UTILIZING UNIVERSITY RESOURCES TO PROMOTE STUDENT WELL-BEING AND STRESS COPING STRATEGIES IN HIGHER EDUCATION

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ABSTRACT

The unprecedented COVID-19 pandemic has been significantly impacting well-being and academic performance of university students in many aspects. This study investigates key factors that co-vary to impact well-being and stress coping strategies of university students during the pandemic semesters and post-pandemic recovery. The study performs a cross-sectional survey of business students of a large public university in the USA. Preliminary findings are reported on key strategies and university resources that can be better deployed to promote student well-being and academic performance in higher education. Through the structural equation modeling analysis (SEM), the study develops a data-driven model that articulates a nomological network of interrelationships of key phenomena of higher education. The model extends understanding and emerging literature of COVID-19 impacts in higher education. The study contributes to the higher education research and administration.

Keywords: Higher education, COVID-19 pandemic, student well-being, stress coping strategy, university resources.