



Managing emotions on results day

Managing our own emotions as parents as well as supporting our young people on results day is important. Remember to reflect on how you felt in these moments during your own education. Below are some tips for managing emotions on results day.

Parent's emotions

Parents may feel disappointed or angry if their young person's results aren't what they were expecting. You may be upset and find it difficult to think straight. It is natural to feel these emotions, but remember how your child will be feeling and try to focus on supporting them and looking at options.

Young person's emotions

Remember that our young person may not show it but they may be worried for their future and may be feeling like a failure especially if their friends have done better than them. They may be feeling pressure from their peers. Reassure them that there will be other options suitable for them.

Be kind

Be kind to yourself and your child, we have come through a very challenging year. Encourage your child to talk to friends and family for reassurance and get careers advice from a trained expert if needed

Communication

Ensure you have open communication with your child about their feelings and what they want to do moving forward. Being able to talk it through with you will help them process the various options.

Be reassured

Reassure yourself and your young person that it is not the end of the world. You can work out next steps together with the help of your child's school or college.

What you can do

Practical things you can do to take control of the situation include: contacting the offers firsts to see what they can do - colleges, apprenticeships and universities may still be accepting if it is a few marks away from what was hoped, or may be able to offer an alternative course or training. If your child was planning on going to university you can look on UCAS Clearing for other courses.

