



## Dealing with Results – A Few Useful Tips

Broadly speaking, examination results should be treated as a spring board to future achievements and better prospects. Examination results can cause a great deal of anxiety to the students and parents alike. However, a consistent family support system can be of great help.



### Parents should be alert to observe in the children:

- **Physical symptoms**, such as sleeping or eating more or less than usual
- **Mental symptoms**, such as loss of concentration and interest
- **Emotional symptoms** such as tears, tantrums, panic attacks
- **Addictive symptoms**, such as excessive drinking or smoking or using pills
- **Self-depreciating comments** “I knew I’ll never pass or never do well or... Mohit’s/Shalini’s much brighter than me.....”



## Must Do's for The Parents

- Be supportive and encouraging. Do not nag the child.
- **Help the child to gain self-confidence and a sense of achievement.**
- Just good schooling and tuition are not substitutes for emotional cushioning.
- Help the child in maintaining his confidence especially when he seems discouraged by his dropping marks or grades.
- Do not displace your anxiety on the child.
- The achievement goals should be realistically set according to the child's capability.
- Make the child feel important and loved.
- Listen to your child.
- Praise the child when he does well. Encourage the child's performance with positive statements like, "well done", rather than saying "that was not enough".





- Do not harp on previous failures or results.
- If achievement expectations are too high it may lead to greater anxiety.
- **Try to discuss problems. Help to find a solution.**
- Accept that expectation for everyone to do well is unrealistic.
- Involve the child in decision making.
- Be aware of the current trends and courses.
- Do not concentrate on traditional courses alone. This will narrow down the options considerably and cause stress.
- Many students do better after school because of maturity and greater focus, course of interest, increased awareness level and exposure to options.
- Avoid criticizing or comparing the child with others.
- Take help of a professional counselor in case of a conflict or depression over the result.
- **Remember, exams are not the end of the world.**





## Tips For the Students

- Do not imagine extreme consequences and worst situations.
- Do not magnify failure or demean yourself.
- Develop alternative coping strategies.
- Learn to be positive.
- Learn to relax.
- **Talk to family, friends, teachers or counselors.**
- Stop worrying. Result is not the ultimate decisive factor.
- It is more important to explore and choose the next option.
- Find out and update with wide and varied career choices. Invariably the decision should not be based or influenced by the friends.
- Assess priorities, assets and difficulties

