

Supporting Your Teen Upon Results Release

Tips and Resources for Parents



Providing Social and Emotional Support



Celebrate your teen's efforts. Acknowledge your teen's emotions during this period. Help them manage their expectations and emotions, especially if they have overly high expectations or negative emotions.



Reassure your teen that the A-Level results do not determine how much he/she is worth, or how successful he/she will be in the future. Success is personal to every teen, and their efforts are worth affirming, regardless of the results.

Look out for out-of-character behaviours in your teen. Should common signs of stress persist, do seek help and advice from a health professional.



Useful Resources:

- [Setting Realistic Expectations](#)
- [Is Your Child Too Stressed?](#)
- [Supporting Your Child through Post-A Level Transition](#)

Providing Education and Career Guidance



Encourage your teen to explore possible education pathways using resources like [MySkillsFuture Student Portal \(Pre-University\)](#) and [What's Next](#), and discuss their thoughts with you. Engage your teen in conversations on their interests and support them in pursuing their diverse aspirations.

Further tips for parents can be found in the Education and Career Guidance Handbook for Parents.

(<https://go.gov.sg/parent-guide>).



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Check out articles from Schoolbag (<https://www.schoolbag.edu.sg>) for perspectives from other parents, on how they guided their teens, e.g. [From parents to parents: Want to raise successful children?](#), [Sandbox for students: Time to take risks.](#)