Supporting Your Teen Upon Results Release



Tips and Resources for Parents

Providing Social and Emotional Support

Success in life is more than academic achievements and results. Be there for your teen as he/she receives his/her results and support him/her through the range of emotions that may come. Affirm your teen's efforts and help him/her manage self-expectations. Assure him/her that the N-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.

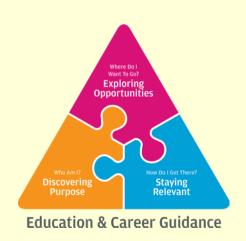


Useful Resources:

<u>Setting realistic expectations</u>
<u>Is your child too stressed?</u>

<u>Supporting your child through post-secondary transition</u>

Providing Education and Career Guidance



Encourage your teen to explore possible education pathways using resources such as <u>MySkillsFuture</u> Student portal (Secondary) and <u>What's Next</u>, and discuss his/her thoughts with you.

Engage your teen in conversations on his/her interests and support him/her in pursuing his/her diverse aspirations. Further tips for parents can be found in the Education and Career Guidance <u>Tips for Parents</u>.

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. Where the hot jobs are (and the poly and ITE courses to get you started), Getting through tough times with our teens.