

# Bridging Academics & Parenthood: A Data-Informed Support

## Program for FSU Student Parents

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### Introduction

Our research circles around the ideas of student parent resources on FSU campus. We currently have resources but how well known are these resources? We aim to answer the question of how we can help student parents more to give them an easier chance of succeeding academically. Our research aims to get a better understanding on what the student parent population needs to have the same academic experience as non-student parents.

There are multiple resources on campus that can be helpful to student parents who go to school on campus that can potentially benefit from these resources. Our goal is to gather as much information from these students & provide them a voice to speak up for better resources as well as providing a list of helpful resources that they might not have seen before. We hope that by the end of this research that more student parents will feel safer using the new sources given to them as well as a better chance of experiencing an easier time academically without the stress of having to worry about being a parent. We understood how difficult it is to balance those responsibilities with school, our work is aimed to help balance those responsibilities & hopefully better their experience at FSU

### Resources/ References

Parenthood. (n.d.). Florida State University Division of Student Affairs. <https://studentaffairs.fsu.edu/parenthood>

Center for Couple & Family Therapy (CCFT). (n.d.). Anne Spencer Daves College of Education, Florida State University. <https://annescollege.fsu.edu>

All opportunities – FS4U. (n.d.). Florida State University. <https://fsu.academicworks.com>

State grants. (n.d.). Florida State University Office of Financial Aid. <https://financialaid.fsu.edu>

Free Prgnancy tests	Woman's Pregnancy Center	(850) 297-1174
Discounted STI testing	Woman's Pregnancy Center	(850) 297-1174
Free Ultrasounds	Women's Pregnancy Center	(850) 297-1174
Material Assistance	Mosaic Sexual Health Clinic	(850) 765-4955
Stork room/Material Assistance	PHI Center	850-222-7177

Figure 1. 5 sources from our curated Student-parent resource list

Dunlap Success Center	Student Veterans Center	850-644-9562
TeleMental Health Services	FSU Couesling and Psychological Center	850-644-TALK (8255)
CHAW Building	Nutrition Services	(850) 644-6230

Figure 2. 3 on-campus sources from our curated Student-parent list

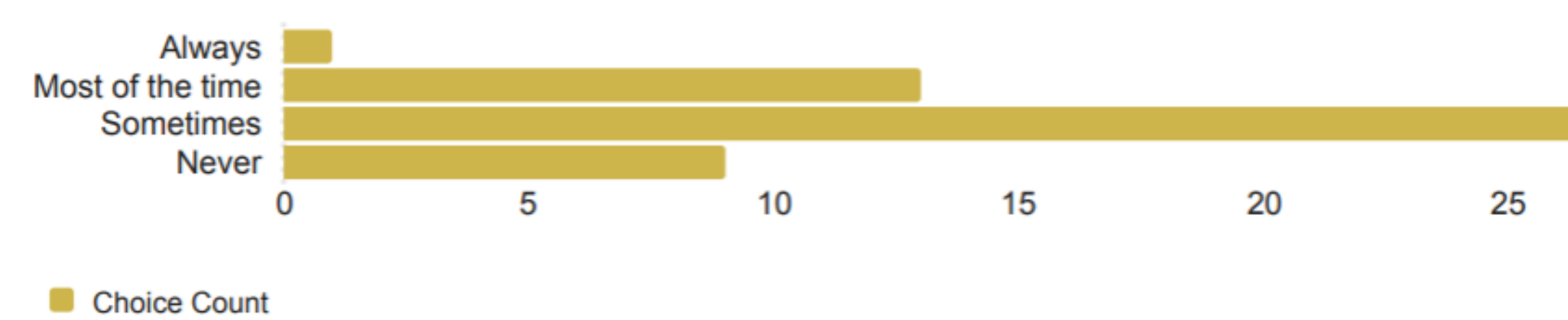
### Methods

The methods in our section included: A Qualtrics survey distributed to a small to fair sample of FSU students. The sample consisted of FSU student parents who opted into the FSU Childcare and Early Learning listserv. This survey was sent to both undergraduate & graduate students, women & men, making it as general as possible.

This survey measured more accurately the percentages, of whom answered the survey, of demographics of those who consider themselves student parents at FSU. We were able to determine the percentages of their ethnicities, their ages, the ages of their children, their year level, there housing situation (on/off campus) etc.

We curated a survey over the course of a month & sent it out via email to those selected FSU emails & then collected their responses a month later. We analyzed the information as a group, mentors & mentees included, & then reported them in our abstracts & UROP groups.

Q29 - Do you feel that you have adequate time to take care of your physical health?



Q30 - Do you feel that you have adequate time to take care of your mental health?

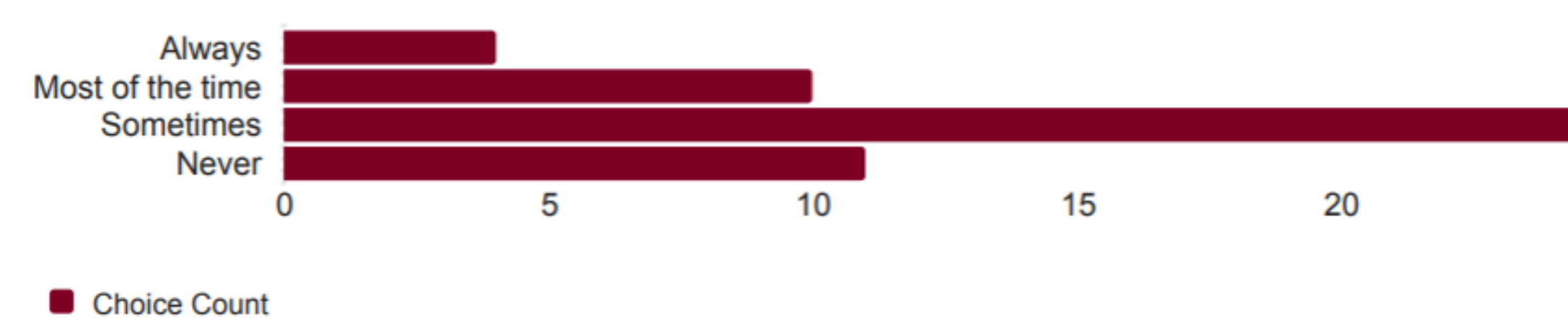


Figure 3. Questions given to our participants in the survey results. Majority answers sometimes to both questions involving personal health

Q33 - Would you be interested in being contacted in the future either for more resources or one or more of the following? - Selected Choice

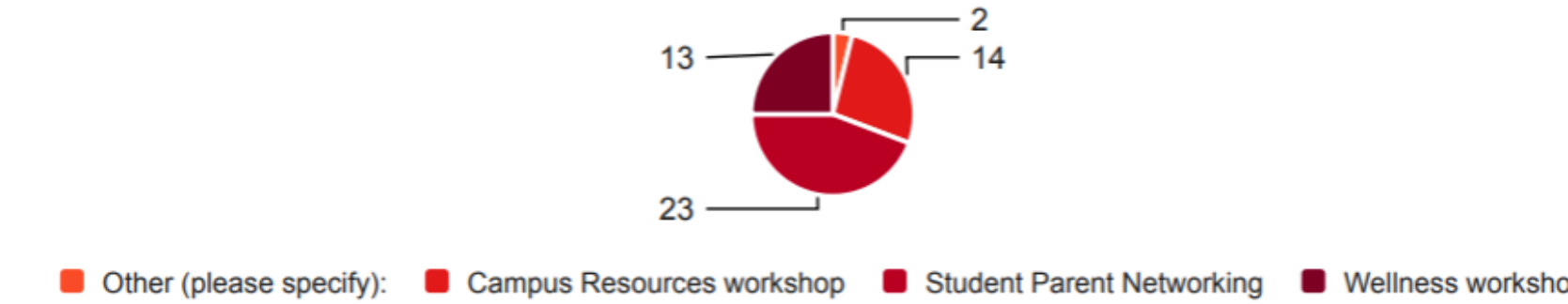


Figure 4. Results from a question distributed to our participants about future actions they would be interested in

### Acknowledgments

We would like to thank Nicole Wicker for her guidance in this project & her leadership. Additionally, we would like to thank the FSU Childcare and Early Learning Center for allowing us to work with their resources & to allow us to help. We would also like to thank the participants who took time out of their days to respond to our surveys to allow us to provide this data & information to everyone.

### Results

The Qualtrics survey produced the following data:

78% of the respondents were full time students

20% of respondents were male, 80% female

The age groups of the respondents ranged from 17-21 to 40+, most of them being 31-35

Majority of respondents had 1 child, all of them currently living with them

All of the respondents live off-campus, majority living with a partner as well

About 20% of respondents are single-parents

48% of respondents are White, 24% are Black, 12% are Latino/a, & 12.5% are Asian

46% of respondents utilize the FSU childcare facility

38% of respondents have childcare assistance, 15% have food assistance, 18% have WIC, & 15% have Medicaid

Majority enroll in on-campus classes

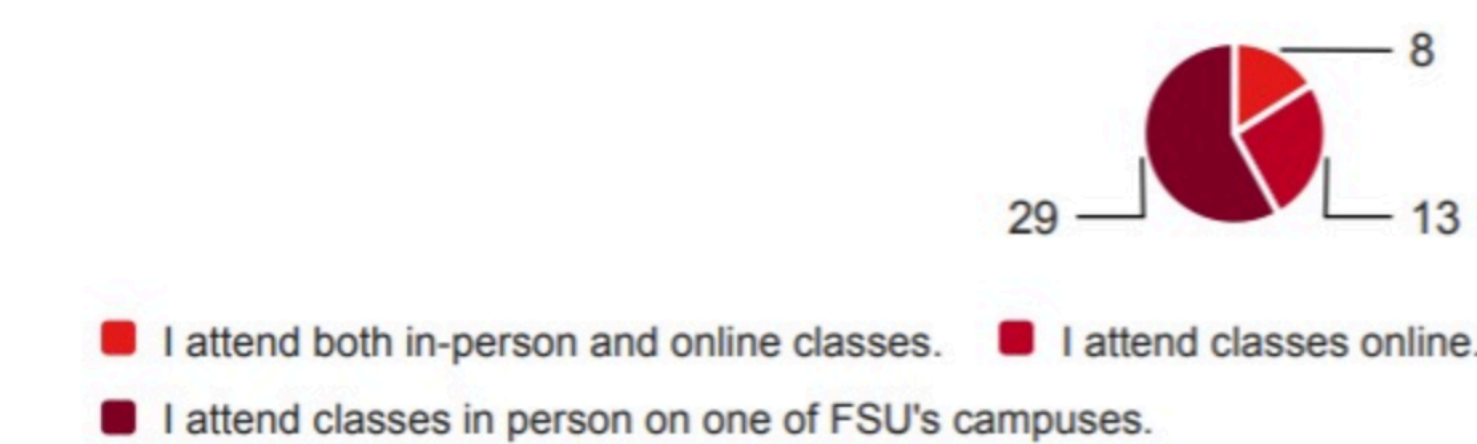
Over 50% of respondents reported not being able to afford childcare

Majority of respondents reported only "sometimes" having enough time to take care of their mental &/or physical health, some saying "never"

Majority of respondents reported wanting there to be more financial assistance, family-friendly spaces & academic advising tailored for parents

Figure 5. Results from a question distributed to our participants about how student-parents attend class at FSU

Q22 - Which of the following best describes how you attend classes at FSU?



### Conclusion/Discussion

• Student parents make up a significant portion of the student population (18–22% nationally), yet their needs are often overlooked.

Key findings

- Majority of respondents were graduate students.
- Majority were female.

Meaning & Significance

- Time constraints & stress are ongoing concerns for student parents.
- Wellness challenges may impact academic performance & persistence.
- Resource availability alone is not enough — awareness & accessibility matter.
- Student parents represent an important but underrecognized campus population.
- We gained clearer insight into demographics & wellness concerns.
- Identified gaps in communication & visibility of campus resources.
- Highlighted need for more intentional institutional support.

Limitations

- Small sample size.
- Some participants drawn from childcare database (possible sampling bias).
- Self-reported responses.
- Single-university focus limits generalizability.

Contribution to Research

- Provides campus-specific data on student parents.
- Identifies wellness & awareness gaps.
- Helps inform policy, outreach, & resource development.

Future Research

- Larger & more diverse sample.
- Qualitative interviews for deeper insight.
- Measure GPA, retention, & graduation outcomes.
- Assess awareness of specific campus resources.
- Longitudinal studies to evaluate impact of new supports.