## 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 O-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.

You may also wish to inform your teen's new school on his/her well-being so that appropriate support can be given (e.g. monitoring by the teaching staff or School Counsellor).



## **Useful Resources:**

- <u>Setting realistic expectations</u>
  <u>Is your child too stressed?</u>
  <u>Supporting your child through post-secondary</u>

## Providing Education and Career Guidance



Encourage your teen to explore possible education pathways using resources such as <u>MySkillsFuture</u> <u>portal (Secondary)</u> <u>Student</u> 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





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. Student quizzes psychologist - So how do I make use of failure?, Getting through tough times with our teens, After O-Levels: Why the next step is not that hard for us.