

Benefits of Completing College

CONFIDENT, STRONGER SENSE OF SELF

College enhances personal development. As a wide variety of competencies and abilities are developed, individuals are better prepared to overcome challenges and more effectively contribute in all settings.

A college education leads to greater independence and feelings of control.

- College encourages students to develop a greater sense of independence and feelings of control over their lives, which then influences the development of other skills, such as communication, planning, decision-making, and leadership.
- Obtaining a college degree can also foster a host of related characteristics that are sustainable throughout one's life, such as responsibility, self-determination, motivation, resilience, open-mindedness, and lifelong learning.

College graduates demonstrate a greater ability to make reasoned, reflective, and unbiased judgments.

- Studies have shown that college helps individuals increase awareness, dialogue, and involvement in racial understanding, openness to diversity and gender-role attitudes, and parts of the political process.
- In addition, research has shown that college attendance impacts students' social and political attitudes and values; it appears to also decrease an individual's overall prejudice and promotes increased interest in world affairs and social issues.

Educated individuals develop higher ethical and moral standards.

- Colleges and universities provide opportunities for students to confront biased opinions and prejudice, which allows students to examine and develop the moral and ethical standards needed to prepare to contribute effectively in the workplace and community.
- Longitudinal studies have demonstrated that there are numerous positive, principled moral reasoning advantages—including changes in attitudes and values—gained from a college education.

College graduates have increased levels of academic and social self-concept and self-esteem.

- Higher education provides students with constant growth opportunities to develop and strengthen self-efficacy and self-confidence, particularly in situations where they must communicate with others and learn new information and skills.
- College graduates demonstrate improved self-understanding, which also strengthens their academic, social, and general self-concept and self-esteem.

The process of completing a college degree facilitates the development of a more confident and stronger sense of self. In turn, graduates can more effectively influence those around them in their homes, workplaces, and communities.

www.utahwomenandeducation.org



The process of completing a college degree facilitates the development of a more confident and stronger sense of self.