

Before you decide

Six questions to ask yourself after results day. The feeling that everything hinges on one morning is understandable, but it is not the truth. Work through these six steps calmly, in order, before making any decision.

1 Name what you actually need.

Is it one specific university, or what university gives you: the course, the education, the direction? Write the honest answer down.

2 Separate the event from the story.

What factually happened (a grade, a mark, a missed condition), and what are you telling yourself it means? Only the first one is fixed.

3 List every path that is genuinely open.

Clearing. A different university. A university abroad. A gap year with a retake. Work, volunteering, or something you have never had the chance to try. Write them all down before judging any of them.

4 Test each path against what you named in step 1.

Not against embarrassment, not against other people's timelines. Against what you actually need.

5 Ask what each path adds beyond the destination.

A year that builds resilience, experience or clarity is not a detour; in the scheme of things, arriving a year later or by another road rarely changes where you end up.

6 Decide as if it were your choice alone, then talk it through.

Reach your own answer first, and only then test it with people you trust. If you would like a structured conversation, that is exactly what coaching is for.