

## Record breaking number of students turn to The Student Room seeking advice for exam stress

[15<sup>th</sup> May 2015] The Student Room reports a 56% rise in posts around exam stress. This is happening at a time when an increasing number of young people in Britain are seeking counselling over exam stress which has increased by 200% in the last 2 years, according to the NSPCC. With a record number of students on the advice forum traffic is peaking at 1.9 million, an all-time high.

Over 400,000 young people flocked to The Student Room yesterday seeking advice to help them through the stressful exam period with the sites daily registrations reaching a record breaking high on Wednesday. The activity has caused The Student Room to boost its capacity as the surge in traffic causes the site to momentarily crash under the strain.

37% of students surveyed on The Student Room say they don't think they will get into their chosen university due to failing to achieve their grades with one member saying

*"I'm really stressed for my English Lit resit exam tomorrow and nothing is going in my head... I know I won't do better this year. If I miss the resit, how will it affect my final grade? I'm really worried about this."*

The world's largest online student community, provides advice and guidance on all aspects of student life including exam revision, learning tools and stress management throughout the exam period. The site made it's revision and learning tools free of charge at the beginning of the month (May 2015) to support its users through exams.

Jack Wallington, Community Director, says *"The NSPCC report highlighting shocking rises student stress because of exams is deeply concerning and echoed by the record breaking volumes of stress related discussion we're seeing first-hand on our site. The impact of growing pressure placed on young people's shoulders by end of year exams is evident. It is heartening, however, that in face of external pressures, students are supporting one another online to get through this exam period together."*

The Student Room provides revision tools, peer advice and guidance for its student users, including:

- Tips and [articles on how to manage exam stress](#)
- Revision tools such as mind maps, study planners, flash cards, revision notes and more
- Help and guidance for exams, clearing, adjustment and results

### For more information please contact

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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.

For more information on the journalist resources The Student Room can provide please contact:

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### *Editor's note*

*Founded in 2001, The Student Room is the world's largest online student community and the UK's no.1 education website. The Student Room Group 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 Group works directly with most UK universities as well as a wide range of leading brands and companies.*