

# 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:

[Setting realistic expectations](#)

[Is your child too stressed?](#)

[Supporting your child through post-secondary transition](#)

### Providing Education and Career Guidance



Encourage your teen to explore possible education pathways using resources such as [MySkillsFuture Student portal \(Secondary\)](#) and [What's Next](#), 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 Tips for Parents](#).

**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](#).