

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



No matter what your grades are,  
5 tips to help you FACE them **P<sup>\*\*\*</sup>ositively**



## **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.

