



CONVERSATIONS ABOUT GCSEs

Whatever your young person is feeling about choosing their GCSEs, it is important to ensure two things:

1. You're having regular conversations with them to find out how they are feeling and discuss their options.
2. You support them to take responsibility for their own decisions about their future.

As a parent or carer, you can support your young person to explore and choose their GCSE subjects by being a sounding board for their interests, feelings, and thoughts.

Here are some questions and topics to help start the conversation:

What are your top three subjects and why?

What subjects do you dislike the most and why?

Discussing what subjects they definitely don't want to do and ruling those out first, can help make decisions easier.

What makes you feel confident at school?

What's the most exciting or interesting thing you've learnt this year?

Picking subjects that makes them feel good about themselves is important and can help inspire them to imagine what exciting things they can do with their future.



How do you learn best?

**Which subjects could
support your learning style?**

- **Listening?**
- **Reading?**
- **Practical tasks?**
- **Discussing ideas?**

By understanding how they learn best, and what keeps them engaged, you can support them find a balance of subjects to help them thrive.

How could your GCSEs inspire what you'd like to do in the future?

GCSEs are an opportunity to explore multiple interests and find out what subjects might shape their future. Encourage them to talk to teachers and find out which options will help open doors for their next steps.

**What support do you feel you'd
need with your GCSEs?**
What can I do to help?



It's important that you ensure the right support is available to your young person before they start their GCSEs, so their wellbeing comes first.

Remember to keep talking, but try not to take the lead...

- It's your young person's choice, and they need to feel confident in the decisions they make.
- GCSE grades are important, but they don't define who your young person is. Reassure them that they will have other opportunities to shape who they are and find success in their future!