

# EXAM RESULTS SUPPORT GUIDE

**Didn't get the grades you wanted?**

Whether you're feeling gutted, angry, or just confused, it's okay to feel that way. Bottling it up doesn't help, so give yourself permission to be annoyed for a bit.

**Zoom out for a sec**

One set of grades is a snapshot of one moment, it's not your whole future. You are more than a few letters or numbers on a page. Take a deep breath and remember: this moment does not define your worth or what you're capable of achieving.

**Be your own coach**

Look back at what happened honestly, but kindly. Ask yourself:

What worked well?

What felt difficult?

What would I change next time?

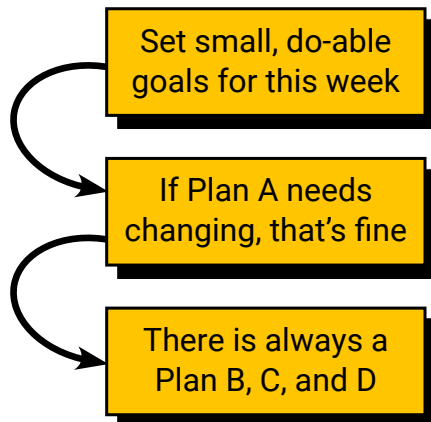
You aren't "bad" at this subject. You just haven't mastered it yet.

## Feedback = A free upgrade

Talking to your teacher might feel awkward, but they genuinely want to help you. Ask them for specific feedback on where you can improve. This isn't about dwelling on the result, it's about getting the info you need to switch up how you study, prep, or manage your time.

## Tweak the plan

Now that you have more info, it's time to adjust.



A different route will still get you to where you want to go.

## Be kind to your brain

Getting back up takes energy. Make sure you're fueling yourself:

Zzz

**Rest:** Your brain needs sleep to process stress



**Move:** A short walk can help clear the "fog"



**Distract:** Watch your comfort show or hang out with a mate

You're doing the best you can, and that is enough.

## You've got this

You are not your results. You are your effort, your growth and your comeback.

This isn't the end of your story, it's just a chapter. If these results have left you with any difficult feelings, the Kooth team is here to listen and help you work out your next move.