

Support and advice for pupils – Exam results help

SQA exam results will be issued to Scotland's learners on Tuesday 7 August, by text message and through the post.

It can be a stressful time for young people – from 7 August onwards, support will be available, online, through our Helpline, via social media and face to face for learners needing to discuss their options.

Skills Development Scotland (SDS) offer free, impartial advice and information for those receiving their exam results to help them decide what to do next.

A leaflet detailing the help available from SDS is included with the SQA results letter. In this document, you will find some useful resources if you are in need of support when results are received– whether it hasn't gone according to plan or better than expected.

Support options

Over the phone

Learners, parents and carers can call the Exam Results Helpline to speak with one of SDS's trained advisers about their options. From apprenticeships to UCAS Clearing, college to employment, they have information on what you can do next. The Helpline is open 7 - 15 August and you can get details at:-

myworldofwork.co.uk/examresults

Online

Scotland's online careers service My World of Work has lots of useful articles and information to help you plan your future. You can check it all out at **myworldofwork.co.uk/examresults**

On social media

You can message advisers via DM on Twitter at **@mywowscotland** or private message via **[facebook.com/myworldofwork](https://www.facebook.com/myworldofwork)** or your local SDS Facebook page.

In person

SDS careers centres are located nationwide, and careers advisers are available year-round – not just on results day – to offer advice on your career options. Find your nearest centre at **myworldofwork.co.uk/centres**

The most important thing to remember is – don't panic! Whatever your results, there is a way to follow your ambitions, and SDS advisers are ready to help you think about options.

Make sure you're clued up on the support available ahead of #resultsday at **@myworldofwork**
<https://bit.ly/2bcsyol>

Don't panic about #resultsday! There's support available – head to **@myworldofwork** for more info
<https://bit.ly/2bcsyol>

Exam Results Helpline opens 7th-8th August, 8am-8pm; 9th-15th August 9am-5pm. More details online. Get further information on the support offered by Skills Development Scotland at **myworldofwork.co.uk/examresults**.