

# 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 or she receives results and offer support through the range of emotions that may arise. Affirm your teen's efforts. This will allow your teen to manage self-expectations. Assure your teen that the O-Level results do not determine his or her self-worth and future success.



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 or 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 or her thoughts with you.

Engage your teen in conversations on his or her interests and support him or her in pursuing diverse aspirations. Further tips for parents can be found in the [Education and Career Guidance Tips for Parents](#).

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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. [Why we should redefine happiness and success for our young](#), [How our school experiences helped us decide on what's next](#) and [I'm trying to change my teen's mind about going to JC](#).