



FEATURED STUDY

17-22 YEAR OLDS' COVID-19 EDUCATION STRESSORS IN MANITOBA

Surveyed 494 students November 2021-January 2022
Respondents' education during pandemic:
28% high school only, 40% high school then
post-secondary, 32% postsecondary only.



TOP STRESSORS IN REMOTE & IN-PERSON

LEARNING DURING THE PANDEMIC

The vast majority reported experiencing some difficulties or stressors around school, college, or university.



LESS INTERACTION WITH FRIENDS/CLASSMATES

In-person: 61% | Remote: 80%



LESS INTERACTION WITH TEACHERS

In-person: 49% | Remote: 73%





WORRIED ABOUT GRADES

In-person: 55% | Remote: 67%

Less physical activity was also a top stressor in remote learning (67%).





AMONG THE LOWEST  
REPORTED STRESSORS OF
IN-PERSON LEARNING:

PUBLIC HEALTH MEASURES



Physical or social
distancing: 31%



Wearing a mask:
26.5%



Limited movement
in classroom: 32%



Public health and school officials should be aware that these strategies, which are effective and warranted in preventing illness and keeping people safe during significant outbreaks, are not the most difficult school experiences for students during the pandemic.

THESE PANDEMIC SCHOOL EXPERIENCES

WERE MORE DIFFICULT OR STRESSFUL FOR...



FEMALES VS. MALES

- worried about grades  
- too much screen time  
- less interaction with friends/classmates 
- no/not enough access to technology or internet 



THOSE EXPERIENCING FINANCIAL BURDEN DURING THE PANDEMIC

- worried about grades  
- no/not enough access to technology or internet 



In-person



Remote



THESE PANDEMIC SCHOOL EXPERIENCES

WERE MORE DIFFICULT OR STRESSFUL FOR...



PRE-PANDEMIC FAIR/POOR MENTAL HEALTH VS. GOOD/EXCELLENT

- less physical activity



EDUCATION DURING THE PANDEMIC

There were also differences in likelihood of reporting stressors between students who were in high school only, high school then post-secondary, and post-secondary only during the pandemic (more details in the published study).



In-person



Remote



Access the full study:



Afifi, T. O., Salmon, S., Taillieu, T., Pappas, K. V., McCarthy, J.-A., & Stewart-Tufescu, A. (2022). Education-Related COVID-19 Difficulties and Stressors during the COVID-19 Pandemic among a Community Sample of Older Adolescents and Young Adults in Canada. *Education Sciences*, 12(7), 500.

