



Advice for high school graduates

Keep things in perspective and remind your child of what they love and what makes them happy.



The world does not end at the end of high school.

If your child is feeling overwhelmed, remind them of what they love and what makes them happy. Take some time to talk to your child about what they enjoy and what makes them light up, like family, friendships and hobbies.

Remind them, they are not defined by grades

By helping your child remember their many areas of interest and drive, they also remember that school and study is *one* area of who they are. By doing their best and getting the most out of opportunities, they can pursue the things that are important to them as a person and make sure they have the skills and knowledge to open doors for their future.

There are many pathways to success

If they are really struggling with a certain subject, you can also talk to them and their school about their

options, such as in-class adaptations, flexible catch-up options or changing to another subject. It can help to encourage your child to have these conversations with their teacher if they feel they might need extra support, or just to let them know what's going on, so they can provide support when needed.

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