

PLANNING FOR ALL EVENTUALITIES WHEN CHOOSING A SCHOOL OR WAITING FOR EXAM RESULTS: AN ACTIVITY TO HELP CHILDREN FEEL PREPARED

When children and teens are taking vital exams or you are working together to choose their school, it's important that both you and they understand all of the options and have a positive plan for all outcomes.

They need to know that, whatever happens, there are always avenues open to them and that there are numerous ways of achieving their goals. Help them to research and prepare and ensure that you've had plenty of conversations about all of the different pathways.

Fill out these Plan A, B and C templates, pop them in envelopes and keep them for results day. On the day itself, open the relevant envelope and use it to help all of the positives shine through.

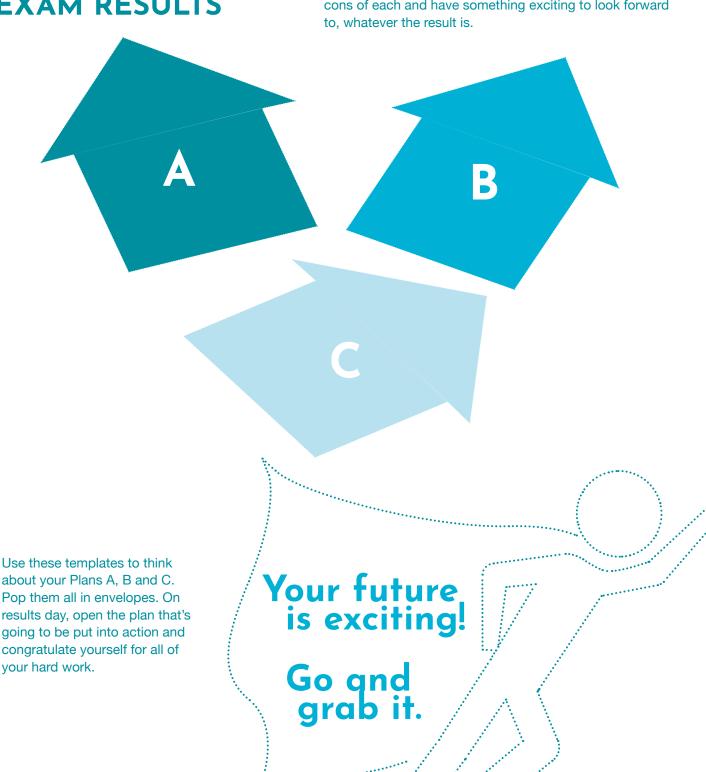




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We can't predict exactly what might happen in the future, so it's always really helpful to research and understand all of our potential options and outcomes.

Perhaps you are choosing which school you'd like to attend, or are taking some exams which will determine your next steps? You might have an ideal scenario in your head (your plan A), but it's a great idea to think about all of your different options, map them out, weigh up the pros and cons of each and have something exciting to look forward to, whatever the result is.



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| My Plan A is: | |
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| What are the advantages of Plan A? | What makes me feel a bit wobbly about Plan A? |
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| | (If there's nothing, that's fine. If there is anything that worries you, try to talk it through with someone you trust - your parent, teacher or a friend perhaps.) |
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| How do I feel about this option on a scale of 1-10? (1 is really worried and 10 is super excited.) | What amazing opportunities might it bring to me? |
| Exciting things about Plan A? | (Maybe this school has great sporting facilities, or your results enable you to study certain subjects? Maybe some of your friends will be there or you'll have the opportunity to take part in a particular club?) |
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| Are th | ere any | disad | vantages |
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| What | do I ne | ed to c | lo next? |
| share yo | our news? | Are ther on? Do | s or family to be practical by you need to ?) |
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| What | will I do | to ce | ebrate? |
| your bes | st and hav | re an exc re a think | ked hard, do iting future k about wha celebrate.) |
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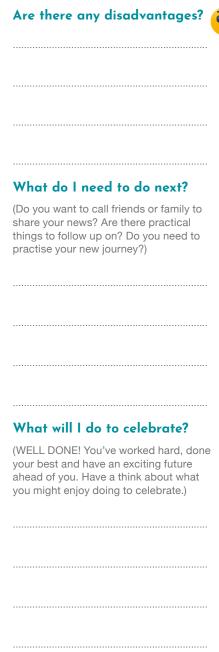
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| My Plan B is: |
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| What are the advantages of Plan B? | What makes me wobbly about Plo |
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| | (If there's nothing, that anything that worries through with someone parent, teacher or a fr |
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| How do I feel about this option on a scale of 1-10? (1 is really worried | |
| and 10 is super excited.) | What amazing o |
| Exciting things about Plan B? | (Maybe this school hat facilities, or your resul- study certain subjects? your friends will be ther opportunity to take par club?) |
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| What makes me feel a bit wobbly about Plan B? |
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| (If there's nothing, that's fine. If there is anything that worries you, try to talk it through with someone you trust - your parent, teacher or a friend perhaps.) |
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| What amazing opportunities might it bring to me? |
| (Maybe this school has great sporting facilities, or your results enable you to study certain subjects? Maybe some of your friends will be there or you'll have the opportunity to take part in a particular |
| club?) |
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| My Plan C is: | |
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| What are the advantages of Plan C? | What makes me feel a bit wobbly about Plan C? |
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| | (If there's nothing, that's fine. If there is anything that worries you, try to talk it through with someone you trust - your parent, teacher or a friend perhaps.) |
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| How do I feel about this option on a scale of 1-10? (1 is really worried and 10 is super excited.) | |
| , , | What amazing opportunities might it bring to me? |
| Exciting things about Plan C? | (Maybe this school has great sporting facilities, or your results enable you to study certain subjects? Maybe some of your friends will be there or you'll have the opportunity to take part in a particular club?) |
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| Are there any disadvantages |
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| What do I need to do next? |
| (Do you want to call friends or family to share your news? Are there practical things to follow up on? Do you need to practise your new journey?) |
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| What will I do to celebrate? |
| (WELL DONE! You've worked hard, do your best and have an exciting future ahead of you. Have a think about what you might enjoy doing to celebrate.) |
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