



RESULTS DAY AND WELLBEING SUPPORT GUIDE 2024



Key dates for results 2024

This year, CCEA will complete the return to pre-pandemic arrangements, after different arrangements were put in place to support students during and in the years after the pandemic. The following dates highlight when you will receive your results.

AS/A Level	Thursday 15 August
CoPE	Thursday 15 August
GCSE	Thursday 22 August
Occupational Studies	Thursday 22 August
OLA	Thursday 22 August
Vocational Qualifications	Thursday 22 August

CCEA Helpline
(028) 9026 1260
helpline@ccea.org.uk
opens Thursday 15
August until Wednesday
28 August 2024

Lost your A Level results pin?
If so, contact your school
who can reissue it.



Preparing for exam results

The summer break can be a welcome opportunity to relax and unwind after your exams. As results day approaches, you might have a mixture of emotions. Everyone is different, so if your friends are feeling the opposite to you, don't worry. All feelings are normal. Your feelings are unique to you.

If you're feeling nervous about your exam results, there are some things you can do to help. This guide aims to provide you with some top tips and advice, including:

- » how to look after your mental health on results day;
- » how to recognise the signs of an anxiety attack;
- » useful links and extra support; and
- » what to do if you're unhappy with your exam results.



For more information on what to expect on grading outcomes, results days and how to look after your mental health and wellbeing, see www.ccea.org.uk/summer-2024

Supporting your mental health on results day

Looking after your health and wellbeing is so important. There are many ways to do this – everyone is different.



Coping with an anxiety attack

Doing exams and getting results can be a stressful time. Some people might even experience an anxiety attack.

If you can spot the symptoms of an anxiety attack, you might be able to help the person experiencing it, whether that's you or one of your classmates. Common symptoms include breathing difficulties, a pounding heartbeat, dizziness, sweating and feeling sick.

Tips for dealing with an anxiety attack:

- Recognise what is tangible: the glass of water in your hand or the chair you're sitting on.
- Be kind in how you talk to yourself. If there's a person around who you trust, try and get their attention.
- Make yourself comfortable. If it helps, lie down or rest your head in your hands.
- Give your body the fresh air it's craving. If it's raining, even better – feel the raindrops on your skin.
- Try the body scan technique. Focus on your breathing and the different parts of your body and what they feel like.
- Breathe slowly, in for five seconds, hold for five and out for ten. Visualise the fresh air moving through your body into your lungs.



Expert support

SAMARITANS – Tel: 116 123
CHILDLINE – Tel: 0800 1111
LIFELINE – Tel: 0808 808 8000
NSPCC – Tel: 0808 800 5000



You can find lots of advice and guidance online from support organisations such as:

YoungMinds www.youngminds.org.uk
MindWise www.mindwisenv.org
Action Mental Health www.amh.org.uk



Talk

It's a good idea to reach out when you need help, and there's always someone there to listen. These expert support services are confidential and might just have the exact advice you need.



Disappointed with your results?

When you get your results, it may help to sit down with a parent or teacher to better understand your marks. You can find information on understanding your GCSE and GCE results at www.ccea.org.uk/summer-2024

> Don't panic

If your results are not what you were hoping for, try to remember that you're 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 your thoughts on how you're feeling about specific results. Use these to make a checklist to explore all options available.



> Avoid comparing results

Try to focus on yourself and your results and not those of your friends, classmates or people on social media. Also be mindful that others may not have received the results they wanted.

> CCEA's Post-Results Service

You can request a review of the marking of your examination paper if you think there has been an error. This is a review of your examination script by a senior examiner.

The first thing you should do is to talk to your school or college, as they will help you decide the best course of action. If you then decide to seek a review of your results, they will make an application to CCEA's Post-Results Service on your behalf.

One thing we always want students to bear in mind is that when using the Post-Results/Appeals Service, the outcome could lead to your grade going up, but it also means your grade could go down or remain the same.

You can find more information on CCEA's Post-Results Service, including deadlines, fees and the Priority Review Service, at www.ccea.org.uk/summer-2024

Alternative routes and further advice

There are **always** other routes to consider for your career path. You might, for example, want to explore the technical and professional qualifications offered by your school or local college.

If you cannot access your original higher education course, 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 advisers 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

Gap year

It's okay to feel that you don't want to rush into making any immediate decisions about further study or getting a job. Sometimes it takes a bit longer to weigh up what's best for you. This might mean taking a year out to travel or to spend more time at home with family and friends. Talk it through with a person you trust – it's always good to talk!



Further education and university support

Routes to university

Northern Ireland's two universities, Queen's University Belfast and Ulster University, provide information about different routes to higher education.

The pages below include details about your options, including foundation degrees and higher education courses at Northern Ireland's six further education colleges:

www.qub.ac.uk/Study/Undergraduate/routes-to-university

www.ulster.ac.uk/flexible-education/professional/access-to-higher-education

UCAS support

UCAS can help you with questions about existing university places and your application through its Track service, available at www.ucas.com. You can also contact the Undergraduate Helpline on 0371 468 0 468.

For information about clearing, see

www.ucas.com/clearing-launch

You can also find further help at

www.ucas.com/contact-us



Well done!

Whatever your results are, remember to focus on your achievements throughout your school journey.

Remember, exam results do not define you!



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