Escape rooms have become increasingly popular in recent years as a fun and engaging activity for groups of friends, families, and coworkers. Escape rooms are typically physical adventure games where participants are locked in a themed room and must solve a series of puzzles and challenges and escape in the quickest time.

Not only are escape rooms a great way to have fun with friends and family, but they also offer an opportunity for students to develop and showcase a range of important skills that are highly valued in Higher Education and beyond. These experiences can be fun, challenging, and rewarding, and offer numerous benefits for students preparing to enter Higher Education. Here are a few reasons why students should consider participating in an escape room:

Problem solving: Escape rooms require participants to solve a series of puzzles and challenges in order to escape. This requires critical thinking, analytical skills, and creativity. By participating in an escape room, students can develop these skills, which are essential for success in Higher Education and beyond.

Adaptability: Escape rooms are often designed with unexpected twists and turns that require participants to adapt quickly to changing circumstances. This helps develop adaptability, a soft skill that is highly valued in Higher Education and the workplace.

Resilience: Escape rooms can be challenging and may require multiple attempts to succeed. This can help develop resilience, the ability to bounce back from setbacks and persevere in the face of challenges.

Leadership: In an escape room, participants may naturally take on different roles and responsibilities. This can help develop leadership skills, such as delegating tasks, making decisions under pressure, and motivating others.

Teamwork: Escape rooms are typically designed for groups, and require participants to work together in order to escape. This means that communication and teamwork are essential for success. By working together to solve puzzles and escape, students can develop these important skills, which are highly valued by employers.

Creativity: Many escape rooms require participants to think outside the box and come up with creative solutions to puzzles and challenges. This can help develop creativity, a soft skill that is highly valued in many fields.

Confidence: Successfully escaping an escape room can be a confidence-building experience that helps students feel more self-assured and capable of tackling challenges in the future

Time management: Most escape rooms are timed, which means that participants must manage their time effectively in order to succeed. This requires good time management skills, which are crucial for success in Higher Education where students must balance coursework, extracurricular activities, and other responsibilities.

Attention to detail: Escape rooms often require participants to pay close attention to details in order to solve the puzzles. This requires a keen eye and attention to detail, which is also important in Higher Education where students are expected to pay close attention to details, particularly in STEM subjects.

Fun: Escape rooms offer a unique and exciting experience that can be a refreshing change from traditional learning environments. This can help students stay engaged and motivated in their studies, and can also be a fun and memorable experience to share with friends.

As we look to the future, it's clear that the skills and qualities that escape rooms encourage and highlight will be increasingly important for students as they enter Higher Education and the workforce. With technological advancements and global competition, the ability to think critically, solve complex problems, communicate effectively, and work well in a team will be essential for success. While it's certainly possible for students to develop the skills and qualities highlighted in escape rooms through other means, there's no denying that participating in an escape room offers a unique and valuable experience that can't be replicated elsewhere.