

Do students have any strategies to help cope with stress?

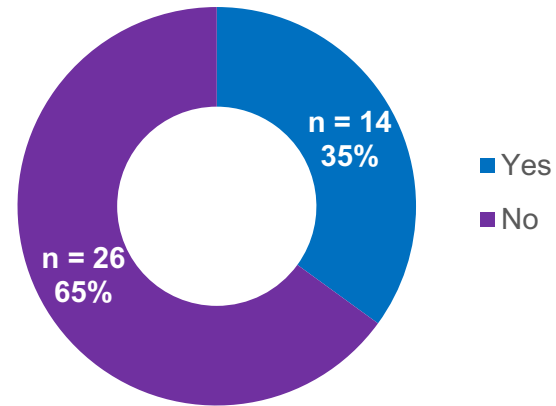


Figure 1: Percentage of students who do not have coping strategies

As shown in Figure 1, the majority of students (65%,n= 26) had no stress-related coping mechanisms at the point of transitioning into Higher Education. This highlights the skills gap within schools, further education and the home environment.