



69% of '22 College Grads Say Work-Life Balance is More Important Now Due to Pandemic

65% Are Confident in Their Post-Grad Plans, Despite Most Experiencing Impacts to Their Original Educational and/or Career (63%) Intentions

June 21, 2022 (Seattle, WA) - According to a new survey from BestColleges.com, 69% of this year's college graduates believe circumstances caused by the COVID-19 pandemic have increased the importance of work-life balance. The survey of 431 college students who have graduated or will graduate in 2022 with a bachelor's or associate degree found that most (65%) feel confident about their post-graduation plans, even though the pandemic had an impact on their original educational and/or career (63%) intentions.

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<https://www.bestcolleges.com/research/grads-want-work-life-balance-post-pandemic/>

Work-life balance is important to 89% of graduates, and 45% say employers' leadership should demonstrate it. Most (74%) believe achieving this balance takes effort from the employee and employer.

"In this tumultuous job market, there has been a lot of talk around young workers demanding certain benefits from employers, and that culture fit is of the utmost importance to them," said Jessica Bryant, an analyst for BestColleges.com. "Our study reveals that it's not as one-sided as that because while some college grads believe employment-related factors are necessary, most are also personally committed to putting in the effort to achieve the work-life balance they desire."

Out of those who believe it is important, a flexible work schedule (54%), health insurance coverage (53%), and wellness benefits (46%) are the employment-related factors graduates are most likely to believe are necessary for achieving work-life balance. Fewer graduates believe factors such as hybrid work options (37%) — like working from home some days and in an office other days — and remote work options (34%) are necessary.

When it comes to personal factors, those who believe work-life balance is important report that time management (66%), engaging in self-care (65%), the ability to say "no" (56%), and detaching from work when not working (50%) are necessary for them to achieve it.

An overwhelming majority (78%) of graduates agree that their postsecondary education has been impacted or disrupted by the coronavirus pandemic. When asked how their education or career plans changed as a result of these circumstances, the most common aspects indicated by graduates include the amount of time to finish their degree or graduating later than expected/planned (33%), their desired job post-graduation (27%), and their major or field of study (25%).

When asked about their post-graduation plans, 43% of graduates will find a job or have found a job (43%), while 13% will continue working in their current job. Out of those who will enter the workforce or stay in their current position, 65% say they will be or are currently employed within their field of study.

Most graduates (66%) feel their program prepared them for participation in the workforce, a 15 percentage point increase when compared to [last year's study](#) (51%). Compared to last year's graduates, significantly more will take time off (18% in 2022 vs. 6% in 2021), while significantly less will continue further education (18% in 2022 vs. 39% in 2021) after graduating.

"After more than two years of experiencing college during the pandemic, taking time off after graduation might be a way for some to achieve balance in their life before moving forward with their degree in hand," said Bryant.

Methodology

The survey was conducted from May 31-June 3, 2022. Student respondents were fielded by Lucid LLC. Survey participants included 431 first-time undergraduate students who have or will graduate in 2022 with a bachelor's or associate degree. Respondents were 18-25 years of age. The respondents for the survey were screened by various quality checks, including systems like Relevant ID, and responses were manually reviewed to ensure consistency and accuracy.

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