



Academic Regrets

1 in 4 students regretted their chosen courses. Those who regretted perceived lower value of their education, were less positive about their schooling experiences and expressed lower optimism of their future life outcomes and career prospects. These students also reported higher anxiety and lower emotional well-being.

A Levels Institutions

New Sample



Students reported **Probably** and **Definitely Yes** that if they could start over, they would choose another course

- ⚙️ Compared to students who were satisfied, those who regretted were associated with:
- lower *Perceived Value of Current Course*
 - lower (less positive) *Post-secondary Schooling Experience*
 - lower *Optimism for Future Career Prospects and Future Life Outcomes*
 - lower *Emotional Well-being*
 - higher *Anxiety*

Longitudinal Sample



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 - lower (less positive) *Post-secondary Schooling Experience*
 - lower *Optimism for Future Career Prospects and Future Life Outcomes*
 - lower *Emotional Well-being*
 - higher *Anxiety*

Polytechnics

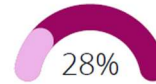
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 - lower *Emotional Well-being*
 - higher *Anxiety*

Institute of Technical Education

New Sample



Students reported **Probably** and **Definitely Yes** that if they could start over, they would choose another course



- Compared to students who were satisfied, those who regretted were associated:
- lower *Perceived Value of Current Course*
 - lower *Post-secondary Schooling Experience*
 - lower *Optimism of Future Life Outcomes and Career Prospects*
 - lower *Relatedness with Teachers*
 - higher *Anxiety*

Longitudinal Sample



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- Compared to students who were satisfied, those who regretted were associated:
- lower *Perceived Value of Current Course*
 - lower *Post-secondary Schooling Experience*
 - lower *Emotional Well-being*
 - higher *Anxiety*