



# 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. Help them manage their expectations and emotions, especially if they have overly high expectations or negative emotions.
- Reassure your teen that the exam results do not determine how much they are worth, or how successful they will be in the future.
- Look out for out-of-character behaviours in your teen. Should these signs of distress persist, you should seek help and advice from a health professional. You may also wish to inform your teen's new school on their 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?](#)
- Post-Secondary Transition: Click [here](#) to find out how you can support your teen's transition through post-secondary education.



### PROVIDING EDUCATION AND CAREER GUIDANCE

- Encourage your teen to explore possible education pathways using resources like
  - *MySkillsFuture* (<https://go.gov.sg/MySFSec>),
  - *What's Next* (<https://go.gov.sg/whats-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 & Career Guidance Handbook for Parents* (<https://go.gov.sg/ecgparentguide>).



- 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?](#)