

## **August 2020 (Exam) Results Special**

### **Dear Parents' Voice Supporter**

This is a special email update about results/qualifications.

It's the time of year for results, including BTECs, A-Levels and GCSEs; this Special Update includes links to information about getting the results (and supporting stressed teenagers), continuing education and apprenticeships (including information events). This year it's a little different because coronavirus meant exams couldn't take place, so it may be even more stressful than usual.

There's also an online prom event taking place at 8pm on 12th August - find the details on the Mix site: <http://bit.ly/mixresult1>.

Good luck - we hope everyone gets the results they want/need, but even if they're not what was hoped for there are always options.

We hope you will find some of this information useful. You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

### **Results**

<http://bit.ly/mixresult1> - coping with exam results day, The Mix

<http://bit.ly/1DNHvpD> - guide to A-level results day 2020, the Student Room

<http://bit.ly/ymexamres6> - exam results stress (advice for parents), Young Minds

<http://bit.ly/flexamres8> - exam results (including what to do if they're not what were expected), Family Lives

<http://bit.ly/ymexamres5> - exam results stress (advice for young people), Young Minds

<http://bit.ly/blurtexres6> - a letter to those expecting exam results, Blurt Foundation

<http://bit.ly/AFNCstress> - Dr Sheila Redfern's advice on managing stress while waiting for results or to hear about college/university applications, short film from Anna Freud National Centre for Children and Families

<https://bit.ly/SHTexsupp> - tips for parents on supporting children ahead of results day by Dr Dominique Thompson, short film from Shout

<https://bit.ly/MIXuncert> - coping with uncertainty about schools and exams, The Mix

<https://bit.ly/PAPexres> - exam results day, Papyrus (NB: trigger warning, mentions suicide)

<https://bit.ly/GOVgcspar> - awarding qualifications in summer 2020, Ofqual information updated 11th August

<https://bit.ly/GOVqualguid> - Your results, what next?, Ofqual information including student guide to appeals and support phoneline to find out more about how you were graded, updated 7th August

## Careers (and deciding what to do after exams)

<http://bit.ly/BSZcareer5> - careers (scroll down for sections about apprenticeships, college and university), BBC Bitesize

<http://bit.ly/GOVcareer19> - national careers service; speak to an adviser by phone (free on landline & most mobiles) or webchat (includes exam results helpline 12th - 28th August) 8am -10pm 7 days/week

<http://bit.ly/NGTUni19> - not going to uni (alternative career routes for school and college leavers)

<http://bit.ly/govpostxm> - "University? Traineeship? First job? What's your post-exam plan?", Department for Work and Pensions

<http://bit.ly/GOVskassm> - National Careers Service online skills assessment tool (takes 10 - 15 minutes, matches answers to possible jobs/careers)

<http://bit.ly/skil4worcs1> - Worcestershire careers website, Skills4Worcestershire

<http://bit.ly/1V9oJko> - Careers Central site, Worcestershire County Council

<https://bit.ly/S4Wcar33r> - Careers Worcs Information Advice and Guidance service

<https://bit.ly/InWwebs> - Next Steps webinars (19th and 24th August), Worcestershire County Council/Worcestershire Local Enterprise Partnership - free

<https://bit.ly/GOVcarfair> - National Careers Service virtual careers fair 2020, 24th August (options at 18), 25th August (options at 16) - free

<https://bit.ly/YWTwio20> - Work it Out, service for women 18 - 30 offering coaching and job application feedback

## Apprenticeships

<http://bit.ly/PVblogoct> debunking some myths about about apprenticeships (guest post by Kim from Worcestershire Apprenticeships 2019)

<http://bit.ly/NApSpp19> - parents' apprenticeship pack

<http://bit.ly/WAPabt3> - Worcestershire apprenticeships

<http://bit.ly/1ndptFP> - apprenticeships (government report about how well apprenticeships meet the needs of young people and employers)

## University (or delaying it)

<https://bit.ly/UCASclear> - A-level results and clearing, UCAS

<https://bit.ly/UCASclrpar> - Clearing guide for parents, UCAS

<https://bit.ly/BTECclear> - BTEC results and clearing, The Uni Guide

<http://bit.ly/ComUni19> - complete university guide (includes information about what to do on/after results and clearing)

<http://bit.ly/2pvgapyr> - gap years, everything a parent needs to know

<https://bit.ly/UNI4me1> - Uni4Me

Anyone suffering a crisis because of results (or anything else) can get help 24/7 by texting Shout to 85258 (<http://bit.ly/SHOUT19>).

Young Minds Crisis Messenger service is also available 24/7 for anyone up to the age of 25 suffering a mental health crisis: <http://bit.ly/YMcrisis5>,

That's all for this update, thank you for reading it!

Thank you for your continued support in 2020, we really do appreciate it :)

Sue and the Parents' Voice Committee

### **Parents' Voice - Worcestershire**

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