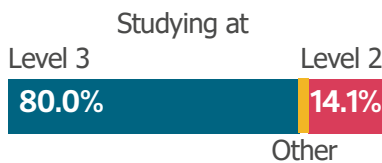
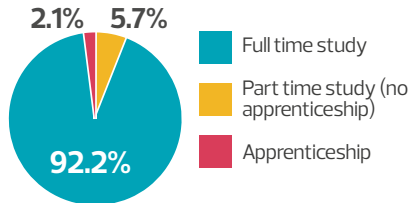
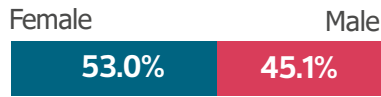
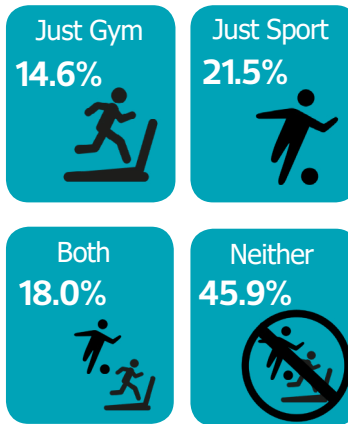


# BRITISH ACTIVE STUDENTS SURVEY: FURTHER EDUCATION 2018/2019

3,661 students 

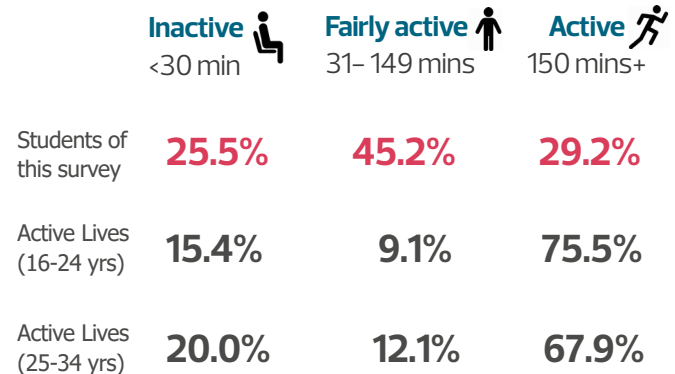


## Activity Types



Active students who did both activity types found exercise and sport easier, more enjoyable, and felt more confident.

## Activity Levels



Sport England's activity level categorisations for their Active Lives survey are used and allow comparison to national data.

## Personal Wellbeing

Where 0 is 'not at all' and 10 is 'completely':



## Mental Wellbeing

Where higher scores equal higher mental wellbeing (35 = highest score)

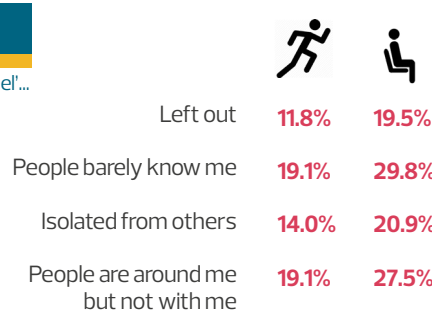
SWEMWBS measures mental wellbeing. It asks agreement to positively worded statements e.g. 'I've been feeling useful'.

Average SWEMWBS score:



## Social Isolation

% answering usually or always to 'I feel'...



## Loneliness

% answering all of the time to...



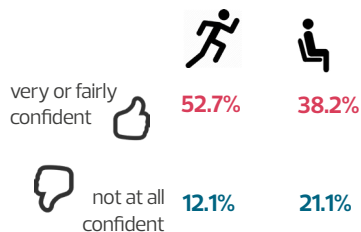
## Social Trust

% answering somewhat or completely trustworthy to...



## Employability

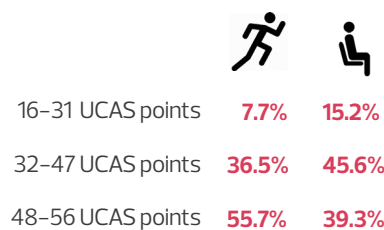
Confidence of finding a job within 6 months of finishing college:



Active students who did both activity types rated themselves higher for teamwork, drive, flexibility and initiative.

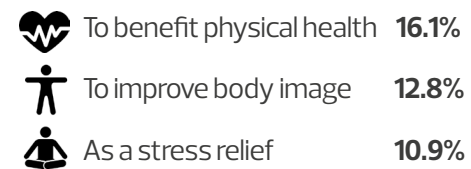
## Attainment

Grade expectation for students:



Students who did both activity types perceived that they would get higher grades than those who took part in neither activity types.

## Biggest motivators:



## Biggest barriers:

