
EXAM RESULTS

The long wait for exam results can be an anxious time for young people and their families. Inevitably, the whole focus of family life is on the countdown to results' day.

Teenagers can have different reactions to situations like this – laid-back and unfazed by it all or extremely worried.

It can be hard for parents to strike the right balance - being supportive but in the way the young person needs. The best approach is just to try and get through it !

If results do turn out to be disappointing - the most important thing is not to turn the situation into a catastrophe.

Your son or daughter may well be upset and this is understandable. He or she will need emotional comfort and support – but also practical help and advice.

You will need to sit down with them and look at the situation before deciding on the next steps.

Most young people manage this quite easily – but a small number dwell on their perceived failure and become overwhelmed by it.

If you feel your child isn't 'moving through' the situation, then you may want to consider professional help.

Parents should give teenagers at this stage plenty of opportunities to talk – and this will give you the chance to learn how they are feeling and how content they really are.

Q

My family are all very competitive. I have six sons and the older five have gone on to university – but I'm worried that our 'baby' won't get the grades. What would you advise ?

A.

Whatever his results – we all need to realise that there is nothing certain in this world.

Even trying hard doesn't necessarily mean we get what we want. Sometimes exam results provide lessons in 'hard knocks' in life.

If the results are not what all of you would have wished for, there is little you can do but accept them and look at other opportunities for careers that you might otherwise not have considered. Also – take all the professional guidance you can get. There are many ways to achieving so-called success in life.

Helping your son to feel content and good about himself now will be pivotal in his future career.

