

Covid-19 Survey Faculty of Sustainability – Results Students

1. CHALLENGES

Due to Covid-19, the students experience various challenges both in university context and privately:

Challenges studying:

- Difficult to find a suitable study place (room too small, no private room available)
- Very high screentime
- Lack of interaction with other students and lecturers
- Technical challenges (bad internet connection, non-compatible devices)

Challenges private:

- By far the most mentioned: Loneliness and very reduced social contacts
- Financial difficulties and job loss
- Caring duties for family members which needs time and energy
- No separation between working/studying and leisure time
- General uncertainty and worrying about others and the development of the pandemic

2. EFFECTS

Resulting from the situation and the challenges mentioned above, students reported the following effects the pandemic has on them:

Effects on studying and career:

- Concentration and motivation for lectures, seminars and studying in general is a lot lower
- Higher workload than before and at the same time less time for studying
- The quality of own exams and studying work seems to decrease and many also expect this to be reflected in their grades
- Positive effects: opportunity to attend other modules, working at own pace helps
- Possible delays of future studies and worse job perspectives for the near future

Effects private:

- Activities generally consume more energy and time
- Effects on mental health seem to be quite severe: many reported high pressure, stress and anxiety, some also depression
- Physical health affected as well (esp. headache, muscle tensions, worse eyesight)
- Some reported no negative effects or positively mentioned new perspectives and ideas

3. STRATEGIES

In order to deal with these effects, different strategies were mentioned:

Strategies studying:

- Lowering expectations of their own performance and accept worse results
- Group learning and communication with others
- Creation of suitable study places (leaving own flat)

Strategies private:

- Trying to rely on friends and family and stay in contact
- Doing sports and physical activity and spending time outdoors
- Active time management (screen-free time, fixes end of work day)
- Using professional help (psychological support)
- Active reflection of pandemic and situation (diary, talking to others, academic approach)
- Meditation

4. SUPPORT FROM THE UNIVERSITY

Based on the situation between March and July/August 2020 (depending on when the survey was submitted), students experienced the following support from Leuphana University and the Faculty of Sustainability:

- (Relatively) quick switch to online education
- Sometimes positively mentioned: learning materials (e.g. videos) and online formats
- Helpful staff if problems occurred (library, administration, etc.)
- Communication and updates via e-mails (sometimes late)
- After it re-opened: Working spaces, library, printer (but also criticised because it was closed so long)
- Some also said that they don't get any support at all

5. SUGGESTIONS AND WISHES FOR THE UNIVERSITY

Referring to July/August/September 2020 (depending on when the survey was submitted), students had the following suggestions and wishes for further support by the university and faculty:

University level:

- Wish for face-to-face lectures and seminars, as soon as they are allowed
- Change of the standard period of study (SoSe 2020 should not count)
- Better communication and updates (less short term)
- Support services for administrative questions, psychological support, consultation for soft skills (time management, stress resilience etc.)
- Other: later starting date of semester, change in tuition fees)

Faculty and module level:

- General wish for better understanding and feeling for situation and struggles of students
- Flexibility of teachers, e.g. possible change of exam dates, taking feedback into account
- Reduction of workload
- Specific suggestions online education: videos instead of Zoom for own time management, moodle courses, no 8h-weekend-modules
- Rules/norms for online education for all faculty modules (e.g. no obligation to turn camera on)

Contact details, additional quotes and all results can also be found [here](#).