



Exam results not what you expected? Don't despair! Depending on how badly you performed, you could still have a number of options to choose from. It's important to explore these before giving up on your education and your future.

1. First of all, allow yourself (and your family) time to heal. Before making any big decisions, you'll need to deal with your anger and disappointment.
2. Remember that blessings often come in strange disguises. And when one door closes, another door opens. (These wouldn't have become clichés if they didn't work to some extent!)
3. Ask your family, teachers, friends and other trustworthy people for advice.
4. If you need to, don't hesitate to seek professional counselling from your nearest health centre or phone Life Line on 0861 322 322 to talk about the way you feel (see Stress Management).
5. Find out about the possibility of upgrading your symbols in Matric supplementary exams. This is a really good option if you've failed one or two subjects. Ask your school about their "supps" policy as early as you can, prepare well in advance and give it another try!
6. Enrol with an institution that offers Matric Re-Write programmes. First, find out about fees and the support structures available. Then, make sure that the institution is reputable and recognised by SAQA (see Tertiary Education Credibility).
7. Consider enrolling for a computer course. Computer literacy is not just a huge advantage in today's workplace; it's often a minimum standard. Most employers need people who are able to use computers efficiently and effectively.
8. Acquire non-academic life skills: interpersonal skills, communication skills, problem-solving ability, conflict resolution skills, stress management skills and time management skills. These help to improve your relations with others, build your character, give you self-confidence and balance your life.
9. Look for or create opportunities for selfemployment. Think about your abilities and talents, values, interests and personality (see Self-Knowledge). Some of these, if properly developed and polished, could be a base for starting your own business!

NOTE

The bottom line is: Good results are great and brilliant results are better, but poor results can be dealt with sensibly and successfully. Try not to panic or become despondent. Rather look for realistic alternatives and create a workable plan of action. You'll feel better when you have a plan.

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