



# 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 your teen manage his/her expectation and emotions, especially if he/she has overly high expectation or negative emotions.

Reassure your teen that the exam 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.

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?](#)
- 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 Student Portal](#) and [What's Next](#) and to 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/parent-guide>).



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?](#)