



MAKING AN IMPACT

on Undergraduate Men

Today's generation of college men are facing *real* challenges.

Fewer men are choosing to go to college each year – making up a historic low of 41%¹ of the student body with only 60%² of the men who start at four-year universities receiving diplomas. With a further significant decline in enrollment projected over the next few years and women outpacing men significantly in applications, there is “no reversal in sight,” according to experts quoted in the Wall Street Journal. Experts are also calling loneliness an “epidemic” among college men as they have higher rates of suicide, substance abuse and are less likely to use mental health services.

We know *many* colleges and universities are seeking new strategies to enroll more men and support them – inside and outside of the classroom – once they arrive on campus.

Insight from recent research shows how involvement in fraternities provides unique benefits to students who identify as men – supporting their mental health and wellness, strengthening their connection to the university and community, and developing them as leaders and citizens.

From the team at Gallup to university faculty members, over the past three years, researchers have conducted nearly 20 studies with results showing how fraternities support college men today.

Fraternities – national organizations, alumni and students – acknowledge and are working together to confront and address the challenges and risks within the organizations today, and this research helps them do just that while building on the distinct value these organizations can bring to students and their campus communities.

With universities seeking solutions to expand mental health support, to energize student life, to engage alumni, and cultivate supporters and donors, **this research shows real promise.**

It also shows that *the fraternity experience matters*. With your partnership, we can work to provide *life-changing value* for generations of men yet to come.



“Men are falling behind remarkably fast.”

Thomas Mortenson as quoted in the Wall Street Journal.³

“In a sea of people, they find themselves adrift. The technology that keeps them connected to parents and high school friends only reminds them of their physical separation from just about everyone they know best. That estrangement can be a gateway to binge drinking and other self-destructive behavior. And it’s as likely to derail their ambitions as almost anything else.”

Frank Bruni, the New York Times on college student loneliness

¹ According to the National Student Clearinghouse Research Center’s Fall 2021 Term Enrollment Estimates.

² According to the National Center for Education Statistics.

³ Thomas Mortenson is a senior scholar at the Pell Institute for the Study of Opportunity in Higher Education, which aims to improve educational opportunities for low-income, first-generation and disabled college students.

Studies Show



Fraternity members experience **stronger mental health.**



Fraternities create **lifelong connections** to the campus, community and friends.



Fraternities are an **accelerator for success** in college and beyond.

- Assalone, Amanda E.; Biddix, J. Patrick; Grace, Megan M. *Mental Health and Wellness for Fraternity and Sorority Members*. University of Tennessee Postsecondary Education Research Center, 2020.
- Baier, John L.; Whipple, Edward G. *Greek values and attitudes: A comparison with Independents*. 2020.
- Pike, Gary R. *The Greek Experience Revisited: The Relationships between Fraternity/ Sorority Membership and Student Engagement, Learning Outcomes, Grades, and Satisfaction with College*. March 2020.

- *Fraternities and Sororities: Experiences and Outcomes in College, Work and Life*. Gallup, 2021.
- *Fraternities & Values of Single Sex Experience*. University of Tennessee Postsecondary Education Research Center, 2021.
- Burkhard, Brian; Timpf, Kimberley. *Perspectives on Fraternity and Sorority Life; Positive Youth Development*. Everfi, 2021.



Fraternity members experience **stronger mental health.**

With college men committing suicide four to six times more than women, and showing increasing rates of depression, anxiety and loneliness, we know the need for support is immense.

Fraternities empower students to create a **strong support system.**

Research shows that the impactful, meaningful connection men find in fraternities can create a strong sense of belonging. It leads members to have more positive mental health, and the greater sense of support men receive in fraternities has been tied to lower depressive levels.¹

Brothers feel comfortable having tough conversations and learning from each other. When they seek help, members are twice as likely to reach out to a fraternity brother than anyone else.² This helps remove the stigma of asking for support, and as a result, research shows fraternity men have a better view of campus-provided support systems and are more likely than non-affiliated students to use counseling resources throughout their lives.⁴

Nearly 80%
of fraternity men report excellent to good mental health and wellbeing.²

Fraternity members are
5x as likely
to be satisfied with their lives as alums.³

“Issues such as anxiety, depression, stress, and loneliness are particularly prevalent among college-aged students. Fraternities ... provide collegiate members and alumni with opportunities for growth and development, including personal and professional support as well as meaningful and impactful connections.”⁴

¹ See *Greek values and attitudes: A comparison with Independents.*

² See *Fraternities & Values of Single Sex Experience.*

³ See *Fraternities and Sororities: Experiences and Outcomes in College, Work and Life.*

⁴ See *Mental Health and Wellness for Fraternity and Sorority Members.*



Fraternities create *lifelong connections* to the campus, community and friends.

Research shows *fraternity membership connects men to the university* in a way nonmembers simply don't experience.¹

They're more satisfied as students, and as alumni, they are more likely to recommend and give back to their alma maters.

Fraternity men are more engaged inside and outside of the classroom than their non-member peers—they report feeling more supported by their faculty, and nearly half serve in leadership roles across campus. They're also more connected to their local communities, with research showing they spend significantly more time volunteering than non-affiliated students.²

Fraternity men are **2x as likely** to encourage others to attend their alma mater.³

Fraternity men are **5x as likely** to give back financially to their alma mater.³

"[Fraternity] affiliated alumni had great experiences in college... that helped them feel more connected to their schools... and find great jobs... and live great lives after graduation..."³

¹ See *Fraternities & Values of Single Sex Experience*.

² See *Perspectives on Fraternity and Sorority Life; Positive Youth Development*.

³ See *Fraternities and Sororities: Experiences and Outcomes in College, Work and Life*.



Fraternities are an **accelerator for success** in college and beyond.

Students spend 90% of their time outside the classroom. Fraternities capitalize on those hours by preparing men for success in college and in their futures far beyond what their peers experience. A study of thousands of alumni of diverse backgrounds shows this holds true regardless of an individual's background or socioeconomic status entering college.

Because of higher expectations, as well as the support and network fraternities provide, members experience greater gains in learning and graduate at higher rates than their peers.

83% of members say their confidence in their leadership skills increased because of their membership.¹

Fraternity members also report higher levels of interaction with people different from themselves, lending them being more prepared than their peers to join a diverse workforce and community.

And when 66% of students say that they are not optimistic that after college they will get a job that matches their career goals, research shows that fraternity alumni find jobs more quickly after graduation and are more engaged in the workplace.² They leverage their networks, with almost half stating that another member helped them find an internship or job and provided them with career advice.² And fraternity men are more likely to be thriving in every aspect of wellbeing – career, community, financial, physical and social wellbeing.²

“The results of the research indicated that fraternity and sorority members were significantly more engaged than non-members, reported greater gains in learning, and were more satisfied with their college experiences.”³

Fraternity men are **3x more likely** to obtain an internship while in college.²

Fraternity men are **2x as likely** to have a job waiting for them when they graduate.²

¹ See *Fraternities & Values of Single Sex Experience*.

² See *Fraternities and Sororities: Experiences and Outcomes in College, Work and Life*.

³ See *The Greek Experience Revisited: The Relationships between Fraternity/ Sorority Membership and Student Engagement, Learning Outcomes, Grades, and Satisfaction with College*.

Fraternities are collaborating to make campuses safer.

Fraternities – national organizations, alumni and students – acknowledge and are working together to confront and address the challenges and risks within fraternities and the campus environment.

Complex campus concerns are not solved with quick fixes. When students, alumni, community members, national organizations and campus professionals collaborate to create measures and infrastructure, there is greater ownership and accountability to the change.

In the past five years, the North American Interfraternity Conference member fraternities – representing the vast majority of men’s fraternities – have come together to create shared expectations and implement measures that truly make communities safer.



Passed new, critical Health & Safety Standards for fraternities that build upon prevention efforts and programs, including:

- Adoption of Medical Good Samaritan Policies.
- Implementation of health and safety educational programming.
- Adoption of standardized Health and Safety Guidelines across all chapters – and campus Interfraternity Councils – to standardize and strengthen measures to protect students
- Removal of hard alcohol from chapter facilities and events.

Formed the Anti-Hazing Coalition (AHC), an unprecedented partnership with families who lost their sons to hazing. The AHC:

- Works at state and federal levels to pursue anti-hazing legislation that delivers greater transparency, strengthens criminal penalties and encourages prosecution, calls for university accountability for bad actors, provides for amnesty to encourage people to call for help and calls for student education.
- Actively facilitates programs on campuses and at fraternity educational events. Since its inception, the parents have spoken to tens of thousands of members about their sons’ stories, the authentic danger of hazing and how to prevent it in their campus communities.

Learn more: nicfraternity.org/healthandsafety



Learn more: foundationfe.org/research
Contact us: research@foundationfe.org