



Why The Oxford Program Is So Important: Supporting Research and Statistics

Below is a synopsis of surveys and studies which give strong evidence for the importance of understanding one's natural talents and developing a Personal Career Vision.

- Research has shown that young people who have a positive vision for themselves in an attainable future are **more likely to complete college on time** and less likely to drop out or transfer. They **make better grades, get more out of their college experiences, and feel happier, more satisfied and more enthusiastic about college**. Later they **get better jobs** that are more related to the work they did in college.
- Long-term research has shown that when people focus on their natural abilities and follow a strategic plan based on a strong Personal Career Vision, they experience the profound and lasting benefits of **reduced stress, decreased burnout, and the highest levels of satisfaction and balance**. The opposite is also true. A defining characteristic of people experiencing job-related stress, depression, anger, boredom, and burnout is that they do not see themselves in a future that feels positive.
- A study of Harvard students, ten years after graduation, found that those who had specific goals for their futures made salaries three times higher than that of their classmates who did not have specific goals. **The 3% who actually had written goals were earning ten times more.**
- In 1960, a researcher interviewed 1,500 business school students and classified them into two categories: those who were in it for the money -- 1,245 of them -- and those who were going to use the degree to do something they cared deeply about -- the other 255 people. Twenty years later, the researcher checked on the graduates and found that **101 of them were millionaires** -- and all but one of those millionaires came from the 255 people who had pursued what they loved to do.
- A University of Michigan study concluded that having a clearly formed idea of where you want to go in your life contributes more than any other factor—including education or socio-economic background—to an overall sense of well-being.
- 9:00 a.m. on Monday morning is the most common time of the week for heart attacks. (Center for Disease Control)
- The average cost of a college education today is \$72,000 and rising.
- Over 50% of today's college students will change their choice of major (which costs even more in tuition)
- 65% of college seniors surveyed stated they wished they had chosen a different field.