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Hello! From Your School Counsellor



When you visit our National Stadium, you will notice that there are many entrances along its sides, and it does not matter which gate you enter, you will access the same arena.



Some entrances are nearer to you, relative to where you are, and some are not, which requires you to take added effort to get to the designated entry into the arena for your favorite game.



As such, *Gessians*, do not be disheartened when the examination results do not turn out the way you want and it should not become a roadblock to your progress.

Every outcome, whether desirable or undesirable, successful or unsuccessful is an invaluable experience. It provides vital references to identify your strength and untapped potentials, as well helps you in charting your career pathway.

There are many pathways to achieve your goals. Like that of a sport stadium, there are many entrances to get you to the arena when the nearest one is not accessible to you. As long as you stay rooted and firm, and assertive against your self-critics, you will reach your destination.

Gessians, do not undermine your ability. Leverage on your inner resources and student support network to seek consultation to identify gaps and recce the terrain of opportunities.

You can ask the following questions:

- Being present: Where am I now? Am I in the present moment?
- Check feeling: What is my thought of feeling right now?
- Check self: Is my thought of this feeling helpful? What is there for me?
- Access value: What is important to me? Where do I go from here? What is the next right thing to do to move forward?
- Take action: How to make my plan happen to take me forward?



Onward!

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