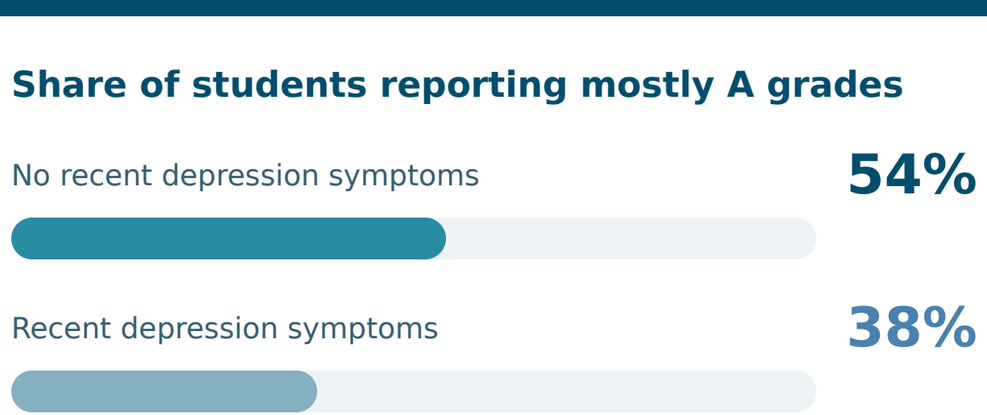
STUDENT WELL-BEING

Student well-being and grades are connected.

Minnesota students reporting stronger emotional and physical well-being were more likely to report earning mostly A grades.

Depression symptoms and A grades

Share of students reporting mostly A grades

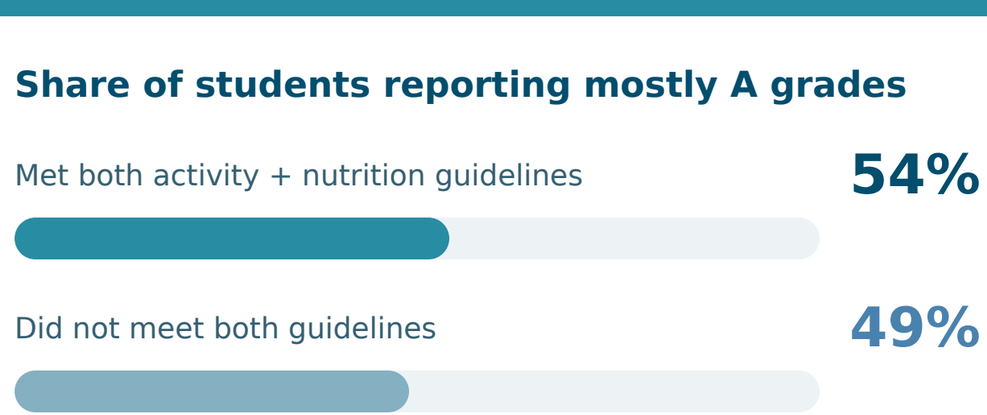


16 percentage-point difference

Students without recent symptoms were more likely to report mostly A grades.

Physical activity + nutrition and A grades

Share of students reporting mostly A grades



5 percentage-point difference

Students meeting both guidelines were more likely to report mostly A grades.

Each percentage is the share of the labeled student group. All bars use the same 0-100% scale.

What this shows: Stronger emotional and physical well-being were each associated with a greater likelihood of reporting mostly A grades.

These Minnesota Student Survey results show associations between student responses; they do not establish that one factor directly causes another.

Source: Wilder Research, Snapshots on Minnesota Youth: 2022 Minnesota Student Survey Whole Child Report (June 2023), pp. 5 and 7.