

If you are a member of school staff then results day may be looming large in the school calendar.

Staff have a role in not only celebrating students' achievements, but also supporting those who are disappointed with their exam results. Students may express their disappointment in a range of different ways. They may feel sad and low about themselves or stressed and anxious about their future, or perhaps a mixture of both. Some students may even feel angry.

Whatever the feelings, here are some tips to help you and your students with the ups and downs of exam results day:



### Make yourself available to listen

Listen to your students and the feelings they have – whatever they are.



### Be reassuring

Reassure students that their feelings are to be expected, given that they did not do as well as they had hoped. Remind students that, although they are disappointed, their results should not define who they are as a person – their academic achievements are just one part of who they are.



### Offer advice and support

Offer practical support and advice about next steps students can take if they didn't get the results they wanted.



This advice is from Dr Julia Clements,  
Place2Be's Principal Educational Psychologist.  
For more advice visit [place2be.org.uk](https://place2be.org.uk)



### Remind students of their other strengths

Encourage students to think of their other skills, qualities and achievements in school and beyond. These are all important things that another school, college, university or employer will want to know about.



### Encourage self-care

Encourage students to take care of themselves in healthy ways, such as keeping physically active, spending time with friends and doing hobbies they enjoy.



### Remember to take care of yourself, too

You may also feel a mix of emotions before, during or after results day. Be kind and compassionate to yourself, and talk to a friend, colleague or family member for support. If you are feeling overwhelmed then contact your GP for professional help.



### Signpost to support

If you are concerned about a student's wellbeing, follow your school's safeguarding policy and signpost sources of support:



Text **CONNECT** to **85258** for free to speak to Shout



Call **0800 1111** to speak to Childline, or visit [childline.org.uk](https://childline.org.uk) for their free online chat



Visit [place2be.org.uk/help](https://place2be.org.uk/help) for more advice