



One minute guide to...

Exam Results

Results day can be a stressful time for everyone (students as well as parents/carers/teachers) and it can feel like there's a lot riding on the grades received. It is so important that whatever the results are there are many different options out there, with lots of great routes into further study, the workplace. or a combination of both.

FOR STUDENTS:

Worrying and/or feeling unhappy about your results?

It is normal to feel a bit worried about exams and results, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure or results are taking over your life, you are not alone, and there are things you can do:

- start with talking to someone you trust about how you're feeling.
- Speak to your teachers about whether you can get a remark on an exam.
- Can you learn from your results, particularly the results that you did well in?
- Think of your achievements, and exams are only a small part of who you are!
- Speak to a Childline counsellor and let them know how you are feeling.

What to do now/telling your parents?

It can be hard to tell your parents or carers about your results. Talking can really help as they can support and help you make decisions (even if they don't react well straight away...they may need to time to think about it too). If you are worried it can help to practice what you'd like to say before you speak to them (as you will know how they usually react) and do tell them as soon as you can by showing them your results to start the conversation. You can always ask a friend or teacher to be with you.

Building yourself back up:

Try to remember the things that you have done well and do things that make you feel good (seeing friends, playing games but try to avoid too much viewing of what people are saying on social media). Do try to talk to someone you can trust (perhaps your teachers or parents) about how you are coping, and to help you to decide what to do next. You could write a Mood Journal to keep a track of how you are feeling.

Take as much time as you need to think about what you'd like to do. There's no need to rush into a decision straightaway once you have your results. You can also talk to a professional careers adviser for free and get judgment-free, confidential information and advice via the National Careers Service Exam Results helpline, via phone on 0800 100 900 or use webchat.

FOR PARENTS:

- Encourage your child to speak about how they feel before and after their results.
- Celebrate your child whatever their results.
- Avoid comparisons with others' results.
- Allow your child to take their time to tell you, and to make their decisions.
- Encourage your child to speak to another trusted adult: Firstly try your school /college as they are well equipped to provide support, perspective, and expertise on next steps. If this is difficult for your child let them know they can contact Childline for free, confidential support and advice on 0800 1111 or www.childline.org.uk.

Further Information:

FOR PARENTS: <https://educationhub.blog.gov.uk/2023/08/15/exam-results-5-tips-for-parents-and-carers-on-supporting-your-child-with-results-day/>;

FOR STUDENTS: <https://www.youngminds.org.uk/young-person/coping-with-life/>

<https://www.childline.org.uk/info-advice/school-college-and-university/>



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