

# 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. When your teen receives his or her results, offer support through the range of emotions that may arise. Affirm your teen's efforts. This will allow your teen to manage his or her self-expectations. Assure your teen that the A-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.

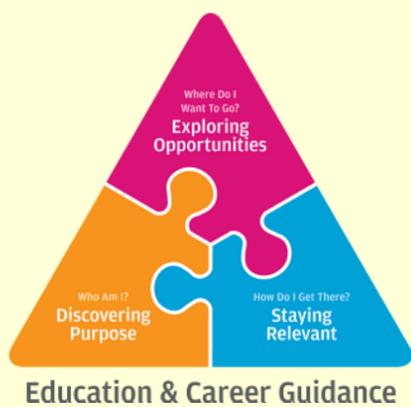
You may also wish to inform your teen's new school on his or her well-being so that appropriate support can be given.



#### Useful Resources:

[Parenting For Wellness \(Toolbox for Parents\)](#),  
[Setting realistic expectations](#)  
[Is your child too stressed?](#)  
[Supporting your child through post A-Levels transition](#)

### Providing Education and Career Guidance



Encourage your teen to explore possible education pathways using resources such as [MySkillsFuture Student Portal \(Pre-University\)](#), 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. Further tips for parents can be found in the [Education and Career Guidance Tips for Parents](#).

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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 to consider when advising youths on choosing their university course](#), [For these JC students, learning to thrive in school goes beyond just getting good grades](#).