



Support After Exam Results - Thursday 21st August 2025



So, you’ve got your GCSE results – congratulations if you’ve got what you wanted! But if your results aren’t quite what you had hoped for, here is some advice.

“Take a deep breath and remember, any grade is an achievement!”

You’ve got the envelope; your results are in, and they are not what you were expecting! Whether they are better or worse than predicted, you are probably in a turmoil of emotions and don’t know what to do for the best. This document will look at the sensible steps you should take, whether you are facing disappointment or delight.

All over the country, there will be other students experiencing the same emotions you are, but you can be reassured that colleges, sixth forms and training providers are all preparing to offer advice on what to do next. Although this might be the first time you have faced this uncertainty, it won’t be the first time for your **teachers or career practitioners**; they will be able to help. Take a breath and look at your options; there are still plenty available, and it is what you do now to keep moving forwards that matters.






Exam Result Help Lines: If you need general support and advice about your next steps and to talk through the opportunities available to you consider calling one of the below. There is no such thing as a silly question, you can ask what you want about resits, appeals, work options, training and apprenticeships or college/sixth form opportunities.

| Exam Results Helpline | Availability | Telephone | Email |
|---|--|--------------|---|
|  Hampshire County Council Hampshire Futures | 21st – 22nd August 2025 | 03707 796122 | careers.service@hants.gov.uk |
|  | Mon to Fri - 8am to 8pm Sat and BHs - 10am to 5pm | 0800 100 900 | https://nationalcareers.service.gov.uk/contact-us |

If you live in the Southampton area and want to speak to someone at a drop in session you could try:

| Every Monday | Every Monday | Every Tuesday |
|---|--|---|
| Central Young Adults Employment Hub (above the library) SO14 7LW 12pm – 3pm | West 10am - 12pm MP3 Evenlode Road, Millbrook, Southampton, SO16 9RS | East 10am - 12pm Thornhill Library 328 Hinkler Rd, Southampton SO19 6DF |

Websites for additional support:

-  National Careers Service: <https://nationalcareers.service.gov.uk/>
-  Youth Employment: <https://www.youthemployment.org.uk/gcse-results-day-information-for-students/>
-  Skills for Life – explore your options and choices:
<https://www.skillsforcareers.education.gov.uk/pages/young-people>
-  The Family Information Services Hub (FISH):
<https://fish.hants.gov.uk/kb5/hampshire/directory/family.page>
-  BBC Bitesize GCSE results day 2025: Everything you need to know:
<https://www.bbc.co.uk/bitesize/articles/zjbn47h#zwqxhcw>

College or Sixth Form options:

Changing subjects or courses:

If you needed certain grades to get into a college or sixth form and you missed these, speak to them as soon as possible to find out if they will still accept you. If they won't accept you to the original course(s) you applied to, find out about similar courses they offer.

If you did better than expected in a particular GCSE subject, or you've been rethinking your goals and ambitions, speak to your college or sixth form as soon as possible to see if switching Level 1, 2 or 3 / A-level / T Level subjects is possible. Provided you meet the entry requirements, there are still spaces on the courses and there are no conflicts in your timetable, this shouldn't be a problem.

Changing sixth form or college:

If your original college or sixth form won't accept you to the courses you applied to and they don't offer any similar courses you're interested in, look around at other nearby institutions. These might have lower entry requirements or a wider range of courses to consider.

Many of the local colleges and sixth forms will be open for phone calls and email queries over the exam results period. See below for a list of links to the college and sixth form websites and contact information. They may have dedicated lines so check the websites for the latest details.

Appealing a GCSE grade:

If you want to query a grade – perhaps one is unusually low compared with others and you weren't expecting this, or you've narrowly missed a grade boundary – speak to your teacher in the subject or your head of year. They can request that the exam board reviews the marking of your exam entry. Do this as soon as possible, ideally, on results day itself when you pick up your results, but there could be a charge. Your school will be able to tell you more.

GCSE retakes:

If you don't achieve at least a grade 4 (formerly a C) in your maths and English GCSEs, you'll have to resit these to proceed to Level 3 qualifications. Resits for these can be taken when at college, sixth form or alongside an apprenticeship.


Apprenticeship options:

If your planned next step was into an Apprenticeship and you already have that job offer, the good news is that lower results than you hoped might not prevent you starting on your secured pathway. By the time you've received your results, it's likely that your future employer has completed their recruitment process; you've been through assessment centres, they've interviewed you and decided you were the best candidate for the job. Even if they made you a provisional offer, perhaps dependent on a maths or English grade, in many cases the training providers will offer qualifications you can take alongside your Apprenticeship to 'top up' a result that wasn't quite what you expected. In the first instance, talk to the training provider who will be running the apprenticeship and seek their advice.

If you have changed your mind and want to go to college or sixth form reach out to them to understand what they offer and the places they may still have available.

If you have decided to explore apprenticeships further, act fast, start to explore what is currently available, and what fields of work might interest you. Use the following links to get started:

 Learn all about apprenticeships: <https://amazingapprenticeships.com/apprenticeships/>

 Register on the finding an apprenticeship and search for current opportunities:

<https://www.gov.uk/apply-apprenticeship>

College contact details

| Provider | Tel | Website | Type of course(s) |
|---|------------------|---|---|
| Andover College | 01264 360000 | https://www.andover.ac.uk/ | A level, Technical & vocational and T Level |
| Arnewood Sixth Form | 01425 625400 | www.arnewood.hants.sch.uk/sixth-form | A level, Technical & vocational |
| Barton Peveril College | 02380 367200 | www.barton-peveril.ac.uk | A level, Technical & vocational |
| Basingstoke College of Technology | 01256 354141 | www.bcot.ac.uk | Technical & vocational and T level |
| Kings Academy - Bay House Sixth Form | 02392 587931 | https://kgabayhouse.uk/sixth-form/ | A level, Technical & vocational |
| Bishop Luffa Sixth Form | 01243 787741 | www.bishopluffa.org.uk/sixth-form | A level |
| Bishop Wordsworth's School, Salisbury | 01722 333851 | https://www.bishopwordsworths.org.uk/sixth-form/ | A level |
| Bitterne Park Sixth Form | 02380 294155 | https://www.bitterneparksixthform.org.uk/ | A level, Technical & vocational |
| Bournemouth and Poole College | 01202 205205 | www.thecollege.co.uk | Technical & vocational, T Levels |
| Brockenhurst College | 01590 625555 | www.brock.ac.uk | A level, Technical & vocational and T Level |
| Burgate School and Sixth Form | 01425 652039 | https://www.theburgate.com/sixth-form-home | A level, Technical & vocational |
| Chichester College Group – Brighton MET | 01273 667788 | https://www.brightonmet.ac.uk/ | Technical & vocational and T Level |
| Chichester College Group - Chichester Campus | 01243 786321 | www.chichester.ac.uk | A level, Technical & vocational and T Level |
| Chichester College Group - Brinsbury (Countryside) Campus | 01243 786321 | https://www.brinsbury.ac.uk/ | A level, Technical & vocational and T Level |
| Chichester College Group - Northbrook College | 01903 273060 | https://www.northbrook.ac.uk/ | Technical & vocational and T Level |
| City of Portsmouth College - Highbury Campus | 02392 383 131 | https://city-of-portsmouth-college.ac.uk/ | Technical & vocational and T Level |
| City of Portsmouth College – Sixth Form Campus | 02392 383 131 | https://city-of-portsmouth-college.ac.uk/ | A level, Technical & vocational and T Level |
| City of Portsmouth College - North Harbour Campus | 02392 383 131 | https://city-of-portsmouth-college.ac.uk/ | Technical & vocational and T Level |
| Farnborough College of Technology - Main | 01252 405555 | www.farn-ct.ac.uk | A level, Technical & vocational and T Level |
| Farnborough College of Technology - Aldershot | 01252 407040 | www.farn-ct.ac.uk | A level, Technical & vocational and T Level |
| HSDC - Havant Campus | 02393 879999 | https://www.hsdac.ac.uk/study-with-us/havant-campus/ | A level |
| HSDC - South Downs Campus | 02393 879999 | https://www.hsdac.ac.uk/study-with-us/south-downs-campus/ | Technical & vocational and T level |
| HSDC - Alton Campus | 01420 592200 | https://www.hsdac.ac.uk/study-with-us/alton-campus/ | A level, Technical & vocational and T Level |
| Itchen Sixth Form College | 02380 435636 | www.itchen.ac.uk | A level, Technical & vocational and T Level |
| Newbury College | 01635 845000 | https://www.newbury-college.ac.uk/ | Technical & vocational and T level |

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|---|-----------------|--|---|
| Oaklands School and Sixth Form | 02392 259214 | https://www.oaklandscatholicschool.org/ | A level, Technical & vocational |
| Peter Symonds College | 01962 857500 | www.psc.ac.uk | A level, Technical & vocational and T Level |
| Queen Mary's College | 01256 417500 | www.qmc.ac.uk | A level, Technical & vocational |
| Reading College | 0800 6126008 | https://reading.activatelearning.ac.uk/ | A level, Technical & vocational and T Level |
| Richard Taunton Sixth Form College | 02380 511811 | https://www.richardtaunton.ac.uk/ | A level, Technical & vocational and T Level |
| Ringwood School Sixth Form | 01425 481273 | https://www.ringwood.hants.sch.uk/ | A level, Technical & vocational |
| Salisbury 6 th Form College | 01722 597970 | www.salisbury6c.ac.uk | A level, Technical & vocational |
| SHCG - Fareham College (Bishopsfield Road) | 01329 815200 | https://shcg.ac.uk/ | Technical & vocational and T level |
| SHCG - CETC and CEMAST | 01329 815300 | https://shcg.ac.uk/ | Technical & vocational and T level |
| SHCG - City College Southampton | 02380 484848 | https://shcg.ac.uk/ | Technical & vocational and T level |
| SHCG - Eastleigh College | 02380 911000 | https://shcg.ac.uk/ | Technical & vocational and T level |
| South Wilts Grammar School - Girl's Grammar | 01722 323326 | www.swgs.wilts.sch.uk | A Level |
| Sparsholt College | 01962 776441 | www.sparsholt.ac.uk | Technical & vocational and T level |
| St Anne's Sixth Form | 02380 328200 | https://www.stannes6th.uk/ | A level, Technical & vocational |
| St Philip Howard Catholic School, West Sussex | 01243 558218 | www.sphsixthform.co.uk | A level, Technical & vocational |
| St Vincent College | 02392 588311 | www.stvincent.ac.uk | A level, Technical & vocational and T Level |
| The Angmering Sixth Form, West Sussex | 01903 778391 | www.angmeringschool.co.uk/sixth-form/ | A level, Technical & vocational |
| The Sixth Form College Farnborough | 01252 688200 | www.farnborough.ac.uk | A level, Technical & vocational |
| Totton College | 02380 874874 | https://www.totton.ac.uk/ | Technical & vocational |
| University Technical College, Portsmouth | 02393 120200 | www.utcportsmouth.org | A level, Technical & vocational and T Level |
| University Technical College, Reading (UTC) | 01189 381020 | www.utcreading.co.uk | A level, Technical & vocational and T Level |
| Wiltshire College – All campuses | 01225 350035 | www.wiltshire.ac.uk | A level, Technical & vocational and T Level |
| Worthing College | 01903 275755 | www.worthing.ac.uk | A level, Technical & vocational and T Level |
| Yateley Sixth Form College | 01252 879222 | https://www.yateleysixthform.com/ | A level, Technical & vocational |