

# Young informal caregivers in higher education

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## **Abstract**

Did you know that around one in five students in higher education is balancing their studies with caring for a loved one? Despite their resilience, these young carers often remain invisible within our institutions, facing hidden challenges that impact their wellbeing, academic success, and future opportunities.

In this webinar, we shine a spotlight on these students and explore what higher education can do to better support them. You will gain insight into the diverse realities of young carers, from emotional and practical caregiving responsibilities to the profound effects on study progress, mental wellbeing, and life choices.

Together, we will move beyond awareness and focus on action. Through concrete examples and real-life experiences, we will show how institutions can create more flexible, inclusive, and supportive learning environments, by recognising signals, reducing stigma, and implementing meaningful support structures such as accessible contact points and tailored policies.

Whether you are an educator, policymaker, or student support professional, this webinar will leave you with practical tools and fresh inspiration to make a real difference. Join us in building a more inclusive higher education system where every student, also those with care responsibilities, can thrive.