**NEWS RELEASE – July 18 2016**

**EXAM RESULTS HELPLINE**

**Pupils advised not to panic and consider all options**

More than 142,000 pupils in Scotland will receive their National 5, Higher and Advanced Higher results on Tuesday 9 August.

Skills Development Scotland (SDS) has a \*free helpline offering advice, information and support for young people and their parents.

The helpline will be open from 8am to 8pm on 9 and 10 August and from 9am to 5pm until 17 August. The number to call is **0808 100 8000**.

Help is available from qualified careers advisers who have unique access to information on UCAS course vacancies at UK colleges and universities, Confirmation and Clearing, advice about Modern or Foundation Apprenticeships, employment or volunteering.

SDS Operations Director Danny Logue said: “Some people might not get the results they hoped for or may have done better than they anticipated. It is vital that young people and their parents don’t panic. The Helpline is there to give support and information about all the different options young people can consider.”

National Parent Forum of Scotland Chair Joanna Murphy said: “I know from my own experiences that the SDS Exam Results Helpline is a real life line. It offers young people the chance to talk to someone who is impartial, which helps you to step back and take stock.

“One of my daughters didn’t do as well as expected in her fifth year and was devastated, but after talking to the careers advisers at the Helpline she realised she had so many options available to her. It takes some of the heat out of the emotion of the day and reminds young people no matter the results, there is always a next step.”

Post-results information for pupils and parents is available on SDS’s [My World of Work](http://www.myworldofwork.co.uk/examresults" \t "_blank" \o "My World of Work - exam results helpline) web service. There is also information about Modern Apprenticeships and Foundation Apprenticeships at [www.apprenticeships.scot](http://www.apprenticeships.scot).

Students can also access help, advice and support via SDS’s [Facebook page](https://www.skillsdevelopmentscotland.co.uk/external-links/facebook/" \t "_blank" \o "Facebook) which has practical help and links to [UCAS](https://www.skillsdevelopmentscotland.co.uk/external-links/ucas/" \t "_blank" \o "UCAS), [SAAS](https://www.skillsdevelopmentscotland.co.uk/external-links/student-awards-agency-for-scotland-saas/" \t "_blank" \o "Student Awards Agency for Scotland (SAAS)), [Young Scot](https://www.skillsdevelopmentscotland.co.uk/external-links/young-scot/" \t "_blank" \o "Young Scot) and the [SQA](https://www.skillsdevelopmentscotland.co.uk/external-links/scottish-qualifications-authority/" \t "_blank" \o "Scottish Qualifications Authority).

#ExamResults

\*operator charges may apply

**ENDS**

**FOR FURTHER INFORMATION, PLEASE CONTACT:**

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**Notes to editors:**

This is the 24th year of the Exam Results Helpline.

[My World of Work](http://www.myworldofwork.co.uk/examresults" \t "_blank" \o "My World of Work - exam results helpline)

Helps people identify their strengths, explore their options and find the career that is right for them.

[www.apprenticeships.scot](http://www.apprenticeships.scot)

Modern Apprenticeships offer the opportunity to get a job, get paid, get qualified in our 80 different kinds of apprenticeships in hundreds of different jobs.

Foundation Apprenticeships are for pupils moving into fifth year and take two years to complete. Pupils spend part of the week out of school, getting hands on experience at college and work on real projects with a local employer. Meanwhile they study for an industry-recognised qualification alongside their other subjects.