

# 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:



- [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 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>



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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](#) .