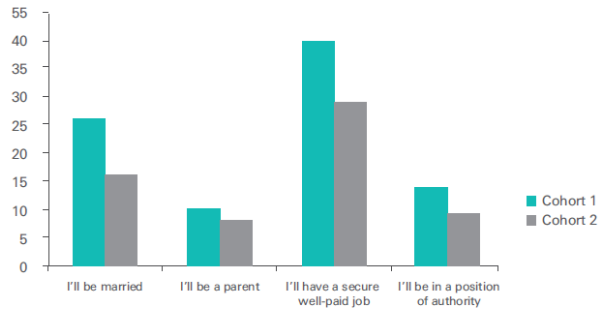
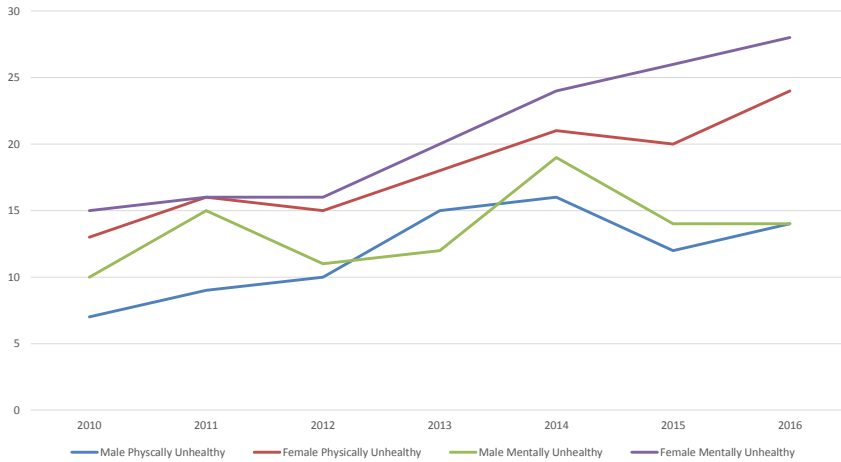


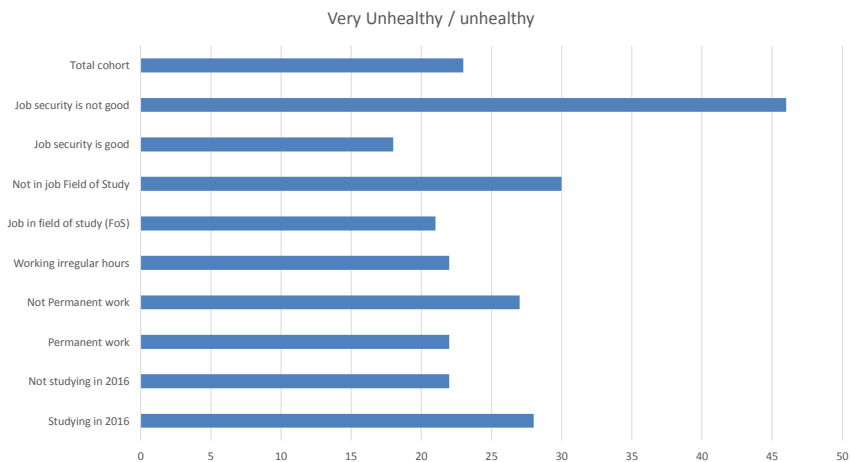
FIGURE 3. WHICH OF THE FOLLOWING IS LIKELY FOR YOU IN 5 YEARS FROM NOW?
 (BY 'VERY LIKELY', IN 1996 & 2011 (AGED 23 YEARS OLD), COHORT 1 AND COHORT 2, %)



Cohort 2: mental and physical status for males and females between 2010 (aged 21) & 2016 (aged 28), (%)



In the past few months, how healthy have you felt mentally? Study-work patterns. By “very unhealthy” & “unhealthy”, N=527, (%)



Mental health and university

The Life Patterns program has identified stress as a major contributor to student's poor mental health

Financial hardship and stress

- "Between doing 20 contact hours at uni plus that at work as well as a good 20-30 hours outside uni study a week, my body is exhausted and mentally it feels like uni is overtaking my life and may not be worth all this. I can't work less hours as I am saving." Woman, metropolitan area, year: 2010.
- "Uni work and money issues stress me out. Centrelink Youth Allowance does not pay enough to cover rent, bills, car needs, medical or dental, but uni hours and work requirements don't allow time to work." Woman, regional area, year: 2010.

Friends and family are a crucial resource

But

The impact of mixing work and study means that young people find it difficult to find regular periods of shared time to maintain close relationships and to build new acquaintances into deeper friendships.

Looking back at hopes you had in school, how satisfied are you with the way things have turned out, by 'very satisfied', aged 25, (C1) 1998 & (C2) 2013, (%)

