

# Supporting Your Teen Upon Results Release

Tips and Resources for Parents



## Providing Social and Emotional Support

Success in life goes beyond academic achievements and results. Be there for your teen as he or she receives the results and offer support through the range of emotions that may follow. Affirm your teen's efforts. This will allow your teen to manage self-expectations. Reassure your teen that the N-Level results do not determine his or her self-worth and future success.



Look out for out-of-character behaviours in your teen. Should you observe any signs of distress, 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 or her well-being so that appropriate support can be given.



Useful Resources:  
[Setting realistic expectations](#)  
[Is your child too stressed?](#)  
[Supporting your child through post-secondary transition](#)

## Providing Education and Career Guidance

Encourage your teen to explore possible education pathways using resources such as [MySkillsFuture Student Portal \(Secondary\)](#) and [What's Next](#), and to discuss his or her thoughts with you.



Have open conversations about your teen's strengths and interests and support him or her in pursuing diverse aspirations. This will help your teen manage his or her self-expectations. Further tips for parents can be found in the [Education and Career Guidance Tips for Parents](#).

**SCHOOLBAG**

THE EDUCATION NEWS SITE

Check out articles from Schoolbag (<https://www.schoolbag.edu.sg>) for insights on how we can guide our teens as they explore the paths ahead. E.g. [What did you do after Secondary School? More than just grades: 21st century students share their skills for success](#), [Getting through tough times with our teens](#).