Welcome Back!

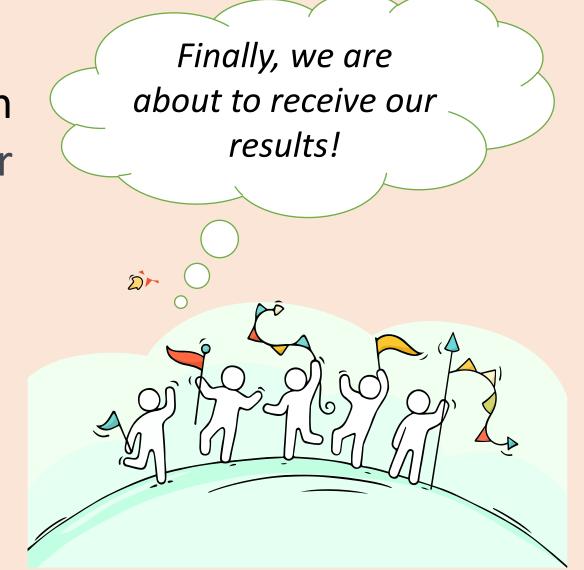
Briefing Slides for Release of 2023 GCE O-Level Results



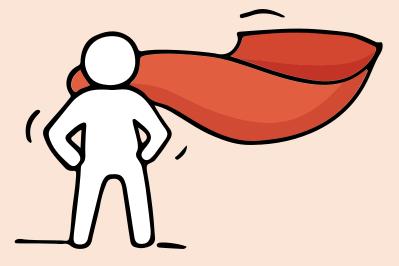
Dear students,

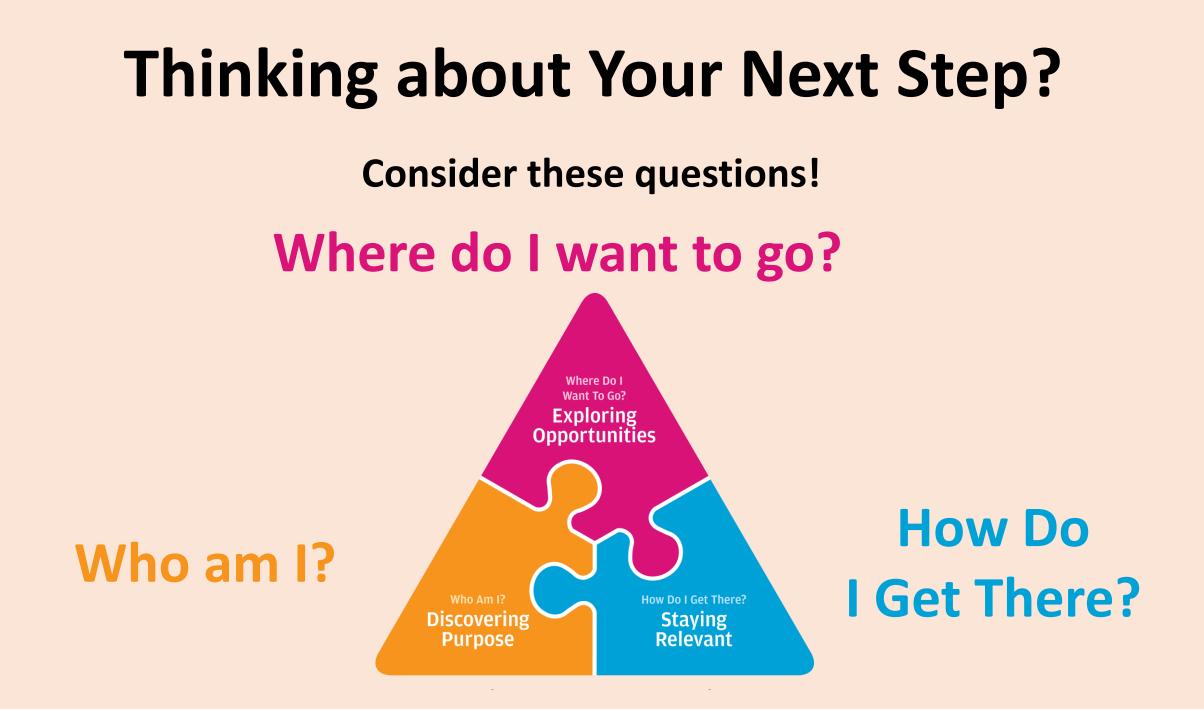
You have worked hard to reach this stage. Let's celebrate our efforts!





Remember that while everyone's educational journey is different, we can each have a fulfilling outcome!





About MySkillsFuture

A one-stop portal that empowers you to embark on a journey of self-discovery and make informed education and career choices. Use the information and tools to explore various education and career pathways, and take charge of your future

MySkillsFuture Student Portal

A one-stop portal that empowers you to embark on a journey of self-discovery and make informed education and career choices.

Use the information and tools to explore various education and career pathways and take charge of your future.

Where can we find more information?



https://go.gov.sg/mySFsec





Information on Post-Secondary Education

Learn more about the admissions exercises and programmes

Learn more about the post-secondary education institutions



https://moe.gov.sg/post-secondary/admissions



https://moe.gov.sg/post-secondary/overview

Explore different jobs and industries with <u>On My Way</u> (OMW). Find out if your career goal and educational pathway match your interests, values and ambitions. <u>https://www.nyc.gov.sg/omw/home</u>



KNOW IT ALL provides consolidated information about different jobs and industries - key responsibilities, skills, career paths and more!



A Day in the Life of a Food Technologist

DAY IN THE LIFE takes you into the lives of different professionals and give you a glimpse of their jobs and what it entails through the medium of videos.



TASTER PROGRAMMES

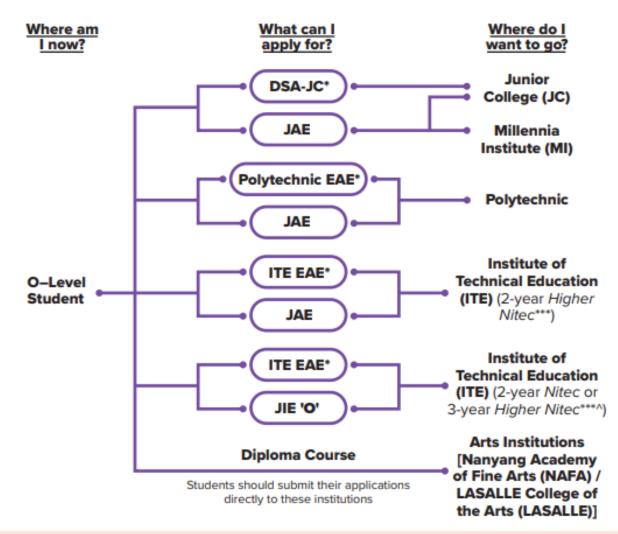
are micro-experiences of different job roles that allow you to get a taste of working life and help you decide what to study to achieve your career aspirations!



Admissions Exercises Things to note

20

Admissions Exercises for O-Level Students





https://www.moe.gov.sg/postsecondary/admissions

*Students can apply through these admissions exercises before their O-Level examinations.

***Selected *Nitec* and *Higher Nitec* courses are available in traineeship mode. For more information on applying to these courses, you can visit

https://ite.edu.sg/admissions/traineeship.

^For the list of 3-year Higher Nitec courses, please visit <u>https://www.ite.edu.sg/courses/full-</u> <u>time-courses/nitec-and-3-year-higher-nitec</u>.

Source: A Guide to Post-Secondary Admissions Exercises

Joint Admissions Exercise (JAE)



Through this exercise, eligible GCE O-Level certificate holders can apply online for admissions into

1) Junior Colleges (JCs)

2) Millenia Institute (MI)

3) Polytechnics

4) Institute of Technical Education (ITE)

Method 1



Eligible students will receive a digital copy of **Form A** via their registered email addresses from 2.00pm on Thursday, 11 January 2024.

Form A contains the gross aggregate scores for JC, MI, polytechnic and ITE aggregate types and the JAE course that each students is eligible to apply for.

Method 2



Eligible students may also download a copy of Form A from the JAE-Internet System (JAE-IS) <u>www.moe.gov.sg/jae</u> using their Singpass during the application period.

If you did not receive the Form A1 and are unable to access it via JAE-IS, please inform your Form Teachers.

Joint Admissions Exercise (JAE)

□ Application Period: 11 to 16 January 2024

- □ You should consider all 12 course choices wisely and make full use of them, where applicable. You can use the JAE Worksheet (available on JAE website) as a guide to select the 12 courses from your Form A. Make sure to list them in the order of your preference.
- Submit your application through the JAE Internet System (JAE IS) using your Singpass. during the application period.

Resources



Learn about JCs & MI on <u>SchoolFinder</u> go.gov.sg/sf-jcmi



Learn about Poly & ITE courses on <u>CourseFinder</u> go.gov.sg/cf



Download JAE worksheet www.moe.gov.sg/ jaeworksheet



Get Education & Career Guidance resources www.moe.gov.sg/

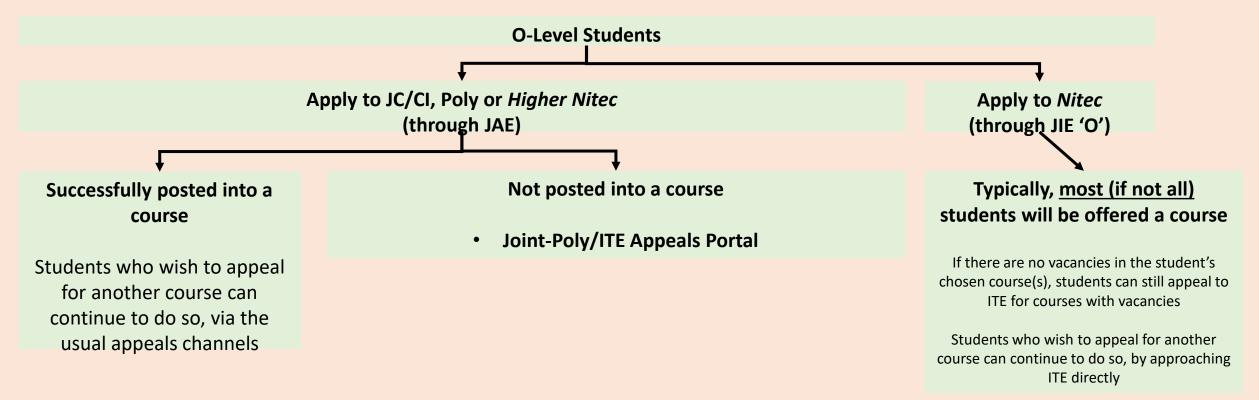
ecgoverview

Joint Admissions Exercise (JAE)

Application Results: 2 February 2024

□ The JAE posting results will be released through:

- 1) SMS, if you have provided a local mobile number in your application.
- 2) JAE-IS, which you can access using your Singpass.



Details of Admissions Exercises

JAE – Joint Admissions Exercise

JAE enables GCE O-Level holders to apply for admissions to courses offered by JCs, MI, polytechnics and ITE 2-year *Higher Nitec*.



go.gov.sg/applyjae

JIE 'O' – Joint Intake Exercise 'O'

The JIE 'O' is conducted to enable GCE O-Level holders to apply for the 2-year *Nitec* or 3-year *Higher Nitec* courses conducted by ITE.



go.gov.sg/applyjie

Details of Admissions Exercises

Arts Institutions – NAFA/ LASALLE

GCE O-Level holders with the aptitude and interest to pursue the creative arts at the tertiary level may apply for diploma programmes at the Arts Institutions (AIs). Each AI runs its own admissions exercise, and interested students should apply directly to the institution.





go.gov.sg/nafa-applynow

go.gov.sg/laselle-applynow

IMPORTANT!

- Lookout for all the <u>critical deadlines</u> for application, acceptance and appeal.
- There will be laptops made available in the school <u>library from 9am</u> to 3pm on 12, 15 and 16 January 2024 for students to submit their application if they faced any issues at home i.e. computer breakdown, no internet access.
 Please inform your FT of the date and time that you will be coming.

Concerned About Your Next Step?

Stop

Think

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• Calm yourself down. Take a few deep breaths.

• Think through the different options that are available for you. Keep things in perspective.

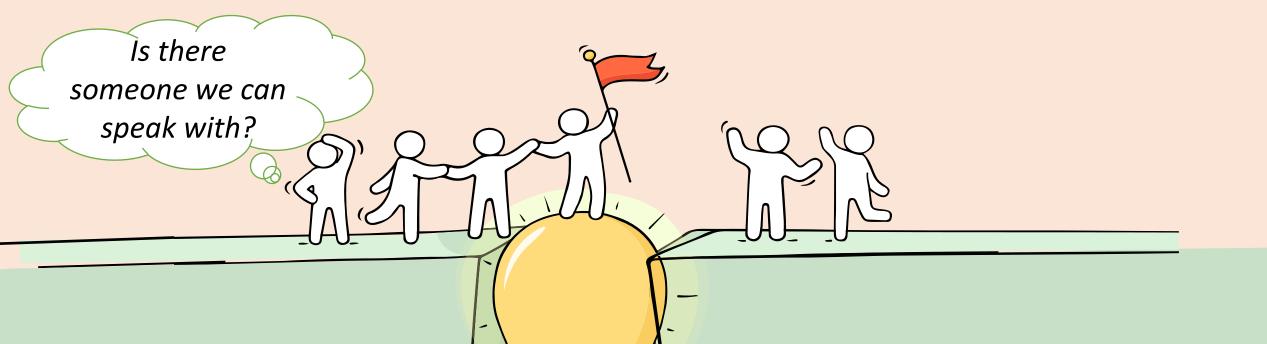
- Remember that the O-Level is one part of your life journey and not the destination.
- Approach a trusted adult and seek his/her help. Have a conversation with this person about what would be best for you.
- Make a decision and take action based on your options.

When you receive your results, you may experience a range of emotions.

Managing these emotions well will allow you to stay calm and make rational decisions.

Reaching out for help is a sign of strength, not weakness.

If you have any questions about your options or are not coping well, do reach out to someone you trust and speak with them. It could be a parent/guardian, teacher, ECG Counsellor, School Counsellor or a friend whom you can talk to.



Support is readily available for you. Reach out to an ECG Counsellor!



Make an appointment to speak with your ECG Counsellor in school.

OR

Make an ECG counselling appointment via the ECG Centre @ MOE (Grange Road) at https://go.gov.sg/moe-ecg-centre



ECG Consultation with Mr Daniel, ECG Counsellor

Date:

- Thur 11 Jun (2pm-5pm), Fri 12 Jan (8am-11.30pm),
- Mon 15 Jan (8am-5pm)

Booking Link: https://go.gov.sg/smb-ecg

Students who are unable to get a slot, can contact Mr Daniel via email Daniel_Lum_Li_Ann@schools.gov.sg

You can also look for your form teachers for consultation.

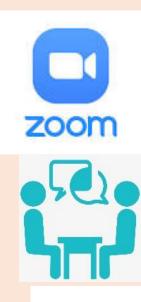
Application closes on 16 Jan Tue 4pm

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Please get these ready

- for the session:
- Result Slip
- Form A





Keep a lookout for some of these signs in your peers or yourself.

> How can we support one another?

Deliberately avoiding others

Increased irritability, restlessness, agitation, stress and anxiety

Sending or posting moody messages on social media

Talking about death or dying

Reacting differently or gradually losing interest in things they used to like

Eating more than usual or having a much reduced appetite

Sleep pattern changes with difficulty falling asleep or oversleeping

Slowing down of energy levels

If you notice any of these signs in yourself or your friends, have a chat with your school counsellor or teacher Or contact SOS 24-hour hotline at **1-767** or **1800-221-4444**



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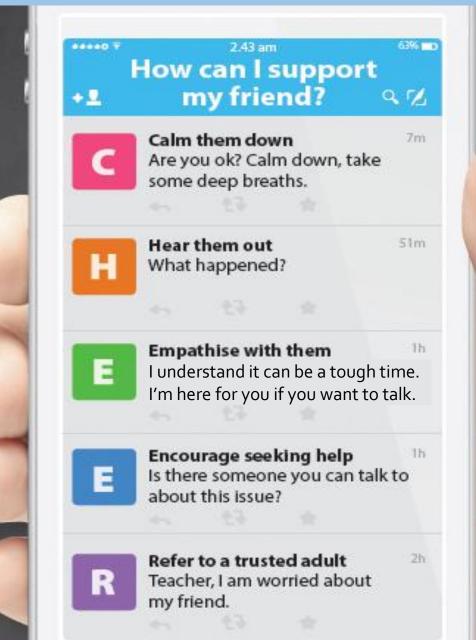
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Supporting Your Friend

We may each experience different emotions upon receiving the results. You can share your friends' joy by congratulating them or give words of encouragement to friends who may be disappointed with their results.



Keep a lookout for your friends in distress. You can support them in the following ways:



Support is readily available for you.

There are other hotlines and chats available if you are more comfortable seeking help using these platforms. Scan the QR code below for a helpful

resource.



SOS provides round-the-clock emotional support for those in distress, thinking of suicide or affected by suicide.
Call: 1767 Whatsapp: 9151 1767 (24-hour helpline) (24-hour Care Text)

Community Health Assessment Team

(CHAT) provides personalised and confidential mental health checks and consultation for youths. To speak with a youth support worker, you can:

Visit: CHAT Hub at *SCAPE, #05-05 Call: 6493 6500/ 6501 Email: CHAT@mentalhealth.sg

mindline.sg is an online platform that provides tools, tips and resources to help you manage your health and wellbeing. Find out more at: www.mindline.sg



TOUCHline is a helpline to provide youths with emotional support and practical advice.

Call: 1800-377 2252

Monday- Friday (Excluding Public Holidays): 9am – 6pm

Carey is an online platform by Care Corner that provides free mental health check-ins with mental health professionals. Find out more at: https://carey.carecorner.org.sg/

eC2 is an e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.

Chat with a counsellor at:

www.ec2.sg Monday – Friday (Excluding Public Holidays): 10am – 12pm & 2pm – 5pm

The O-Level examination is not the destination.



It is part of your education journey.

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