

# Negotiating career crossroads: *Lessons for the Grade 12s of 2023*



## Didn't make it?

- **Relax.** There are still many reasons to be positive and optimistic.
- **You did not 'fail'** – you had 'insufficient achievement'.
- **Step back and consider your results calmly.** Everyone experiences successes and setbacks.
- **Don't fixate on a particular university or institution.** There are many paths to success, including non-university study.

## Coping with sadness, anxiety or depression

- Remember this is just one exam. **There is always hope.**
- Your current marks may influence acceptance into your preferred field of study, but **they don't determine your overall success in life.**
- **Avoid negative talk** and recriminations.
- **Don't blame yourself** or others.
- If destructive or suicidal thoughts arise, **please immediately speak with your parents** and/or a suitably qualified professional.

## Finding meaning and purpose in your career-life journey

Consider your **key life theme/ themes:** Consult a professional, such as a career psychologist, to explore what's really important to you beyond your 'job goals'.

With your key life themes articulated, **consider your career-life purpose** against questions such as "Why do I live?", "Where am I headed?", "Why am I on this planet?" and "Is life worth living?"



## Practical tips



### When your Grade 12 pass falls short of tertiary admission

You have several options:

- Request a re-evaluation of your exam papers.
- Write supplementary exams.
- Repeat grades or specific subjects.
- Apply for similar courses at other institutions/ at a different training level.
- Consult a career counsellor to help you identify the best option/s.
- Consider a gap year and/or part-time work.
- Speak to people who've successfully navigated similar situations.
- All these options require **diligence** and **dedication**.
- Most important: convert **intentions** and **aspirations** into **actions**.
- Always remember: **You** know you best. Listen to advice, but tune into your own gut feeling, too.

#### Remember:

**Becoming employable and leading a meaningful life is entirely possible regardless of exam results.**

### Useful websites

**Types of diplomas and degree courses + minimum requirements:**  
<https://bit.ly/QualificationTypes>

**All about TVET Colleges:**  
<https://bit.ly/TVETCollegesInfo>

**SAQA - The SA Qualifications Framework:**  
<https://www.saqa.org.za>

**Differences between certificates, diplomas and degrees:**  
<https://bit.ly/QualDifferences>



By Professor Kobus Maree of the Department of Educational Psychology at the University of Pretoria.  
See [www.kobusmaree.org](http://www.kobusmaree.org) for more.

The Grade 12 results have been announced, and important decisions are needed regarding the career journey ahead for high school graduates (and their families) – decisions that will have an important effect on your future career-life. This article aims to provide a guideline to help you negotiate your career crossroads by embracing positivity and hope as your constant companions.



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