



Tips for results day

Exam results day can be stressful for parents and young people. It is normal to want the very best for your child's future and therefore feel a little anxious about their results. Things will be a little different this year, which may also be a cause for concern for a lot of parents. However, there are some things you can do to help support your child ahead of results day.

Be open and honest

Have a conversation with them in advance of results day. It's important to be open with your young person in order to discuss any concerns they may have.

Anxiety

Address your young person's anxiety. Talk to them about how they are feeling, recognise any fears they have and determine what support they need or want. Talking about their thoughts and how they would like you to support them ensures your young person is fully involved in the process.

Discuss a 'Plan B'

Talk about a plan B, as this is a challenging year with no actual exams it will be more difficult when it comes to results. Look and research what other options are available as a 'Plan B'.

Be prepared

Be prepared and have all the key information ready, i.e school number, UCAS number, careers advisor number.

Plan what to do on results day

Chat about what they would like to do on results day that is special to them e.g. one to one time with parent, special meal, spend time with friends. It might be difficult if your young person doesn't want to spend time with you and instead want to celebrate with to go friends, but agree another day that you can spend time together to celebrate no matter what the results are.

Reassure

Put yourself in your young person's shoes, reflect on your own education journey and think about how you felt on results day. Provide reassurance, comfort and praise that whatever the results you love them and are proud of your young person.

