

Moving Mountains: Student Resilience Against Cost of Living Pressures

February 7th 2024, Ottawa – Today, CASA is pleased to publicly release *Moving Mountains*, a summary of public opinion research that surveyed post-secondary international students across Canada from July 6th to 20th, 2023, with an additional qualitative assessment of international students conducted from Sept 18th to 21st, 2023. The results are meant to capture a snapshot of the post-secondary student experience in Canada.

As a follow-up to CASA's previous work, *The New Abnormal*, this report serves as an important reminder that students are still facing significant challenges related to affordability and accessibility. Having experienced years of negative mental health outcomes in the wake of COVID-19, the rising cost of living, and cuts to financial aid supports, students are feeling left behind.

The paper has identified five distinct areas of note, including:

1. Student Mental Health
2. Student Finances
3. Jobs and Employment
4. Academics and Learning
5. International Students

As made evident by the data collected through this report, these concerns continue to afflict students. Even with inflation levels recovering from record levels in late 2022, student struggles should neither be minimized nor downplayed. Students need continued support in order to solve Canada's innovation challenges, and ease their transition into the Canadian workforce as the leaders of tomorrow.

This public opinion research was commissioned by the Canadian Alliance of Student Associations (CASA), and was conducted by Abacus Data.



About CASA

Established in 1995, the Canadian Alliance of Student Associations is a non-partisan, not-for-profit national student organization composed of 25 student associations across the country. Through our partnership with the Quebec Student Union/Union étudiante du Québec, CASA represents 365,000 post-secondary students across Canada.

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