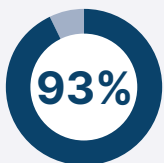




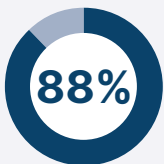
The **Class of 2023** is Ready and Resilient

After four years of college impacted by the COVID-19 pandemic, members of the Class of 2023 are hopeful about their future but still grappling with the mental health effects of COVID-19. TimelyCare conducted a nationwide survey of roughly 700 college graduates who plan to enter the workforce after they graduate. A majority (68%) who indicated they felt their preparedness was impacted by the pandemic say **mental health is the No. 1 reason why**. The results also reflect an increased desire for mental health support, both in school and after graduation.

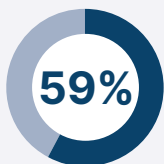
Prepared and Hopeful for the Future



are hopeful for their futures.



feel prepared to enter the workforce, with 8 in 10 students crediting their school's career development office, resources, or programs.



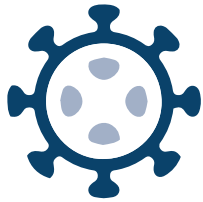
used AI resume writing assistance from ChatGPT.

Top 5 Ways Career Resources Helped

- 1 Writing resumes and cover letters
- 2 Finding a job
- 3 Networking with professionals and employers in the fields in which they want to work
- 4 Improving their interview skills
- 5 Coaching them to figure out what they want to pursue

COVID-19's Impact on the College Experience

The **Class of 2023** is the first graduating class whose entire college career was impacted by the COVID-19 pandemic.



79%

say **COVID-19** impacted their workforce preparedness



68%

cite the **pandemic's impact on their mental health** as their No. 1 reason for feeling less prepared

Top Stressors for Graduates Entering the Workforce



Finding and keeping a job



Being independent and self-reliant



Supporting themselves financially and paying bills



Economic instability, inflation, and bank collapses



Making the transition from school to work

College-to-Career Transition

Mental Health Support is a Must



92%

Nine out of 10 students say **employers should offer mental and emotional health benefits**



Nearly **3 out of 4 (71%)** say they are **somewhat or very stressed about entering the workforce**

Flexibility is Key

The **most important** aspects of a job for new graduates are:



Flexible work hours



Flexible work environment



Medical benefits



Vacation time

Connection is Vital

Though the **Class of 2023** is looking for flexibility, a majority still prefer a fully in-person work environment.

