



PARENT/CARER SUPPORT GUIDE

RESULTS DAY

“BEHIND EVERY YOUNG CHILD WHO BELIEVES IN HIMSELF IS A PARENT/CARER WHO BELIEVED FIRST.”

–MATTHEW JACOBSON

For any parent and carer, results day will feel almost as nerve-wracking for you as your teenager.

You want all that hard work to be reflected in their grades, so that they can move smoothly on to the next stage of their life.

Results day is a day of jubilation for many students as they are able to plan for their futures and plan their next milestone.

But emotions feel heightened and as a parent or carer of our young people it is hard to see them upset or disappointed when they don't achieve the grades they wanted (even when they are good enough to allow them take their next step) or miss the grades that would allow them to take on their chosen path.

So, what should we do to try and support our children during this time?

Dealing with stress and anxiety in the lead up to results:

Keep calm, let them know you love them and be available to talk when they are ready to.

Try to distract them by planning activities that keep them busy and help them to relax.

Listen to their concerns and worries, this will validate their feelings but don't allow them to consume them.

Remind them that they are not alone - they have a support network to help them.

Avoid social media - there are always headlines in the build up to the exams that do more damage than good.

On exam results day:

Keep calm and allow your child to process their results.

Celebrate their success - regardless of grades - and who they are as individuals.

Acknowledge their hard work - pupils were awesome during the exam season!

If your child has not achieved what they hoped, allow them time to process their exam results and, when they are ready, start to look at alternatives together or, with someone that can support.

Respect your child's choices.



WHO TO CONTACT

On the day and after, if things don't workout as planned you can ask the following people for help.

From school:

The Head of Year:

For A Levels: mpeden@ben.srscmat.co.uk

For GCSEs: atomlinson@ben.srscmat.co.uk

Our careers advisor, Lydia Gretton, will be on site with other college providers too.

lgretton@ben.srscmat.co.uk

Local college:

Derby College: 0800 028 0289

A Level Clearing:

<https://www.ucas.com/clearing>

<https://ultimateguides.ucas.com/makethemostofclearing/>