

Useful links

As explained in the email, if you need to discuss your destination and next steps in light of your results you are able to still do this. As it is not in the usual format this year of querying points as you collect your results in the sixth form centre, this year there is a booking system for a video call. Alongside the option to book an appointment, there is a list below of links you may find useful for further advice and support. For example, if it is a university place you need to discuss, the universities often request to speak to you, the applicant. Therefore, there is a link below containing the university clearing numbers 'University phone numbers and contact details for UCAS Clearing 2020'. There are also some links with advice to support students receiving results for level 3 qualifications today. There are of course many more too, the below is not an extensive list, but hopefully some may be of some use.

Links for further advice and support

A range of advice for a range of outcomes on results day from the BBC:

<https://www.bbc.co.uk/bitesize/articles/zkrtgwx>

Advice on managing emotions with regards to results:

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-results/>

Advice on managing emotions with regards to results and UCAS and clearing. Practical advice and tips to manage anxiety and stress to help during clearing:

<https://www.cwmt.org.uk/results-and-clearing>

University phone numbers and contact details for UCAS Clearing 2020:

<https://www.thestudentroom.co.uk/university/apply/clearing/university-phone-numbers-and-contact-details-for-ucas-clearing?fbclid=IwAR2eiYjq6bzdwaQ08JyN6mw3zAltsqFdRZOiKGvDSd7a71oqpg1JG-T-yZU>

Dealing with disappointing exam results:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

Note: you have to scroll down past advice with regards to exam stress

UCAS – clearing information

<https://www.ucas.com/clearing-launch>

UCAS – adjustment

If you have done better than expected. If you have met and exceeded conditions of your firm choice.

<https://www.ucas.com/ucas/undergraduate/apply-and-track/results/ucas-adjustment-if-youve-done-better-expected>