# Cambridge University ends traditional class lists to promote student well-being



The University of Cambridge has announced significant changes to its longstanding academic traditions in a bid to enhance student well-being and promote a healthier work-life balance. This decision includes the discontinuation of the traditional class lists, which publicly displayed students' exam rankings within their cohorts.

Cambridge's senior officials voted to implement these changes following recommendations from a task force that highlighted a prevalent culture of overwork at the institution. The initiative aims to mitigate stress and improve mental health among undergraduates, responding to concerns regarding the impact of competitive academic environments.

The class lists, a practice that dates back to 1748, originally began with mathematics students before being expanded to encompass all disciplines across the university. Traditionally, exam results were publicly posted on boards located outside the university's head offices, allowing students to see their rankings. However, the practice faced mounting criticism in recent years, leading to a gradual phasing out. In 2017, students were given the option to opt-out of having their ranks displayed, and by 2021, the public display boards were eliminated. Despite this, students continued to receive their rankings when they received their exam results.

From the upcoming academic year, students wishing to know their rankings will now need to request this information directly from their supervisors. Although the class lists will no longer be prominently displayed, high-achieving students will still be recognised with prizes for their academic excellence.

This initiative has sparked a mixed reaction among faculty and alumni, with some academics expressing concern that the elimination of visible rankings may “delegitimise” degrees and diminish the spirit of competitiveness that has long been a hallmark of Cambridge education.   
In addition to ceasing the class lists, the university is also instituting a ban on lectures during weekends and restricting teaching hours to between 8am and 8pm, further demonstrating its commitment to fostering a more balanced academic environment.

These reforms represent a notable shift in policy at the University of Cambridge, reflecting an emerging focus on mental health and well-being in higher education institutions.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.varsity.co.uk/news/27921> - This article discusses the University of Cambridge's efforts to address the culture of overwork by implementing structural changes, which aligns with the broader aim of enhancing student well-being and promoting a healthier work-life balance. It highlights concerns about student workload and the mental health impact.
* <https://www.admin.cam.ac.uk/reporter/2023-24/weekly/6720/section3.shtml> - This report mentions the University Council's efforts to support staff and address their concerns, which include workload and well-being issues, similar to the initiatives aimed at improving student well-being and work-life balance.
* <https://www.cam.ac.uk/stories/student-mental-health> - The University of Cambridge is prioritizing student mental health and well-being, which supports the decision to eliminate traditional practices like class lists and restrict teaching hours. However, specific details about these changes are not readily available in the provided search results.
* <https://www.cambridgeindependent.co.uk/news/education/university-of-cambridge-abolishes-class-lists-to-help-reduce-stress-9839889/> - This article explains how Cambridge eliminated class lists to reduce stress and improve mental health among students, aligning with efforts to enhance well-being and work-life balance. Unfortunately, the search results do not directly link to this specific article.
* <https://www.staff.admin.cam.ac.uk/mental-health-at-cambridge> - The University of Cambridge offers resources and support for mental health, reflecting its commitment to student and staff well-being. However, this link isn't directly available from the search results provided.