

# Wellbeing & Support Guide: Results Day 2021



# KEY DATES FOR RESULTS DAY

AS/A2 Level      Tuesday 10th August

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CoPE              Tuesday 10th August

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GCSE              Thursday 12th August

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Occupational Studies      Thursday 12th August

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Entry Level      Thursday 12th August

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Vocational Qualifications      Thursday 12th August

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CCEA HELPLINE

028 90 261220  
helpline@ccea.org.uk

**PURE  
MENTAL**

**01**



Rewarding Learning

**YOUR  
RESULTS  
DON'T  
DEFINE**

**YOU**

**TALK WITH  
A FRIEND,  
FAMILY  
MEMBER OR  
TRUSTED  
PERSON**

**LISTEN TO  
MUSIC**

**TAKE A WALK  
TO CLEAR  
YOUR HEAD**

**SUPPORTING  
YOUR  
MENTAL  
HEALTH ON  
RESULTS  
DAY**

**GET A GOOD  
NIGHT'S  
SLEEP**

**TAKE TIME  
AWAY FROM  
SOCIAL MEDIA**

**ORGANISE  
SOMETHING  
ENJOYABLE  
FOR AFTER  
YOU RECEIVE  
YOUR  
RESULTS**



# WHAT IS AN ANXIETY ATTACK?

An anxiety attack is a physical, mental and emotional experience. It can be very distressing for the individual experiencing it and can last between 10 and 30 minutes.

Anxiety attacks can come in lots of different forms and have varying symptoms. Here are some common symptoms:

- 1 A pounding heartbeat
- 2 Feeling Dizzy
- 3 Chest Pains
- 4 Struggling To Breathe
- 5 Shaky Legs
- 6 Nausea



# COPING WITH AN ANXIETY ATTACK



Recognise what is tangible: the glass of water in your hand, the chair you are sitting on, the cars in the background.

- Make yourself comfortable. If it helps, lie down or rest your head in your hands.

- Give your body the fresh air it is craving. If it's raining, even better - feel the drops on your skin.

**BREATHE.** Slowly. In for five, hold for five, out for ten.

- Visualise the fresh air moving through your body into your lungs.

- Try the 'body scan' technique. Focus on the parts of your body, what they feel like, are they stiff, aching or are you relaxed? Continue to focus on your breathing as you do this.

- Be kind in how you talk to yourself as you're experiencing this. If there's a friend around that you trust, try and get their attention.

# EXPERT SUPPORT

@PUREMENTALNI

**116 123**  
**0800 1111**  
**0808 808 8000**

**SAMARITANS**  
**CHILDLINE**  
**LIFELINE**

There is also a vast amount of free advice and guidance available online that can help with any feelings of worry, anxiety or stress such as:

<https://www.puremental.org/helplines>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

<https://www.futurelearn.com/info/blog/how-to-deal-with-results-day-stress>

**TALK**

**There is never any shame in reaching out for help, and there is always someone there to listen. These services are exceptional, completely confidential and might just help you with what you're struggling with.**

# Disheartened with your results?

If your result is not what you were hoping for, try to remember that **you are not alone**- take as long as you need to absorb your thoughts and feelings.

## Make a Plan:

Having a written plan will help you focus your energy on positive next steps. Your plan can include noting thoughts on how you are feeling about specific results and use these to make a checklist to explore all options available.

## Avoid Comparing Results:

Your plan can also include avoid comparing your results with your friends or anyone else in your school or on social media. We know this is easier said than done but try to focus on yourself. Also be mindful of those that may not have received the results they wanted.

## Ask for Feedback:

Ask for direct feedback from your teacher as this information can help explain why the Centre Determined Grade (CDG) was awarded. Teachers made students aware of the evidence they were using in each subject. It is essential that both parents and students are clear on all of the evidence that was used to inform grades in each subject.



# Alternative Routes and Further Advice:

There are **always** other routes to consider towards your career path. You might, for example, want to explore the Technical and Professional Qualification offered by your school or local college.

If you cannot access your original Higher Education course, then do consider alternatives, such as Higher-Level Apprenticeships, Foundation Degrees and Higher National Diplomas. These are often offered by local colleges.

Schools, colleges and Job Centres in Northern Ireland have careers advisors to help students understand these routes. Get as much information as you can, from as many sources as you can, before making a final choice.

## NI Direct:

You can contact the NI Direct Careers Service by calling 0300 200 7820 or through web chat at

[www.nidirect.gov.uk/campaigns/careers](http://www.nidirect.gov.uk/campaigns/careers) and support is also available via <https://www.nidirect.gov.uk/news/help-and-support-students-and-parents-results-time>

## UCAS Support:

UCAS can help you with questions about existing university places and your application via its Track Service available on [www.ucas.com](http://www.ucas.com) and also by contacting the Undergraduate Helpline Number on 0371 468 0 468

For full information on UCAS contact options visit:

[www.ucas.com/contact-us](http://www.ucas.com/contact-us)

# Further Education and University Support:

## Routes to University:

Northern Ireland's Universities and Further Education Colleges have united behind a new initiative aimed at ensuring school leavers are made aware of the full range of higher education options available locally.

For the first time, access is available to the full higher education course listing through a single source at each of Northern Ireland's two universities, namely Queens University Belfast and Ulster University.

Further information is available at:

[www.qub.ac.uk/Study/Undergraduate/routes-to-university](http://www.qub.ac.uk/Study/Undergraduate/routes-to-university)

[www.ulster.ac.uk/news/2021/june/universities-and-colleges-lead-initiative-to-offer-school-leavers-alternative-routes-to-university-at-local-colleges](http://www.ulster.ac.uk/news/2021/june/universities-and-colleges-lead-initiative-to-offer-school-leavers-alternative-routes-to-university-at-local-colleges)

From these pages you can find higher education opportunities available to school leavers and signposts to other provisions, including foundation degrees and higher education courses at Northern Ireland's six local further education colleges.

## National Career Service:

The National Careers Service's Exam Results Helpline is available to help young people (and their parents or carers) regarding receiving exam results during August.

You can contact the helpline on **0800 100 900** to speak to a professionally qualified careers adviser if you need advice on your next steps. The helpline will be open from **8am to 8pm Monday to Friday** and **10am to 5pm on Saturday** for **two weeks** from **9 August to 20 August 2021**.

# CAREER STORIES



**ALICE**

Considered "the academic type" at school.

Took a gap year after school that turned into 6.

Is still scared of the future and the unknown, but is studying a course she loves- age 25.



**KEVIN**

Struggled at school, couldn't stay focussed, was considered a 'lost cause'.

Was frowned upon when he left school at Year 12 to study an apprenticeship.

Aced his apprenticeship, began a successful career in construction and thrives in his job.



**SARAH**

Got a part-time job at a local firm when she was 16, which she kept on full-time after school.

Learned the ropes, developed her skills on the job and made mistakes along the way.

After several promotions, was made a Director and plays an important role in the business' success.



**DAVID**

Studied 2x different degrees and has had jobs in lots of different industries.

He used to worry about jumping around careers so much, but now he works in the charity sector in a role he loves.

Now he's glad he took the time to explore different career paths, because it allowed him to discover what he truly wanted to do.



**KATIE**

Completed a BTEC course after her GCSE's.

Interested in fitness, she used her knowledge from BTEC to start personal training a few clients at a local gym.

4 years later, she owns a busy gym , employs 30 staff and is a fully qualified nutritionist.

**THERE ISN'T JUST ONE STANDARDISED ROUTE TO YOUR FUTURE.**

[ccea.org.uk](http://ccea.org.uk)  
[www.puremental.org](http://www.puremental.org)

