

# WHY SHOULD UTAH WOMEN GRADUATE FROM COLLEGE?

## The Benefits of Higher Education

Utah women can receive hundreds of benefits when they complete college degrees (see the list below for a sampling). The learning and growth opportunities that college provides will assist women to realize and reach their own potential for positive influence and contributions to family, church, workplaces, and society.



### HEALTH & WELLBEING

- Live longer lives (on average)
- Have an overall healthier lifestyle (exercise more, healthier diet, lower alcohol abuse, lower cholesterol levels, higher fiber intake, smoke less)
- Are less overweight or obese
- Have increased life satisfaction and overall happiness
- Are more resilient and less depressed (better mental health)
- Obtain more resources to pay for health insurance



### ECONOMIC

- Earn more money
- Have better job opportunities
- Gain access to better health care and related benefits
- Have lower risk of unemployment
- Be better prepared to financially support self and family



### PARENTING

- Give birth to healthier babies
- Spend more time reading to their children
- Prepare children better academically for school
- Have children who participate in extracurricular activities
- Provide healthier lifestyles for their children
- Work higher paying, more flexible jobs
- Have more college-educated children who can better provide for self and families



### INTELLECTUAL/COGNITIVE

- Better lifelong learning skills
- More intelligence/knowledge (e.g., English, science, math, social sciences, reading)
- Stronger teamwork and interpersonal skills
- Increased ability to integrate ideas and concepts
- Stronger writing and verbal skills
- Higher critical and creative thinking, as well as decision making skills
- Enhanced quantitative and analytical skills



### CIVIC & COMMUNITY ENGAGEMENT

- Participate substantially more in civic and community activities (examples: voting, donating blood, filling leadership roles)
- Be a more conscientious civic and community volunteer



### SELF-DEVELOPMENT

- Improved self-understanding
- Greater independence and feelings of control in life
- Superior leadership skills
- Higher ethical and moral standards and reasoning
- Stronger social skills
- Better self-concept/self-esteem
- Openness to diversity and racial understanding
- Greater ability to make reasoned, reflective judgments
- Stimulating occupations
- Increased quality of life