



# FORM ONE TRANSITION DEALING WITH THE RESULTS STUDENTS

The SEA results will be released tomorrow and while many students feel a sense of excitement, others may be anxious or worried. Getting results can sometimes feel like a monster in a dark cupboard — scary and unknown. Like all perceived monsters, however, it is usually not as bad as we think.

## Here are two facts about results:

1. Not everyone will get his or her first-choice school.
2. Everyone **can** make the best of the school to which he/she is assigned.

## *Students, here are some tips for dealing with the results:*

- Breathe
- Tell yourself that even though you cannot change the results, you can decide to have a positive experience at your new school
- Look for opportunities
- Know that it is okay to feel sad or disappointed if you do not get the school you wanted. You can talk about it with someone you trust
- Remind yourself of your long-term goals, such as getting a good education and having a career that suits you. Tell yourself that your new school will help you achieve these goals

