

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>



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. [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](#) .