

# THE STUDENT CARER EXPERIENCE IN SCOTLAND



**2%**

said that concentrating  
in class was not  
challenging at all, while

**61%**

said that it was  
challenging.



**84%**

of student carers  
found keeping good  
mental health while  
studying to be  
a challenge.

“Caring takes a huge emotional toll on us  
and we may not be able to focus well.”

STUDENT CARER

“It is a mental and physical strain  
attempting to juggle multiple elements.”

STUDENT CARER



Someone  
understanding to talk  
to is highly valued by  
many student carers.

**70%**

said they would  
be likely to access  
a named contact  
they could chat to  
regularly.



Flexibility around  
deadlines can give  
more time when it  
is really needed.

**74%**

said they would  
be likely to use  
an extension  
on coursework  
submission.

“She sat down with me, she spoke to me.  
And she said to me ‘Do you know there’s  
something to support carers?’”

STUDENT CARER

“Extending deadlines is a massive help to  
young carers as a safety net in case they  
can’t submit on time.”

STUDENT CARER

**FIND OUT MORE ABOUT OUR LATEST  
RESEARCH WITH STUDENT CARERS  
IN SCOTLAND AND HOW YOU CAN  
HELP SUPPORT THEM.**

**VISIT [CARERS.ORG/SCOTLAND](https://www.carers.org/scotland)**