

Section 1 – Understand what happens on Results Day



Dealing with Results Day stress

We understand that waiting for your exam results can be stressful. We've put together some advice to help you cope with your feelings before and on exam results day, and also some practical tips to help ease the stress on the day.

Not all of these tips will be right for you, so pick and choose the ones you think will help:

1. Talk to your friends and family

If you're nervous or anxious, talk about it. Don't be embarrassed about your feelings - chances are there are people you know who will be willing to listen and empathise with you. Your parents or older relatives may have also felt the same sort of emotions waiting for their results. Talking to a parent about your nerves can help put things in perspective. Bottling up stress can make it worse, so it's really important not to keep it all inside.

2. Keep up a good routine

Try not to let waiting for your results take over your summer. Try to stick with the routines you have established during the period of social distancing. Keeping yourself as busy as possible is the perfect way to distract yourself from exam results.

Sleep may be the last thing on your mind the evening before results day but a good sleep will put you in a good frame of mind to face what lies ahead. Get up nice and early the morning before rather than having a lie in and do some exercise at some point during the day so that you're nice and tired when you go to bed.

Avoid too much caffeine, especially six hours before you go to bed, and perhaps have a nice, relaxing bath in the evening. Resist the urge to go over and over things in your head because it won't help and there's really nothing you can do about it now.

It might be an idea to stay off social media if speculation about results are all everyone seems to be talking about because it'll only make you feel worse. Try reading one of your favourite books instead to help your mind unwind.

3. Be organised and prepared for Results Day

Unfortunately, for a small number of students, there is a possibility that you will fall short of the grades you need for your university choices. Make sure you know what to do when you

log onto UCAS at 8am and read up on the UCAS Clearing system but do not dwell on the worst-case scenario. Think about what you might need to do if you don't get the grades you were hoping for so you're not panicking on the day.

Be organised – make sure you have your UCAS log in details to hand.

Plan something nice to do with friends or family later in the day so that you have it to look forward to regardless of what happens.

4. Have someone with you when you log on to UCAS and/or pick up your results

This could be a parent, sibling or a friend. It is important to have someone with you on the day to offer reassurance, talk through options if your results are not what you wanted or, hopefully, celebrate your success with.

Two heads are definitely better than one when it comes to gathering as much information as possible about your next steps, assessing the options and coming up with a plan of action.

5. If you didn't get the exam results you were hoping for

Do not panic. You have plenty of options if you didn't get the exam grades you wanted.

Take a deep breath and start talking. Speak to a member of the Careers Team who will help and guide you to find out what you should do next.

YOU may wish to consider UCAS Clearing or exam resits. You could also consider taking a gap year while you think about what you want to do next or, if you're keen to keep going with your studies, why not think about an apprenticeship?

Find out as much as you can before making a decision and remember, this is not the end of the world. There are many extremely successful people out there who didn't get the grades they were hoping for either. There are lots of paths to success so use your disappointment as motivation to find yours.

6. Don't compete with others or compare your results

Judge your success by your own standards and not those of other people and don't feel pressurised to share your results on social media if you don't want to.

Where to go for additional help:

For additional advice on mental health issues, you can contact one of many charities or organisations, including:

- [Student Minds](#)
- [Mind](#)
- [Students Against Depression](#)