



Common barriers faced by students in education

Psychological barriers

- Stress and performance pressure, which can lead to burnout or anxiety.
- Depression or anxiety disorders affecting concentration, motivation, and social interaction.
- Neurodivergent conditions such as ADHD or autism impacting planning, sensory processing, or social situations.

Physical barriers

- Chronic illnesses like diabetes, arthritis, or chronic fatigue affecting daily functioning.
- Mobility issues hindering access to classrooms or study materials.
- Sensory impairments such as vision or hearing loss affecting lectures or reading materials.

Structural barriers

- Limited accessibility of educational buildings for students with physical disabilities.
- Lack of appropriate support such as extended exam time, adapted materials, or guidance.
- Financial challenges including tuition costs, limited financial aid, or the need to work alongside studying.

Social barriers

- Loneliness or lack of social network, especially among international or minority students.
- Discrimination or stigma based on disability, gender identity, or ethnicity.
- Language barriers for students who do not speak the primary language fluently.

Academic barriers

- Unclear instructions or complex course materials.
- Inflexible curriculum for students with caregiving responsibilities or families.
- Digital challenges such as poor internet access or limited digital literacy.