



Study of Young People & Vocation

METHODOLOGY

Springtide Research Institute conducted this mixed-methods study of young people, ages 13 to 25, in the US from February to August 2025. Springtide Research Institute secured informed consent for all participants, including parental consent for participants under the age of 18. The survey component included two samples of young people ages 13 to 25 in the US: a nationally distributed online panel (n = 2,946), using a recruitment strategy guided by quotas to match census demographics for gender, region, and race/ethnicity, as well as a sample of students from Lasallian Catholic high schools (n = 705). The school sample allows for deeper insight into the experiences of young people with exposure to Catholic institutions and communities. To improve data quality from the online sample, Springtide Research Institute eliminated all identifiable phony and inattentive responses from the resulting dataset. The final dataset includes 3,651 respondents.

Survey Respondent Demographics

Age	
13 to 17	50%
18 to 25	50%
Gender	
Female	49%
Male	47%
Non-binary	3%
Race or Ethnicity	
American Indian or Alaska Native	2%
Asian	9%
Black or African American	19%
Hispanic or Latino	16%
Native Hawaiian or Pacific Islander	1%
White	47%
Two or more races/ethnicities	5%
Other	1%

To provide additional context for the survey findings, Springtide Research Institute conducted in-depth interviews with 35 young people recruited through the survey and Catholic networks. Interviewees answered questions related to how they define vocation, who or what shapes their discernment process, and the language they use to describe their life’s purpose. A team of researchers recorded, transcribed, coded, and analyzed interviews for themes.

Interview Respondent Demographics

Age	
13 to 17	57%
18 to 25	43%
Gender	
Female	51%
Male	46%
Non-binary	3%
Race or Ethnicity	
Asian	8%
Black or African American	8%
Hispanic or Latino	17%
White	66%
Two or more races/ethnicities	1%

Other Notes: This study was commissioned by Christian Brothers Conference. Springtide Research Institute is registered under the legal and fiscal agency of [Lasallian Educational and Research Initiatives](#) (LERI). LERI is a nonprofit, tax-exempt 501(c)(3) member organization in the State of Minnesota and is Springtide’s primary funder. LERI is an expression of the Christian Brothers of De La Salle or the Lasallians, a Catholic lay religious congregation founded by Saint John Baptist de La Salle, the patron saint of teachers and a fierce advocate of the young. Our research findings and conclusions are never altered to accommodate other interests, including those of the Christian Brothers, churches, grantors, or government bodies and officials.

CODEBOOK

File Information

Number of Cases	Unweighted	3651
	Weighted	3651

LIFEMISS_KNOW

Standard Attributes	Label	Value	Count
		Some young people say they know what their life's mission or life's purpose is Others do not How about you?	
Valid Values	1	I dont know what my lifes mission / purpose is	893
	2	I have some idea of what my lifes mission / purpose is	2021
	3	I am certain of what my lifes mission / purpose is	737

VOCAT_W_HEARD

Standard Attributes	Label	Value	Count
		Outside of this survey, have you ever heard of the word vocation?	
Valid Values	1	No	1037
	2	Yes	1992
	3	Not sure	621
Missing Values	System		1

LIFEMISS_W_VOCAATION

		Value	Count
Standard Attributes	Label	Vocation:What other words or phrases do you use to describe your life's mission? Please select all that apply:	
Valid Values	0	Unchecked	2478
	1	Checked	280
Missing Values	System		893

LIFEWANT_FAIRWRLD

		Value	Count
Standard Attributes	Label	Advocating for and working toward a fairer and more inclusive world:When you think about the things that matter to you in your life, how important or unimportant are the following things for you ...	
Valid Values	1	Not at all important	168
	2	A bit important	730
	3	Moderately important	1388
	4	Extremely important	1353
Missing Values	System		12

LIFEWANT_IMPACT

		Value	Count
Standard Attributes	Label	Making a positive impact on society:When you think about the things that matter to you in your life, how important or unimportant are the following things for you personally?	
Valid Values	1	Not at all important	140
	2	A bit important	700
	3	Moderately important	1380
	4	Extremely important	1423
Missing Values	System		8

LIFEWANT_LOVE

		Value	Count
Standard Attributes	Label	Seeking love through friendships or romantic partnerships: When you think about the things that matter to you in your life, how important or unimportant are the following things for you personally?	
Valid Values	1	Not at all important	144
	2	A bit important	586
	3	Moderately important	1268
	4	Extremely important	1642
Missing Values	System		11

LIFEWANT_CHILDFAM

		Value	Count
Standard Attributes	Label	Nurturing children or a family:When you think about the things that matter to you in your life, how important or unimportant are the following things for you personally?	
Valid Values	1	Not at all important	401
	2	A bit important	676
	3	Moderately important	1104
	4	Extremely important	1457
Missing Values	System		13

LIFEWANT_SKILL

		Value	Count
Standard Attributes	Label	Continuously learning and gaining new skills:When you think about the things that matter to you in your life, how important or unimportant are the following things for you personally?	
Valid Values	1	Not at all important	60
	2	A bit important	460
	3	Moderately important	1369
	4	Extremely important	1757
Missing Values	System		5

LIFEWANT_TRUESELF

		Value	Count
Standard Attributes	Label	Embracing and honoring my true self: When you think about the things that matter to you in your life, how important or unimportant are the following things for you personally?	
Valid Values	1	Not at all important	68
	2	A bit important	467
	3	Moderately important	1223
	4	Extremely important	1887
Missing Values	System		6

LIFEWANT_HEALTH

		Value	Count
Standard Attributes	Label	Prioritizing my physical, mental, and emotional wellbeing: When you think about the things that matter to you in your life, how important or unimportant are the following things for you personally?	
Valid Values	1	Not at all important	51
	2	A bit important	309
	3	Moderately important	1141
	4	Extremely important	2136
Missing Values	System		14

INFLUENCE_EXPERIENCES

		Value	Count
Standard Attributes	Label	Your personal experiences: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	76
	2	Slightly influenced	273
	3	Moderately influenced	908
	4	Significantly influenced	2265
	5	Not applicable	112
Missing Values	System		17

INFLUENCE_PARENTS

		Value	Count
Standard Attributes	Label	Parents / guardians: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	245
	2	Slightly influenced	496
	3	Moderately influenced	1026
	4	Significantly influenced	1760
	5	Not applicable	111
Missing Values	System		13

INFLUENCE_FRIENDS

		Value	Count
Standard Attributes	Label	Friends and peers:How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	284
	2	Slightly influenced	648
	3	Moderately influenced	1267
	4	Significantly influenced	1336
	5	Not applicable	102
Missing Values	System		14

INFLUENCE_ENTERTAIN

		Value	Count
Standard Attributes	Label	Entertainment media, such as a TV show or a movie: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	385
	2	Slightly influenced	856
	3	Moderately influenced	1302
	4	Significantly influenced	980
	5	Not applicable	113
Missing Values	System		15

INFLUENCE_GOD

		Value	Count
Standard Attributes	Label	God or a higher power: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	732
	2	Slightly influenced	511
	3	Moderately influenced	759
	4	Significantly influenced	1446
	5	Not applicable	192
Missing Values	System		11

INFLUENCE_TEACHER

		Value	Count
Standard Attributes	Label	Teachers or professors: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	633
	2	Slightly influenced	904
	3	Moderately influenced	1226
	4	Significantly influenced	785
	5	Not applicable	94
Missing Values	System		9

INFLUENCE_SOCIALMEDIA

		Value	Count
Standard Attributes	Label	Social media: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	672
	2	Slightly influenced	976
	3	Moderately influenced	1095
	4	Significantly influenced	800
	5	Not applicable	99
Missing Values	System		9

INFLUENCE_SIGOTHER

		Value	Count
Standard Attributes	Label	Romantic partners, such as a boyfriend or girlfriend: How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	1054
	2	Slightly influenced	529
	3	Moderately influenced	841
	4	Significantly influenced	894
	5	Not applicable	326
Missing Values	System		7

INFLUENCE_RELIGLEAD

		Value	Count
Standard Attributes	Label	Religious or spiritual leaders, such as a pastor, imam, or minister:How much have each of the following influenced your thinking about what you want to do with your life?	
Valid Values	1	Not at all	1324
	2	Slightly influenced	606
	3	Moderately influenced	770
	4	Significantly influenced	689
	5	Not applicable	251
Missing Values	System		11

LIFEMISS_DEF_HIGHPWR

		Value	Count
Standard Attributes	Label	My life's mission is connected to a higher power who leads me to pursue a good and true life :To what extent do you agree or disagree with the following statements?	
Asked only if LIFEMISS_KNOW = ("2" or "3")			
Valid Values	1	Strongly Disagree	183
	2	Disagree	217
	3	Neither agree nor disagree	529
	4	Agree	879
	5	Strongly Agree	938
Missing Values	System		905

FUTURE_MENTHEALTH

		Value	Count
Standard Attributes	Label	Which of the following statements comes closest to your view, even if neither is exactly right?	
Valid Values	1	Thinking about my future HELPS my mental health	2445
	2	Thinking about my future HURTS my mental health	1205
Missing Values	System		1

RELIG_IDRELIG

		Value	Count
Standard Attributes	Label	To what extent do you consider yourself a religious person?	
Valid Values	1	I am not religious	955
	2	I am slightly religious	956
	3	I am moderately religious	1071
	4	I am very religious	668
Missing Values	System		1

RELIG_IMPORTANCE

		Value	Count
Standard Attributes	Label	How important is religion in your life?	
Valid Values	1	Religion is not at all important in my life	682
	2	Religion is among the least important things in my life	432
	3	Religion is neither important nor unimportant in my life	858
	4	Religion is among the most important things in my life	1167
	5	Religion is the most important thing in my life	511
Missing Values	System		1

RELIG_ATTEND

		Value	Count
Standard Attributes	Label	Aside from weddings and funerals, how often do you attend religious services either in person or virtually (i.e., at a church, synagogue, mosque, temple, or any other place of worship?):	
Valid Values	1	Never	816
	2	Rarely	843
	3	A few times a year	645
	4	Once or twice a month	488
	5	Once a week	626
	6	More than once a week	232
Missing Values	System		1

PRESSURE_FINANCE

		Value	Count
Standard Attributes	Label	Financially supporting my family is my top priority in life :To what extent do you agree or disagree with the following ...	
Valid Values	1	Strongly disagree	93
	2	Disagree	250
	3	Neither agree nor disagree	813
	4	Agree	1563
	5	Strongly agree	924
Missing Values	System		8

PRESSURE_PAY

		Value	Count
Standard Attributes	Label	Whatever I choose to do in life must pay well :To what extent do you agree or disagree with the following statements?	
Valid Values	1	Strongly disagree	94
	2	Disagree	269
	3	Neither agree nor disagree	901
	4	Agree	1723
	5	Strongly agree	660
Missing Values	System		4

LIFEMISS_CAREER

		Value	Count
Standard Attributes	Label	When you think about your life's mission, how related or unrelated is it to your career aspirations?	
Valid Values	1	Completely unrelated	129
	2	Somewhat unrelated	298
	3	Neither related nor unrelated	724
	4	Somewhat related	1635
	5	Completely related	864
Missing Values	System		1

PRESSURE_PARPURSUE

		Value	Count
Standard Attributes	Label	I feel pressured to pursue the kind of life that my parents want for me :To what extent do you agree or disagree with the following statements?	
Valid Values	1	Strongly disagree	476
	2	Disagree	855
	3	Neither agree nor disagree	899
	4	Agree	964
	5	Strongly agree	445
Missing Values	System		12

PRESSURE_SOCHIDE

		Value	Count
Standard Attributes	Label	I feel that I need to hide certain parts of my identity to fit in with society's standards :To what extent do you agree or disagree with the following statements?	
Valid Values	1	Strongly disagree	492
	2	Disagree	666
	3	Neither agree nor disagree	741
	4	Agree	1175
	5	Strongly agree	560
Missing Values	System		17

PRESSURE_SOCMILESTONE

		Value	Count
Standard Attributes	Label	I feel pressure from society to achieve certain life milestones—like getting married or owning a home—by a certain age : To what extent do you agree or disagree with the following statements?	
Valid Values	1	Strongly disagree	415
	2	Disagree	664
	3	Neither agree nor disagree	812
	4	Agree	1205
	5	Strongly agree	548
Missing Values	System		7

LIFEMISS_W_PURP

		Value	Count
Standard Attributes	Label	Purpose:What other words or phrases do you use to describe your life's mission? Please select all that apply:	
Asked only if LIFEMISS_KNOW = ("2" or "3")			
Valid Values	0	Unchecked	942
	1	Checked	1816
Missing Values	System		893

LIFEMISS_W_REASON

		Value	Count
Standard Attributes	Label	Reason for being:What other words or phrases do you use to describe your life's mission? Please select all that apply:	
Asked only if LIFEMISS_KNOW = ("2" or "3")			
Valid Values	0	Unchecked	1522
	1	Checked	1236
Missing Values	System		893

LIFEMISS_W_MISSION

		Value	Count
Standard Attributes	Label	Life's mission: What other words or phrases do you use to describe your life's mission? Please select all that apply:	
Asked only if LIFEMISS_KNOW = ("2" or "3")			
Valid Values	0	Unchecked	1686
	1	Checked	1072
Missing Values	System		893

LIFEMISS_W_QUEST

		Value	Count
Standard Attributes	Label	Personal quest:What other words or phrases do you use to describe your life's mission? Please select all that apply:	
Asked only if LIFEMISS_KNOW = ("2" or "3")			
Valid Values	0	Unchecked	1722
	1	Checked	1036
Missing Values	System		893

LIFEMISS_W_VISION

		Value	Count
Standard Attributes	Label	Vision:What other words or phrases do you use to describe your life's mission? Please select all that apply:	
	Asked only if LIFEMISS_KNOW = ("2" or "3")		
Valid Values	0	Unchecked	1804
	1	Checked	954
Missing Values	System		893

LIFEMISS_W_CALL

		Value	Count
Standard Attributes	Label	Calling:What other words or phrases do you use to describe your life's mission? Please select all that apply:	
	Asked only if LIFEMISS_KNOW = ("2" or "3")		
Valid Values	0	Unchecked	1827
	1	Checked	931
Missing Values	System		893