

CITIZENS
CYMRU
WALES
Exam
Results
Handbook

**RESOURCES AND GUIDANCE
FOR YOUNG PEOPLE
WORRIED ABOUT EXAM
RESULTS OR THE NEXT
STEPS AFTER SCHOOL**

As young people in Wales, we know how hard exam stress can get. As a result of the pandemic, it's been a more stressful time for students than ever before.

We've heard our friends and other young people in our community speak about their fears, including around predicted grades for BAME students.

That's why we have created this resource pack for you, or anyone you know who is stressed about their exam results or uncertain about their future.

It is packed with information on different groups and organisations out there to help you, or any young person who needs support.

Your teachers will be on hand to help you too - so make sure to speak to them about options for you.

UCAS

Whether you've got your grades or not, UCAS have plenty of advice to help you.

Call: 0371 468 0 468 or +44 330 3330 230
(outside UK)

Text Relay service: 18001 0371 468 0 468.
From outside the UK – you'll need to ask the operator to dial 0371 468 0 468

Web: ucas.com/undergraduate/results-confirmation-and-clearing/ucas-undergraduate-results

Applying through Clearing?

UCAS have also provided a guide on everything to do with Clearing online.

Web: ucas.com/undergraduate/results-confirmation-and-clearing/what-clearing

QUALIFICATION WALES

Qualification Wales have put together a handy guide on what you need to do to appeal your results.



[View the guide here.](#)

Web: qualificationswales.org

CHILDLINE

Exam stress can start with revision - but for many, it doesn't stop there. Childline have an online exam stress help centre here to support you. Get in touch with them about your exams results or anything else on your mind.

Call: 0800 1111 (for free)

Web: childline.org.uk

CARDIFF & VALE COLLEGE

Cardiff and Vale College have a team on hand to help with any questions or concerns including exam results.

For queries:

Call: 02920 250 250

Email: studentservices@cavc.ac.uk.

Web: cavc.ac.uk/en/contact-us

WORKING WALES

From work advice, to finding the perfect Apprenticeship, Working Wales will help you find the right path to take the first steps in your career.

Web: workingwales.gov.wales

ACT

ACT are committed to offering you the best Apprenticeship opportunities. They offer a wide range of Apprenticeships and work placements with leading employers, who are waiting to meet passionate young people like you!

Call: 029 2046 4727

Email: info@acttraining.org.uk

Web: acttraining.org.uk/contact

GETMYFIRSTJOB

GetMyFirstJob offers you a whole new way to find Apprenticeships, work experience and graduate opportunities. It's not just a search tool – they'll connect you with employers, colleges and universities to get you on the right track.

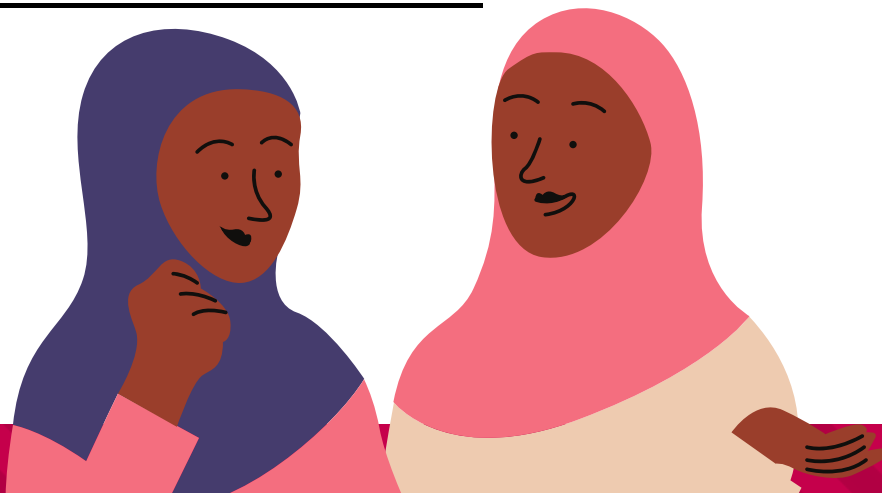
Web: getmyfirstjob.co.uk

PRINCE'S TRUST

Seen an opportunity that's right for you or just want some advice about exam results? The Prince's Trust team are here to help!

Call: 0800 842 842.

Web: princes-trust.org.uk/about-the-trust/where-we-work/wales



MEIC

MEIC is a helpline for children and young people up to 25 years old in Wales. They will listen, without judgement, and give you information, support and useful advice on any struggles or worries you have, like exam stress.

Call: 080880 23456

Web: meiccymru.org

INTO WORK ADVICE SERVICE

Into Work are running advice and support days across Cardiff for young people who have received their exam results. Find out more and if they're in your local area via their website.

Call: 0292087 1071

Email: intoworkadvice@cardiff.gov.uk

Web: intoworkcardiff.co.uk/contact

ALLABOUTSCHOOLLEAVERS

AllAboutSchoolLeavers are here to give support and guidance in your career path, offering all levels of Apprenticeships to get you started.

Call: 0203 651 4919

Email: hello@allaboutgroup.org

Web: allaboutschoollleavers.co.uk

CAREERS WALES

Are you a young person worried about your job options? Careers Wales are here to help! They will guide you on planning your career and finding the right Apprenticeships, courses and training for you.

Call: 0800 028 4844

Email: post@careerswales.gov.wales

Web: careerswales.gov.wales

CARDIFF YOUTH SERVICE

Left year 11 and need support to figure out your next steps? Cardiff Youth Services team of mentors are here to help you. DM them on Facebook or Instagram for more.

Facebook & Instagram: @CardiffYouthService

Twitter: @YouthCardiff

NATIONAL CAREERS SERVICE

The National Careers Service's Exam Results Helpline is available to help young people (and their parents or carers) that are receiving exam results in August.

Call: 0800 100 900

Web: nationalcareers.service.gov.uk/contact-us



Citizens Cymru Wales are an alliance of schools, universities, faith groups and trade unions working together to create local change in our communities.

We are part of Citizens UK, training local people on community organising skills, so they can hold decision makers to account on issues that matter most to them.

Contact **fiona.meldrum@citizenswales.org.uk** or **ali.abdi@citizenswales.org.uk** to find out more about Citizens Cymru Wales and Citizens UK.