

## Overview

This briefing reviews data regarding student burnout at the University of Alberta in the 2022/23 school year.

Students are highly susceptible to burnout due to taking classes, working or volunteering, maintaining their apartment/home, maintaining relationships and taking general care of themselves. It is important to address burnout because it is often associated with severe exhaustion, weakness, illness, isolation and feelings of giving up.

As this briefing shows, students at the U of A have high burnout scores on the personal scale of the [Copenhagen Burnout Inventory](#), averaging 61/100. This is problematic because it suggests that students are currently facing severe stressors, preventing them from reaching their fullest potential.

## Data

The following data was collected using the personal scale of the Copenhagen Burnout Inventory (CBI) during the UASU Annual Survey. The survey reached 4,070 respondents in November/December 2022, the highest Annual Survey turnout since 2018.

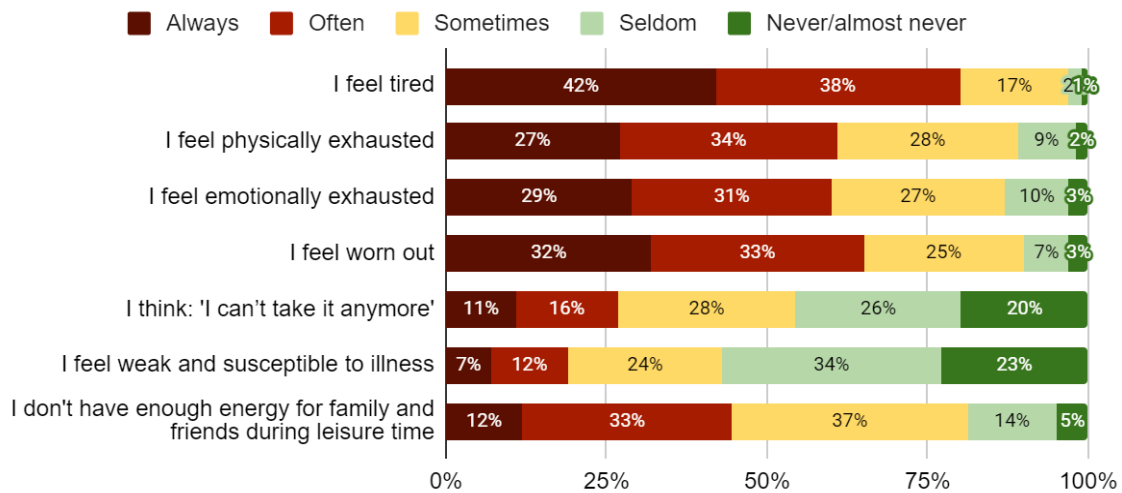
The CBI rates an individual's burnout on a scale of 1-100, one being never burnt out and 100 being always burnt out. The CBI, which was designed for workforce purposes, has three scales (personal burnout, work-related burnout, and client-related burnout). Our survey used only the personal burnout section but otherwise followed the CBI's usual methodology. It was distributed in both French and English.

The average burnout rating for UAlberta undergraduate students was 61

- The average score for men was 52
- The average score for women was 65
- The average score for gender minorities (non-binary, transgender, gender fluid and more) was 70
- The average score for disabled students was 72
- The average score for international students was 53
- Scores were relatively consistent across racial/ethnic groups
- Burnout was stable across years of study

## Question Breakdown

Over 50% of respondents feel tired either always or often. Over 50% of respondents feel physically exhausted either always or often and over 50% of respondents feel emotionally exhausted either always or often. 11% indicated that they always think "I can't take it anymore" and 19% indicated that they either often or always feel weak and susceptible to illness.



## Burnout and Food Insecurity

The graph below compares burnout ratings and food insecurity in undergraduate students. As can be seen, burnout and food insecurity appear to be positively correlated.

Burnout and food insecurity in UAlberta undergraduates

