

Supporting Your Teen Upon Release of Exam Results

Tips and Resources for Parents



Providing Social and Emotional Support

Celebrate your teen's efforts. Acknowledge your teen's emotions during this period. Help your teen manage his/her expectations and emotions, especially if he/she has overly high expectations or negative emotions.

Success in life is more than academic achievements and results. Affirm your teen's efforts, and assure him/her that the A-level results do not determine his/her self-worth or how successful he/she will be in future.



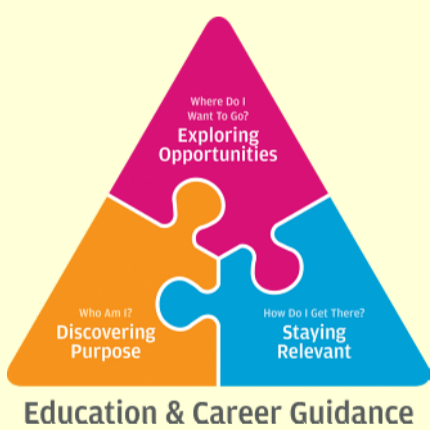
Look out for out-of-character behaviours in your teen. Should common signs of stress persist, do seek help and advice from your teen's School Counsellor or a trusted healthcare professional.

Useful Resources:



- Setting realistic expectations
- Is your child too stressed?
- Supporting your child through post A-Levels transition

Providing Education and Career Guidance



Encourage your teen to explore possible education pathways using resources such as MySkillsFuture Student Portal (Pre-University) and What's Next, and discuss his/her thoughts with you.

Engage your teen in conversations on his/her interests and support him/her in pursuing his/her aspirations.

Further tips for parents can be found at <http://go.gov.sg/tips-for-parents>.



SCHOOLBAG
THE EDUCATION NEWS SITE

Check out articles from Schoolbag (<https://www.schoolbag.edu.sg>) on how we can guide our teens as they explore the paths forward. E.g. No harm going at your own pace, says 'late bloomer' nurse to her kids, Getting through tough times with our teens, Discovering hidden opportunities in data science.