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

“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.

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

“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.

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

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