

The nerve-racking wait for the **Exam Results!**



No matter what your grades are,
5 tips to help you FACE them **Positively**



Recognise and accept your emotions

→ It's okay to feel happy, sad or disappointed.



Take a break and move forward

→ Engage in relaxing activities to take your mind off the results.



Appreciate the efforts that you have made

→ Regardless of the outcome, the process itself is rewarding and your sense of worth is attached to every effort that you have made.



Review and improve

→ The process is more valuable than the result. Every experience, successful or frustrating, makes you grow.



Cheer yourself up and look ahead

→ Lift your mood with positive quotes.

