## Student Feedback- Keep Wednesday Afternoons Free

1. ‘I study Primary teaching and the majority of my Wednesdays are timetabled. Luckily some are only until 2. Cheerleading don't actually compete then, however the teams that we support, do and therefore we need to travel to their fixtures. Naturally nobody wants their degree to suffer, but as captain, I am meant to be there with my team. Members of Committee are particularly put in compromising positions, without us there is no club, however we are often forced into sacrificing our degrees.’

(Primary Education)

1. ‘In our first year we were constantly timetabled on Wednesday afternoons, this included our induction week, which was all up at PAHC so we missed out on fresher’s week activities. When we got the go ahead to start the SUP club at the end of last year, I spoke with the head of podiatry and asked if it would be the same this year for the fresher’s because we felt we really missed out. She said it is because we are on a medical course and it is more demanding so that's how it is. This term we seem to have sessions finishing at 1pm most of the time but because we are up at PAHC we still miss out because of the journey into town.’

(Podiatry)

1. ‘Does this not apply for postgrad students? My timetable for my masters is that I have lectures timetabled, and being heavily involved with societies I know this will cause me issues. Having a lecture timetabled everyday means I have no free days that I could even work a part-time job on. I'm involved with both SU:Media and RAG as a member of both committees. My Wednesday’s being timetabled means it is hard to schedule meetings or organise anything. I believe that it's particularly hard for postgrads to get involved with societies and timetabling creates more of a barrier. Especially as postgrads are typically older and most likely have more responsibilities such as children like myself. An afternoon off each week would ensure either they have time off or can schedule things in.’

 (MSc Brand and Design Management)

1. ‘I think we should keep Weds afternoons free for students with other commitments, such as disabled students who need to schedule weekday appointments, or students wishing to schedule core work hours before they get their timetable for the term, the expectation for this gap in the timetable is really appreciated. Wednesday afternoon isn't enough for some of us. Timetabling regularly clashes with things like the ADHD Group. Overall, I feel that it's to everyone's benefit if we can keep that time free. I think we'd also suffer in competition with other unis when recruiting applicants who care about sport, if they knew that their other choice respects their sporting commitments more than Plym Uni does.’

 (English with Publishing)

1. ‘I believe Wednesday afternoons should be kept free as this is useful for sports teams to compete with other Uni's who also have Wednesdays free. Some of my lectures/ tutorials finish at 13:00 on a Wednesday.’

(Law)

1. ‘Plymouth University needs to improve its policy and support to keep Wednesday free. I've missed many lectures etc. as I've been at away Netball games.’

(Environmental Science)

1. ‘Wednesdays should be kept as self-directed study days or highly directed study days. I'm on placement whilst on the course, the placement area should be aware of your commitments and support your extra-curricular activities. The university wants to promote well rounded individuals then putting the sports and societies at the front of this will allow students to have a boarder skill base.’

 (Child Nursing)

1. ‘Wednesday afternoons SHOULD be kept free after 12pm. For the past two years before I was part of the University of Plymouth Sail & Powerboat Club, where you often need to be at Mount Batten for 12:30/1pm - that's a bit difficult when lectures/seminars finish at 1pm!’

 (English Literature)

1. ‘I am in support of having Wednesday afternoons free but you sometimes get clashes whereby extracurricular activities start at 13:00, but your lecture/workshop might finish at 13:00, leaving you no time to actually make the transition, meaning you can't do the extra-curricular activity in some cases.’

 (Geography)

1. ‘I also support having Wednesday afternoons kept free for the use of extracurricular activities. Even with sessions finishing at 1pm it can be difficult to get to organised actives on time as most start at 1pm, especially if the session are not on campus. I'd rather see teaching on a Wednesday kept between 9-12. From personal experience in my first year and looking at my timetable coming into second year on a Wednesday my lectures always seem to be 11-1. I hope that the UPSU can keep pressure on the university to make sure this time is kept free.’

 (Civil Engineering)

1. ‘As far as I can remember Psychology has never followed this rule - I definitely have had workshops and seminars scheduled in on Wednesday afternoons. I don't really know why this is but it would definitely be helpful to know that there's always going to be an afternoon kept free for me to schedule other things in.’

(Psychology)

1. ‘I agree that Wednesdays should be kept free’

(Business Management)

1. ‘Keep Wednesday afternoons free!’

(Conservation Biology)

1. ‘I'm in lectures 10-5 on Wednesdays... would love an afternoon off! It'd be nice to socialise on Wednesday afternoons with my course rather than be stuck in lectures for 7 hours.’

(PGCE)

1. ‘Absolutely keep Wednesdays it free!’

(Events Management)

1. ‘For three years I had to miss numerous lectures on a Wednesday because away games meant travelling up to 3 hours and therefore having to leave very early in the morning - just having the afternoon off doesn't cater for this! I chose my sport and had to catch up with work because otherwise I would never be able to play - some people however did chose their studies (understandably) but it did mean that we would struggle to field a team - which then lead to BUCS points being deducted. Ideally, it would be good to see Wednesday completely free or at least have some consideration from lectures for those who miss lectures due to sporting commitments.’

(Mathematics and Statistics)

1. ‘100% should be kept free, without this societies and sports club don't have that extra time to engage with students. In addition, some students use it as an opportunity to work.’

(Robotics)

1. ‘100% yes, Wednesday’s should be kept free. It's nice to have a long break after a tough hard week. It's important to do that otherwise the students wouldn’t be able to cope.’

(Computer Games Design)

1. ‘We have exams scheduled for Wednesday afternoons 2-5 and many placements. Makes it difficult to commit to a group sports team.’

(Medicine)

1. ‘I wish that the nursing faculty kept Wednesday afternoons free, they really don't understand students wanting to engage with sports and societies within the uni. They expect us to be fully committed to the course 100% of the time.’

(Adult Nursing)

1. ‘As a single parent having the knowledge that wed afternoons are free means I can schedule appointments, eyetests etc, it means that my daughter's are able to attend after school clubs like brownies because I know I will be around (weekends are out as they are often at their dads) and that I have a definite day I can chose for parent teacher meetings etc. So to me it's important from that point of view. Similarly in the time between lectures and pickup time I have a guaranteed slot to fit in something regular on the social side. So yeah from a parenting point of view I find it extremely important personally.’

(Biomedical Science)

1. ‘Keep them free, it is very useful to have a consistent afternoon free for routine or exercise’

(Economics)

1. ‘Due to the assumption that Wednesdays are free, the counselling and wellbeing support service operates many of their group support sessions on Wednesday afternoon: women's group, the international student group, mood boost classes, mindfulness etc. I think that having the time off helps make these services accessible to more students. Unfortunately, I think that there is always going to be an element of prioritising at uni, but having no class on one afternoon certainly helps.’

(Education Studies)

1. ‘Absolutely, I've had to leave lectures early for ADHD group/ get there late because of late lectures. Very annoying for me, and disruptive for the rest of the group (more so considering the target audience of the group, any excuse for us to get distracted)’

(Dietetics)

1. ‘I definitely support the core teaching hours remaining 9am - 1pm on a Wednesday as it allows for a break in the week where the majority of students like myself will catch up on things they haven't been able to fit in due to other work and commitments. Plus the time allows for personal development in other areas separate to our academic endeavours’

(Civil Engineering)

1. ‘It just makes sense to keep a specific afternoon free for all those things mentioned. The day itself is moot - it could be a Thursday, or a Tuesday; but it's important for it to continue.’

(Music)

1. ‘Defo Wednesday afternoons free! It's something I look forward to every week despite so much work and can be tricky to get a Wednesday without a afternoon tutorial’

(Photography)

1. ‘Personally I feel Wednesday afternoons free are a great thing for our club (ladies football) as it enables people to fully commit to games. However I have found that some sessions are timetabled for after 1 o'clock and so I have ended up just missing lots of lectures in order to play matches. Although I did not want to do this as I only had the one lecture per week for that module, I chose to catch up on work after the lecture had run instead of missing games because otherwise I wouldn't have the opportunity to play’

(Education Studies)

1. ‘I use my Wednesday afternoons which are free to dedicate to my job, and that's been the way since I started my Degree. I work weekends and Wednesdays and most of the people who I work with work the same Wednesday shift with me.’

(Mathematics & Finance)

1. ‘Yes! I volunteer at a local rehab centre and with an ever changing timetable it's the one period I can guarantee them.’

(Psychology)

1. ‘We never get Wednesday afternoons free, which means commitment to other activities is very low and some feel that they just don't have the time because of this!’

(Dentistry)

1. ‘Strongly agree Wednesday afternoons should be free! Wednesdays are already consumed by sports! The university should recognise extra curricular activities and support it!’

(Marine Engineering)

1. ‘Having a set day of the week, or in this case afternoons, free weekly allows all students to find a common time slot, for students to socialise, work or train together which they may struggle to do outside of these hours due to timetables not allowing for crossover of free time. This provides many valuable opportunities for students to network, work (to remain financially stable) and should they have fallen behind academically an opportunity to catch up or even get ahead/improve their current work.

All of these reasons can strongly contribute towards improved physical and mental well-being of students. I can see no negative effect towards student well-being or academic performance with the Wednesday evening timetabled as free for sports or other activities. In an ideal world we'd have a whole day set aside for this, yet an additional hour appears to be a satisfactory compromise. In summary I think teaching hours should be limited to 9:00-12:00 on Wednesday.

The university has nothing to lose by allowing students to having Wednesday afternoons off and may see long term benefits due to fewer students dropping out as a consequence of physical or mental illness. I have heard 4/5 students that attend university suffer from mental health issues whilst at university. This seems like a logical way to assist combating this problem.’

(Business Management)

1. ‘When I was the Fencing captain I had enough trouble as it was putting a team together, especially for away matches. Lectures on Wednesday afternoons would make it almost impossible for smaller sports clubs to effectively field teams.’

(Unknown)

1. ‘We need those afternoons for our BUCS league games especially as most games- are played away at other unis so the boys need time to drive to and from them! Lectures on a Wednesday afternoon would interrupt the clubs ability to compete in the league as well as training for future competition! If other unis keep their afternoons free then this gives them more of a chance to train more and engage in competition!’

(Unknown)

1. ‘Wednesday afternoons have always been free and they should continue to be. The problem is students representing the uni in away games, they have to travel 2 hours + every other week meaning leaving before 12 so even if afternoons are free there will always be a problem of missing lectures. Students taking part in uni sport should be given support in catching up to date with content rather than ridiculed and being put in the same bracket as students who are too lazy to get out of bed.’

(Mathematics)

1. ‘I'm just about to start my masters degree and am also on the committee for the shooting club. I have just seen my timetable for the first semester and found that my Wednesday afternoon will not be free to partake in club activities and duties.

(MSc Digital & Social Media Marketing)

1. ‘I saw your post on Facebook today about “Core Hours” on a Wednesday. My Wednesday lecture this term is timetable for 14.00-16.00 (outside of those hours). If they moved it to the morning that still wouldn’t really help (we need to play early for golf due to daylight).

For the last few years I have always had my Wednesdays matches conflict with either a lecture or seminar meaning I would even have to miss a BUCS game (I have played for 1st and 2nds Golf side) or said lecture. Even more annoying, lecture notes were not posted on DLE for me to catch up on and my requests ignored when I emailed the lecturer directly for the same.

I sent a few emails to my lecturers in first year and did not receive much response. Looking over my emails from 4 years ago some were answered with notes, but one lecturer in particular did not on a couple of occasions. Anything you are able to do would be appreciated as I want to continue playing competitive sport during term time.

This year, I am timetabled to have lectures 1400-1600 on Wednesdays for Term 1, meaning I once again will need to decide between representing the uni in BUCS 1st team matches or attending this lecture (the likely option as I’m in my final year). Moreover, it is also looking likely that I will be the only student eligible to drive the MPV for away matches.’

(MEng Civil & Coastal Engineering)

1. ‘I know for me personally I have had many timetabled sessions on a Wednesday afternoon which have put me in a very awkward situation because I have essentially had to choose between my degree and sacrificing crucial lecture contact, or playing football. This is especially hard when there are many others with these timetabled sessions as it leaves me feeling guilty and not wanting to let the team down. Therefore, on many occasions this year I have found that I have in fact missed lectures in order to travel to football matches, whether they're home or away because they sometimes start in the morning.

With the module lectures I missed, I performed worse in the essays I was set, in comparison to the other modules lectures I attended, as a result of not having football on other days. I feel this was to an extent my own personal choice, however it would be of great convenience for me and others in the team to have Wednesday afternoons off completely because I wouldn't put me in a weekly predicament regarding my degree and football team.’

(Unknown)

1. ‘I’ve shared your email on our Ladies Rugby page as this years captain and we have already had a few girls mention that we barely have them off. I have had lectures and practical’s scheduled pretty much every Wednesday, most of these are in the mornings but some are afternoons, especially practical’s and field trips. The lectures I have to catch up with but missing the practical’s effects my grades. Last year I would try to swap groups and failing that I would just miss rugby, but as captain now it would set a bad example if I was to miss games because of timetabling problems. A lot of these lectures finish at around 1, which for away games is already too late and therefore we miss morning lectures too.’

(Marine Biology & Coastal Ecology)

1. ‘I thought I'd share some screenshots of when afternoon lectures have affected our squad. In fairness it's mostly away games that are an issue for us.’

(Marine Science)

1. ‘This is something I definitely want to give feedback on. I often have lectures scheduled on Wednesday afternoons that I have to miss to play BUCS. This has been the case for the past 2 years as there seems to be an assumption in the music department of Plym uni that musicians don't bother getting involved with BUCS. The problem is also that if we have lectures on Wednesday mornings that run until 12 and we have an away game then often we will have to leave before our lecture ends. For example I often had to miss MUS508  (9am-12 every Wednesday) in the first term last year in order to make away games.’

(Music)

1. ‘As a committee member of UPLFC, there have been numerous instances where I've had to choose between attending lectures and seminars or attending matches. This became a problem in particular towards the end of the year, when we usually experience lower numbers than at the beginning. This means that we have been asked by other committee members to miss lectures, which puts us in a difficult position with not wanting to let the team down. If Wednesday afternoons were clear of lectures, this would not happen and I strongly believe that it would be of great benefit to students who are members of sports teams.’

(Law)

1. ‘Thank you for the post relating to KWAF. I'm heading into my second year of chairing the printmaking society and have also run into issues relating to the availability of Wednesday afternoons. In our case it seems to be the faculty of arts and humanities as this makes up the majority of our society members. We have always run our sessions on Wednesday from 1pm. This past year especially has seen a decline of first year students due to the fact that Wednesday afternoons are not available.

We had 5 society members join from fine art, one being my partner who made it to a session once or twice during the year only due to a cancellation regarding a fine art lecture. I also feel that by not having a half day free on Wednesday that it puts other students off signing up to the society.’

(Unknown)

1. ‘My course mental health nursing, does not give me Wednesday afternoon off when I am at uni for lectures. Also, my course before, psychology didn't give Wednesday afternoon off either!’

(Mental Health Nursing)

1. ‘I am a 4th year medical student at PUPSMD and also the captain of the PUPSMD football team . I'm emailing because I have had some problems with some of my 1st year players not being able to attend league fixtures on Wednesday afternoons due to multiple plenaries being scheduled within allocated sports hours in the last 3 weeks.’

(Medicine)