



THE STUDENT TRANSITION REPORT

**Understanding Student Wellbeing, Learning
Challenges & University Retention**

A European perspective for higher education institutions



2026

CONTENTS	PAGE
The European Student Challenge	3
The Main Challenges Universities Face	4
Understanding the Student Experience	5
How Universities Currently Respond	6
Where the Gaps Remain	7
A Different Approach	8
Introducing Tarlivy	9
Tarlivy for Students	10
Tarlivy for Universities	11
The Institutional Dashboard	12/13
Privacy, Ethics & Governance	14
From Insight to Action	15
What this means for universities	16
Conclusion	17

THE EUROPEAN STUDENT CHALLENGE

Why the transition to higher education matters

Starting university is a major transition.

Students are expected to become more independent, manage their workload, develop effective study habits and adapt to a new academic environment.

For many, this transition can become a critical point in their academic journey.

43% of bachelor's students complete their degree within the theoretical duration.

20% have left tertiary education without a qualification by the end of the theoretical duration.

48 hours is the average weekly time students spend on study and paid work across EUROSTUDENT countries.

Sources: OECD, Education at a Glance 2025; EUROSTUDENT 8.

THE MAIN CHALLENGES UNIVERSITIES FACE

Universities are dealing with challenges that go beyond academic performance.

Students may struggle with workload, time management, procrastination, exam-related stress, lack of effective study strategies and the transition to independent learning.

For universities, these difficulties can appear later as disengagement, delayed progression, programme changes or withdrawal.

Key areas:

Academic Progression

Keeping students engaged and progressing through their studies.

Student Wellbeing

Understanding how stress, workload and academic pressure affect the student experience.

Learning Autonomy

Helping students develop the skills and habits needed to manage university-level learning independently.

Institutional Visibility

Understanding what students are experiencing before difficulties become visible through academic outcomes.

UNDERSTANDING THE STUDENT EXPERIENCE

Academic results show what is happening.

They do not always show **why** it is happening.

A student may be falling behind because of ineffective study habits, difficulty managing workload, procrastination, uncertainty, stress or difficulty adapting to university-level learning.

Understanding these experiences earlier can give universities a broader view of student needs.

The question is not only:

“How is the student performing?”

It is also:

“What is the student experiencing?”

THE TOOLS UNIVERSITIES ALREADY USE

Universities already have a wide range of tools to support students and monitor academic progress.

Learning Management Systems

Course activity, assignments, learning materials and academic engagement.

Student Information Systems

Enrolment, grades, progression and academic records.

Student Surveys

Feedback on student satisfaction, experience and institutional needs.

Academic Advising & Mentoring

Personal guidance, academic planning and student support.

Counselling & Wellbeing Services

Professional support for students experiencing personal, emotional or psychological difficulties.

These tools provide valuable information. But each one sees a different part of the student experience.

WHERE THE GAPS REMAIN

Universities collect information from many different sources.

However, academic performance, student feedback, wellbeing support and learning activity are often viewed separately.

This can make it difficult to understand the connection between what students experience and **what eventually appears in their academic outcomes.**

What happens before a student falls behind?

Understanding this earlier can help universities move from simply responding to problems to identifying patterns that may require attention.

A MORE COMPLETE VIEW OF THE STUDENT

Students are more than their grades, attendance or platform activity.

Their academic experience is shaped by how they learn, manage their time, respond to pressure, organise their studies and perceive their own progress.

Tarlivy connects these two perspectives:

STUDENT PERSPECTIVE

Students gain insight into themselves

They can better understand their learning patterns, study habits, experiences and areas that may be affecting their academic journey.

UNIVERSITY PERSPECTIVE —

Universities gain aggregated insight into their students

Institutions can identify broader patterns across student groups, faculties and cohorts without relying only on academic outcomes.

One platform. Two perspectives. A clear understanding of the student experience.

INTRODUCING TARLIVY

Connecting student insight with institutional understanding

Tarlivy is designed to give students and universities a clearer understanding of the student experience. It works from two connected perspectives.

STUDENT

For Students

Tarlivy helps students explore their learning habits, experiences and wellbeing, giving them meaningful insights they can use to develop greater academic awareness and autonomy.

UNIVERSITY

For Universities

Tarlivy provides aggregated insights that can help institutions understand broader patterns across student groups, faculties and cohorts.

From individual insight to institutional understanding.

TARLIVY FOR STUDENTS

Helping students understand how they learn and experience university

University requires students to manage more than academic content.

They also need to organise their time, develop effective study habits, manage pressure and recognise when something is affecting their academic experience.

Tarlivy helps make these patterns more visible to the student.

Learning Patterns

Understand how personal study habits and behaviours may influence the learning experience.

Self-Awareness

Recognise patterns related to workload, motivation, organisation and academic pressure.

Academic Autonomy

Build greater awareness and practical strategies to manage university life more independently.

**The goal is not to tell students what to do.
It is to help them understand themselves better.**

TARLIVY FOR UNIVERSITIES

Turning student experiences into institutional insight

Universities already have extensive academic and administrative data.

Tarlivy adds another perspective: **how students are experiencing their studies.**

Through aggregated insights, institutions can explore patterns across different student groups, faculties and cohorts.

Understand

Identify recurring patterns in how students experience learning, workload and academic pressure.

Compare

Explore differences between cohorts, faculties or student groups.

Act

Use broader insights to inform student support, resources and institutional initiatives.

A broader view of students can support better-informed institutional decisions.

THE INSTITUTIONAL DASHBOARD

Retention Monitoring & Institutional Action

From assessment evidence to targeted institutional support

STUDENTS REQUIRING CLOSER MONITORING

13.5%

Illustrative proportion of the selected cohort whose aggregated assessment patterns suggest that additional monitoring or support may be appropriate.

207 students represented in this illustrative cohort

RETENTION MONITORING INDICATOR

8.7%

Illustrative cohort-level monitoring signal derived from aggregated assessment patterns. It does not predict individual dropout.

134 students represented by this illustrative signal

01

Observe

Identify relevant aggregated patterns across the six pillars.

02

Monitor

Review appropriate student groups alongside institutional evidence.

03

Act

Direct suitable academic, developmental or mentoring support.

Six-Pillar Institutional Profile

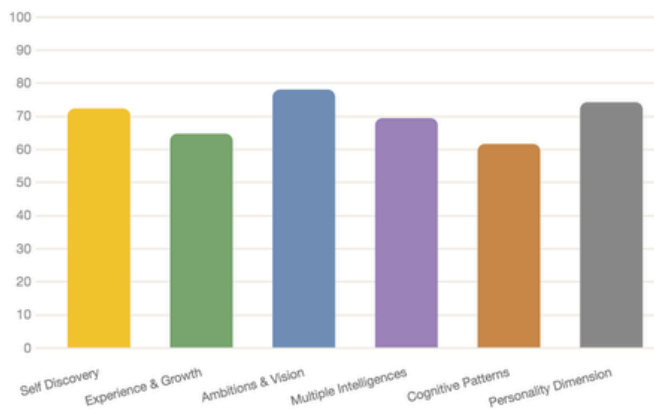
Aggregated profile across the six Tarlvy assessment dimensions

Howdy, admin@tarlvy.x

QSM ASSESSMENT DATA

Aggregated Six-Pillar Profile

Illustrative cohort-level values — not individual student scores



Self Discovery

72.4

Self-awareness, reflection and understanding of personal learning context.

Experience & Growth

64.8

Developmental progression, experience and growth-related patterns.

Cohort Snapshot

Current view based on the selected faculty, year and programme.

1,537

students represented

QSM RESULTS

9,222

GROWTH INDEX

12.8

SIX PILLARS

6

MONITORING GROUP

207

QSM Assessment Data

In the live institutional version, these aggregated values would be refreshed from current QSM assessment results.

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Tarlivy

Institutional Portal

DASHBOARD

Overview

Methodological Framework

Predictive Analytics

Evidence-Based Actions

Ethics & Governance

Scientific Monitoring Active

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Tarlivy

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Scientific Monitoring Active

Demonstration Dashboard — Illustrative Data

Howdy, admin@tarlivy.co

This public demonstration uses a simulated institutional cohort of 1,537 students. Figures are illustrative and do not represent a real university cohort. In a live institutional environment, aggregated QSM assessment data would replace these demonstration values.

INSTITUTIONAL OVERVIEW

Evidence-Based Academic Success and Dropout Prevention

Aggregated six-pillar assessment profile derived from QSM institutional data. The dashboard is designed to help universities identify where additional student support may be appropriate and translate assessment patterns into institutional action.

FACULTY

YEAR

PROGRAMME

DATA SOURCE

All Faculties

All Years

All Programmes

QSM Assessment Data

STUDENTS MONITORED

1,537

Students represented in this illustrative cohort

PARTICIPATION RATE

87.4%

Illustrative assessment participation

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Recommended Institutional Responses

Examples of evidence-based institutional actions

Targeted academic mentoring

Offer structured mentoring where learning or progression patterns indicate that additional support may be useful.

Learning-strategy interventions

Provide study-method and learning-strategy resources aligned with the observed cohort profile.

Progression and goal conversations

Support students with academic direction, goals and progression planning.

Monitor intervention outcomes

Compare subsequent institutional evidence to understand whether interventions are associated with improved outcomes.

PRIVACY, ETHICS & GOVERNANCE

Responsible use of student insights

Understanding students better also requires clear boundaries around how information is collected, interpreted and used.

Tarlivy is designed around privacy, transparency and responsible data use.

Student Privacy

Student information should be handled with appropriate safeguards and clear communication.

Aggregated Insights

The university perspective focuses on broader patterns rather than individual student profiling.

Clear Boundaries

Tarlivy supports educational and institutional understanding. It is not a replacement for professional psychological or clinical services.

Better insight should always come with responsible use.

FROM INSIGHT TO ACTION

What universities can do with a broader understanding of students

Insights become valuable when they help institutions make better-informed decisions.

Tarlivy can help universities identify areas that may deserve further attention, understand differences between student groups and inform how existing support and resources are deployed.

Identify

Recognise recurring patterns and areas of concern.

Understand

Explore what may be influencing the student experience.

Respond

Inform targeted support, initiatives and institutional planning.

**The purpose of insight is not simply to measure.
It is to understand and respond.**

WHAT THIS MEANS FOR UNIVERSITIES

Building a more complete understanding of the student journey

Tarlivy does not replace the systems universities already use. It adds another layer of understanding: **the student perspective behind the data.**

By connecting student-level reflection with aggregated institutional insight, universities can develop a broader picture of the challenges students experience throughout their academic journey.

Existing systems

Academic data · Student services · Surveys · Advising

↓

Tarlivy

Student experience · Learning patterns · Aggregated insights

↓

A more complete institutional view

The goal is not more data. It is better understanding.

CONCLUSION

A broader view of the student journey

Student success is shaped by more than academic performance.

Understanding how students learn, manage their studies and experience university can give institutions an additional perspective on the challenges that may affect their academic journey.

Tarlivy is built to connect these perspectives, **helping students understand themselves and helping universities understand their students.**

Student insight → Institutional understanding → Better-informed action

Tarlivy
Student wellbeing, learning & institutional insight

tarlivy.com
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