



University
of Exeter

Be results-day-ready

Results day is coming up. We want to share some top tips that will help you to prepare for the day and ensure you make the most of whatever happens.

Relax

Looking after your wellbeing in the lead-up to results day is really important. Taking time to invest in things that you enjoy can provide a welcome distraction from the big day. Scan the QR code below to check out our top tips for [Wellbeing Video](#); you may find some new ideas!

The night before results day, try and get a good night's sleep rather than staying awake all night waiting for UCAS Hub to open.

Connect

Consider in advance the best way to connect with friends and family about results:

- How much you would like to be on social media in the run-up to results day – will it put you in a good state of mind?
- Feeling anxious or nervous about results day is completely natural. Make sure you talk to others about how you're feeling and have a plan in place for whether you are collecting your results alone or with someone.
- Others might instantly post their results online – is this something you feel comfortable doing, or will you find a different way to tell people?



Prepare

Being prepared and organised on results day is key. The majority of schools/colleges will invite you in to collect your results, so ensure you've packed your bag the night before and double check you have the following:

- Your UCAS Number and Hub log-in details
- A copy of your personal statement
- A phone charger (portable is even better!)
- Pens and paper
- A list (on paper or bookmarked on your phone) of universities you might consider applying to through clearing or adjustment and any questions you have about their courses. Having contact details and course information nearby will be really useful.

Remember

Whatever happens, there is support in place to help – so don't be afraid to ask for help and advice from those around you.

If you are heading to university in the Autumn, make sure to keep checking your emails; universities will want to get in touch with you to let you know about exciting plans for when you start your degree.

Good luck from us all at the University of Exeter.

Other sources

[The Student Room Uni Guide](#)

[Student Minds](#)

[University of Exeter Clearing](#)



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