

# RESULTS DAY

## EXPLAINED.

Managing feelings before  
results day



Planning in advance



The day itself



# 1

# OR

# 2

**FIRM UNI**

**BACK UP UNI**

*Your step by step guide to  
results day: 6th form college  
edition.*

# EXPLAINED.

## Managing feelings before results day



*You may be feeling nervous about whether you've met your offer conditions, excited about the future and the next chapter, or maybe even stressed or anxious about what might happen if things don't go to plan.*

*These are all totally normal feelings, but it's important to talk to someone, such as family, friends, or a teacher, for reassurance.*

*They can support you in preparing mentally for different outcomes, including what you'll do if you don't get the grades you hoped for.*

*Try to get a good night's sleep and keep yourself busy the day before. Go to bed early, as you'll probably need to wake up early the next morning. Also, make sure you have backup plans. It's a good idea to understand how Clearing works, just in case. You can read more about it [here](#):*

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## Planning in advance



*If you're getting ready for Results Day, here's what you should do to feel more prepared and in control.*

- *Check your log in details in advance for the UCAS Hub.*
- *Even if you're confident, look into Clearing beforehand, just in case you need it. You can see courses that Universities are offering, along with the grade boundaries.*
- *Download or print all your application and results information, so everything is ready when you need it.*
- *Plan who you'll be with on the day, whether it's a family member or a supportive friend and save your university's contact details in case you need to call them quickly.*
- *Try to book the day off work or make sure your schedule is clear so you can focus and stay calm if decisions need to be made. You should also plan something to celebrate your hard work, no matter the outcome, you deserve to recognise the effort you've put in.*
- *On the practical side, charge your phone fully, keep a pen and notepad nearby, and make sure your internet is working properly. Have your UCAS Personal ID and a form of official ID ready, and even write out a few questions to ask universities in case you go through Clearing.*
- *Check your emails (and your spam folder!) regularly, and if possible, get a UCAS Clearing vacancy list together, you can find the available places on UCAS before the day, in case the site is slow in the morning you can call up unis (be advised they will be busy and any listing is subject to availability and requirements).*
- *It's also really important to take care of yourself. Get a good night's sleep, eat breakfast, and try to stay calm, even if UCAS is delayed, that's normal and happens every year.*
- *Most of all, remember that one day doesn't define you. If things don't go to plan, it's okay to take a moment to process it. You still have options, and there are many different paths to success. Try not to compare yourself to others, just focus on what's right for you and take things one step at a time.*

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how results day could pan  
out and what to do?



*On Results Day, you should be prepared for a range of emotions, from relief and joy to surprise or disappointment.*

*If you meet the conditions of your university offer, whether firm or insurance, it's a great moment to celebrate with family or friends and begin preparing for university life, such as sorting accommodation or finances.*

*It's also important to remember that some universities may still accept you if your grades are slightly lower than your offer, as Clearing grades are usually lower too; however, this depends on the university's policies.*

*If you don't meet your offer, you'll need to act quickly. You should decide whether to accept an alternative course, explore Clearing to find new university options, or consider other choices like taking a gap year, deferring, or resitting exams.*

*During this time, you should speak to your school or college staff, as they are there to support you and can offer guidance on your next steps. You should also reach out to university admissions teams, who are ready to help and answer any questions you might have. You may need to make phone calls to explain your situation, so stay calm, be polite, and have all your information ready. Remember, staying calm and asking for help will make this process much easier.*

*Whatever happens, Results Day is a turning point. Once you've made your decisions, whether accepting a place, going through Clearing, or planning alternative routes, you're starting the next chapter of your journey. Remember, support is available, and there are many paths to success.*

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## KEY **3** TAKEAWAYS

**KNOW YOUR WORTH.**

**BE PREPARED.**

**SPEAK UP IF YOU NEED HELP.**

*good luck!*