

Press release

Two thirds of students drop extra-curricular activities to make time for study

New Get Revising research finds three quarters of girls find sport impossible with current workload

www.getrevising.co.uk

UK students are struggling to strike a healthy work life balance, with two thirds quitting extra-curricular activities to cope with study demands, finds new research from free online learning tool, [Get Revising](#).

Ahead of the new academic year, the research poll* asked 3,000 UK students (aged 14 to 21) how well they manage their coursework and revision commitments. The research also asked what impact study has on their participation in extra-curricular activities, including art, sport, volunteering and music.

The results found two thirds of students have already quit a hobby to make extra time for studying and coursework commitments. A further 66% of students reported feeling pressure from teachers and parents to drop their extra-curricular hobbies in order to meet academic expectations.

Female students appear to be feeling the pressure more than their male counterparts. Additional research found that almost three quarters (69%) of girls feel their academic workload prevents them from trying new sport or staying active – 28% more than male students.

Alarming, 1 in 5 female students also admitted to taking some form of medication, including caffeine pills and herbal remedies, to cope with study stress. This is compared to just 15% of male students.

Peter Langley, founder of Get Revising, said: “Despite the obvious health and social benefits of extra-curricular activities, students are facing increased pressure to meet coursework deadlines and prepare for exams, leaving little or no time for sport or clubs outside the classroom.

“Whilst it’s crucial to achieve good grades, students need a well rounded education, and this means making hobbies and skills – like sport, art and music – a priority in

their timetable. Not only will these skills be a huge boost for their CV and future employability, learning to balance their workload is a life skill that stand them in good stead for the rest of their lives,” added Langley.

University of Bedfordshire student, Lauren Ahluwalia, was forced to quit ice hockey in order to make time for study, she said: “I pretty much dropped it when I started university. I was so focused on doing well during my first year and not slacking that I really stressed myself out. I spent my second year not playing sports due to injury and managing my stress level, which is very important for me as I am dyslexic and stress tends to heighten my difficulties. I’m hoping that I can go back to ice hockey this year. I’m studying in my third year, but I’ve gotten better at managing my stress and time management.”

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Get Revising conducted a series of research polls among students aged 14 to 21, from 25 August to 10 September 2015. The first poll (3,000 students) asked what impact workload had on participation in extra-curricular activities. The second poll (877 students) asked if students had taken anything to cope with study stress. The third poll (776 students) asked if study requirements prevented students from trying new sports or being more active.

About Get Revising

[Get Revising](#) is a free learning website that has helped over 1 million students boost their grades. It helps students to get organised and plan their studies with a smart, interactive study planner. Students can also access academic help faster, with over 195,000 mind maps, quizzes and class notes to support GCSE, A Level and University students. It is one of a number of learning tools and community sites comprising The Student Room Group.

About The Student Room Group

www.thestudentroom.co.uk / www.getrevising.co.uk

Founded in 2001, The Student Room Group is made up of community site [The Student Room](#) and free learning website [Get Revising](#).

The group has over 3 million registered members, primarily aged between 14-24 and attracts over 8 million visitors a month. Get Revising provides interactive learning tools which have been shown to significantly improve students’ grades. It’s free for teachers and students and has over 192,000 learning resources, which have helped millions of students develop their essential learning skills. Visit getrevising.co.uk now to see how it can make a difference for the new school year.

The Student Room Group company site – tsrmatters.com

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