

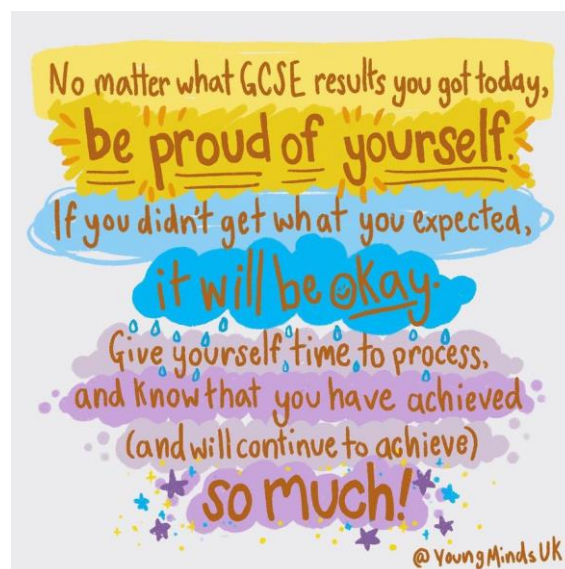
GCSE Results Day 2026

A results day survival guide

Today is going to be a day of mixed emotions for you, parents, family members, teachers and friends.

Whatever the outcome, there is always a way forward and you must seek or ask for help.

Talking and being resilient is a big part of today.



Your results are one moment in your journey—not your destination. Whether you're celebrating, feeling uncertain, or disappointed, there are always options and people ready to help.

Take a breath and look through all your results carefully. Celebrate your achievements, however big or small. Take time to look at a range of options going forward. Career paths are not always linear, and this can allow you to experience a wider range of jobs before deciding on what is right for you.

Gained the exams results you wanted, well done. Congratulations on your achievements, take time to enjoy your success. Remember when you start college or an apprenticeship etc, it may not be as you envisaged. It is okay to talk this through and maybe change courses or take a different route entirely.

Not gained the exam results you wanted, that is okay to. Don't panic, if things have not gone to plan. It might feel like the end of the world, but it isn't. You will need to readjust your career path for the moment. It is important to realise some feelings, such as disappointment, upset, etc. are all normal.

It can be hard to share your feelings at this point but eventually you will and that will help. You have a number of options and paths open to you. Ring your college and speak to them as soon as possible. They may offer alternative courses, they may accept you after a discussion or suggest a different route to achieve the same career goal. When you have a new goal in place, that will move your focus on to being positive and moving forward.

Students who do not achieve at least a grade four in either English and/or Maths must continue studying these subjects whilst on a 16 to 19 study programme. Students have the opportunity to resit their exams in these subjects during the November exam series. You may be eligible to take a functional skills qualification in English or Maths instead of a resit, you should check with your college.

Your Post-16 Options

A Levels	Usually studied at sixth form or college. Suitable if you enjoy academic study and wish to progress to university.
T Levels	Two-year technical qualifications. Include substantial industry placements. Equivalent to three A Levels.
Apprenticeships	Earn while you learn. Available from Level 2 upwards. Combine employment with training.
Vocational Qualifications	BTEC, NCFE, and other career-focused qualifications.
Employment with Training	Some employers offer training and qualifications alongside employment.

Careers Support Available

There are many websites to specifically help you. These are just a selection of them.

National Careers Service	https://nationalcareers.service.gov.uk/ https://nationalcareers.service.gov.uk/exam-results https://nationalcareers.service.gov.uk/contact-us
Career Pilot	https://www.careerpilot.org.uk/information/gcse/what-to-do-on-gcse-results-day
Prospects (career exploration)	https://www.prospects.ac.uk/
The Student Room	https://www.theuniguide.co.uk/advice/gcse-choices-university/gcse-results-day-what-to-expect
Amazing Apprenticeships	https://amazingapprenticeships.com/apprenticeships/ https://amazingapprenticeships.com/t-levels/
Gov.uk Find an Apprenticeship	https://www.gov.uk/apply-apprenticeship
Success at School	https://successatschool.org/
Youth Employment UK	https://www.youthemployment.org.uk/careers-advice-help/ https://www.youthemployment.org.uk/careers-advice-help/choices/student-advice/results-day-advice/
BBC Bitesize	https://www.bbc.co.uk/bitesize/articles/zjbn47h#zwqxhcw https://www.bbc.co.uk/bitesize/careers https://www.bbc.co.uk/bitesize/articles/zjbn47h https://www.bbc.co.uk/bitesize/articles/z29nhcw
UCAS Post-16 Choices	https://www.ucas.com/further-education/post-16-qualifications
Not Going To Uni	https://notgoingtouni.co.uk/
Young Minds	https://www.youngminds.org.uk/young-person/blog/dealing-with-disappointing-exam-results/ https://educationhub.blog.gov.uk/2025/08/nine-tips-for-supporting-your-child-on-results-day/
NHS	https://www.nhs.uk/every-mind-matters/
Childline	https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-results/

Need Someone to Talk To?
Emergency support contacts

Childline 0800 1111 www.childline.org.uk

Samaritans 116 123 www.samaritans.org

Young Minds Text YM to 85258 for support through
Shout www.youngminds.org.uk

SAMARITANS

Things to remember on results day:



**Your results don't change
your worth or who you are**



**Doing your best
is always enough**



**There's a path out
there for everyone**

Remember

Your GCSE results are important, but they do not define you.

There is no single route to success.

Many people change direction several times
during their education and career.

Whatever your results today,
there is a pathway forward and people who will help you find it.

