

Press release
07 August 2015

Parents are stressing students out ahead of results day

Over thirty per cent of students say their parents are making them feel worse about results day, according to a new survey by the University of Bradford and The Student Room.

As results day looms, students are feeling the pressure from their parents more than they were from their teachers, who were making them feel less stressed.

The survey by University of Bradford in conjunction with The Student Room, the world's largest online student community, asked students waiting for results to start University how they were feeling about results day 2015. Findings revealed that more than half of students are "very worried" that they aren't going to get the results needed to get into their first choice university.

Rory Bourke, went to Bradford after going through Clearing and remembers the time well. He said: "The months and days leading up to results day were really stressful. I was panicking I wouldn't get the results and to top it off, my parents were panicking too, which made me worse! Essentially, because neither me or my parents didn't know where to turn to for help, it just made the whole process a lot more stressful than it needed to be.

"Loads of universities have top tips available for what to do, and it's obvious; in the run up to results day research options available; visit universities or give them a call and on the day be prepared to make a lot of phone calls!"

Only 30% of students claimed that they are prepared if when things don't go to plan – the rest are "just hoping for the best" (24%) or realise they "still need to do more research" (35%).

"Our overriding message to university applicants is to plan ahead and be prepared for results day," says Claire Pryke, Head of Admissions, UK and Eire Recruitment from the University of Bradford. "We've been working hard with teachers and students at schools and colleges for several months now to get this message across. We've also produced a short film which highlights the variety of options open to students and the importance of planning ahead, so that results day holds no fear, whatever happens.

"With just a few days left before results day there are still some key things which you can do to get organised, such as making a list of courses at alternative universities and getting in touch with them now."

Added to the stressful lead up time to results day, 60% of students predict that results day will be the most stressful day of their life. When asked if they were clear on what other options they have if they don't get into their first choice university, 70% said they were not clear and still needed help.

Jack Wallington, Community Director of The Student Room, said: "If you don't get the grades you're hoping for on results day, it will be disappointing, but don't panic. You have lots of options in front of you by entering clearing, taking a gap year and seeking the 24/7 advice on our website.

"I would also encourage parents to be particularly mindful at this time. We know parents are among the most influential people in students' lives and can unintentionally add to stress on such an important day. The advice is the same for parents as it is for students: research ahead of time and be prepared for all options to avoid panic."

** The survey by The Student Room polled 460 UK students between 18 May and 15 June 2015.*

ENDS

Further information from:

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The University of Bradford's video can be seen at https://www.youtube.com/watch?v=d_a8BfTJO3g

For tips and advice visit <http://bit.ly/1KStlG8>

Students can get live alerts from universities with places available on results day by signing up to [TSR Clearing Alerts](#).

Notes for editors:

Founded in 1966, the **University of Bradford** is one of the UK's 'traditional' universities. It is a research-intensive institution, ranked in the top 50 in the UK for the quality of its research, with three quarters being classed as either world-leading or internationally excellent in the 2014 Research Excellence Framework (REF). The University was ranked No 1 in Yorkshire for employed graduates obtaining professional & managerial level jobs.

Known for its strong emphasis on employability skills and knowledge transfer work with businesses, the University has a truly global make up with over 20 per cent of its student population being international. The University is also a leader in sustainable development and education, and is within the top ten greenest universities in the UK, according to the Green League 2013.

About The Student Room

Founded in 2001, The Student Room is the world's largest online student community and the UK's no.1 education website according to ComScore data. The Student Room has over 3

million registered members, primarily aged between 14-24 and attracts over 8 million visitors a month. It provides student-to-student advice on studying, educational career choice and lifestyle issues. The Student Room works directly with most UK universities as well as a wide range of leading brands and companies. 24/7 honest, realistic advice and support.

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Journalist resources

The Student Room will be visited by millions of students in the run up to results day 2015 and has over 1.8 million registered UK student members. We are able to provide access to this audience and offer a range of resources to support editorial on students, exams and clearing – often on a fast turn-around basis – including:

- **Interviews.** We can help arrange interviews with students, targeted on a range of criteria including age, location and interests.
- **Research polls.** We can help test student opinion on key exam issues, and generate large samples quickly.
- **Soundbites.** We can help provide instant feedback on a range of issues and emerging news topics.
- **Trends.** We can provide insights into stress and sentiment throughout the exam and results period.

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