

# Welcome back!



*Photo from CEG, MOE*

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Class of 2021

# Celebrate Efforts

The GCE A-Level is a culmination of years of hard work and perseverance.

Let's celebrate our efforts regardless of the results.

Together, let us reflect on all our previous successes in school and the challenges we have overcome!





“You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.”



**Michelle Obama**

# Think Opportunities

As you await your GCE A-Level results, there are some possibilities:

- You are happy that your results meet your expectations,
- You are overjoyed that your results exceed your expectations, or
- You are worried/upset because your results fall short of your expectations.

Remember that **everyone's learning journey is different** but **we can each have a fulfilling outcome!**

*There are many pathways available!*



# COPES: Managing Your Emotions and Making Your Decisions

## Calm Down and Observe Your Emotions

Inhale deeply and exhale slowly using 10 counts as you relax your muscles.

Recognise your emotions and pay attention to the accompanying thoughts running through your head.

## Positive Thinking and Explore Options

Rationalise and replace negative thoughts. Redirect your attention to the different options that are available for you. Keep things in perspective.

Remember that the A-Level is just one part of your life journey and not the destination.

## Seek Support

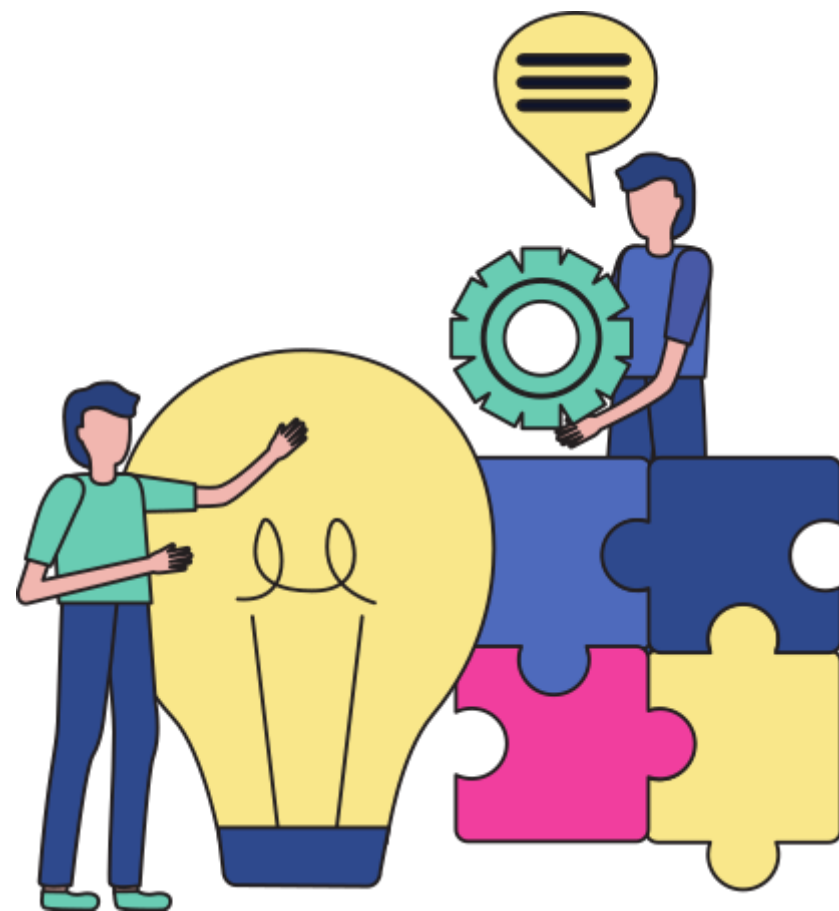
Be aware of signs of distress and look for support from a trusted adult and persons around you. Connect with teachers, the School Counsellor or the Education and Career Guidance Counsellor for guidance on your next steps.



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

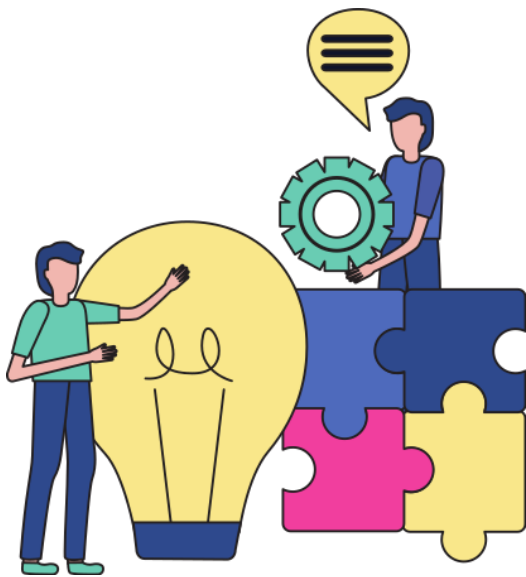


If you feel overwhelmed or have any concerns, reach out and speak to someone whom you trust (e.g. parent/guardian, teacher, school counsellor, or a friend)



**Having uncomfortable emotions during a stressful and uncertain period is normal.**

**Regardless, do keep a look out for some of these signs in your peers or yourself.**



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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

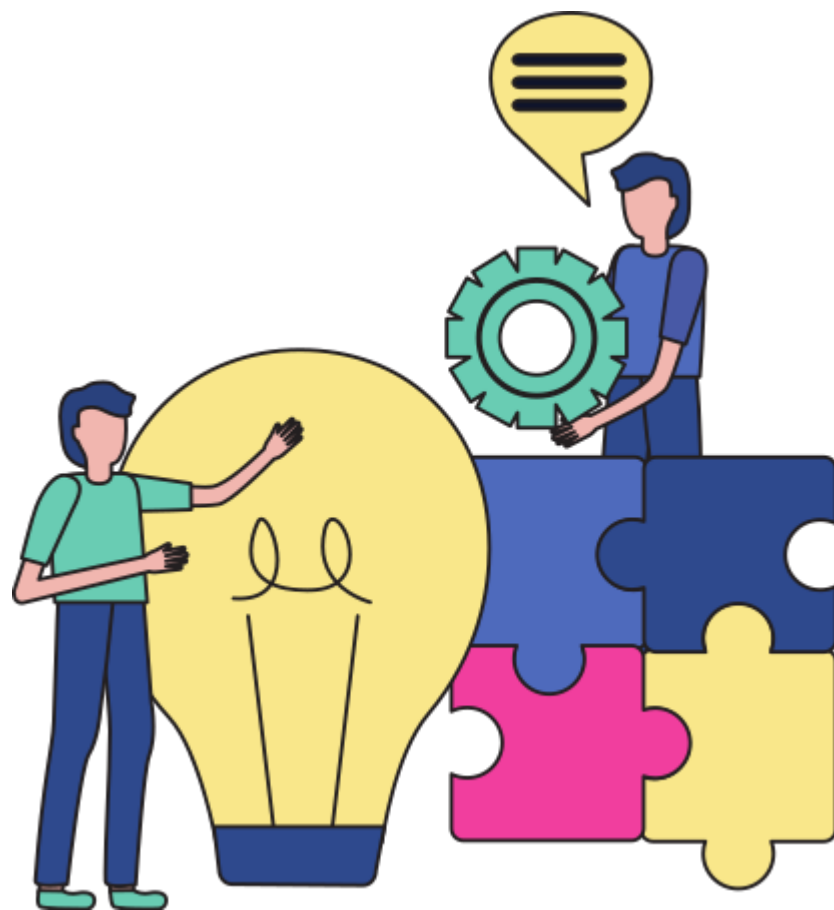
If you notice any of these signs in yourself or your friends,  
**have a chat with your school counsellor or teacher**

Or contact SOS 24-hour hotline at **1800-221-4444**

# Supporting Your Friend

You 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:**

## **Calm them down**

*"Are you ok? Calm down, take a few deep breaths."*

## **Hear them out**

*"I am here to listen to you." or "I am here for you."*

## **Empathise with them**

*"It sounds like you are disappointed." or "It seems like this is a difficult time for you."*

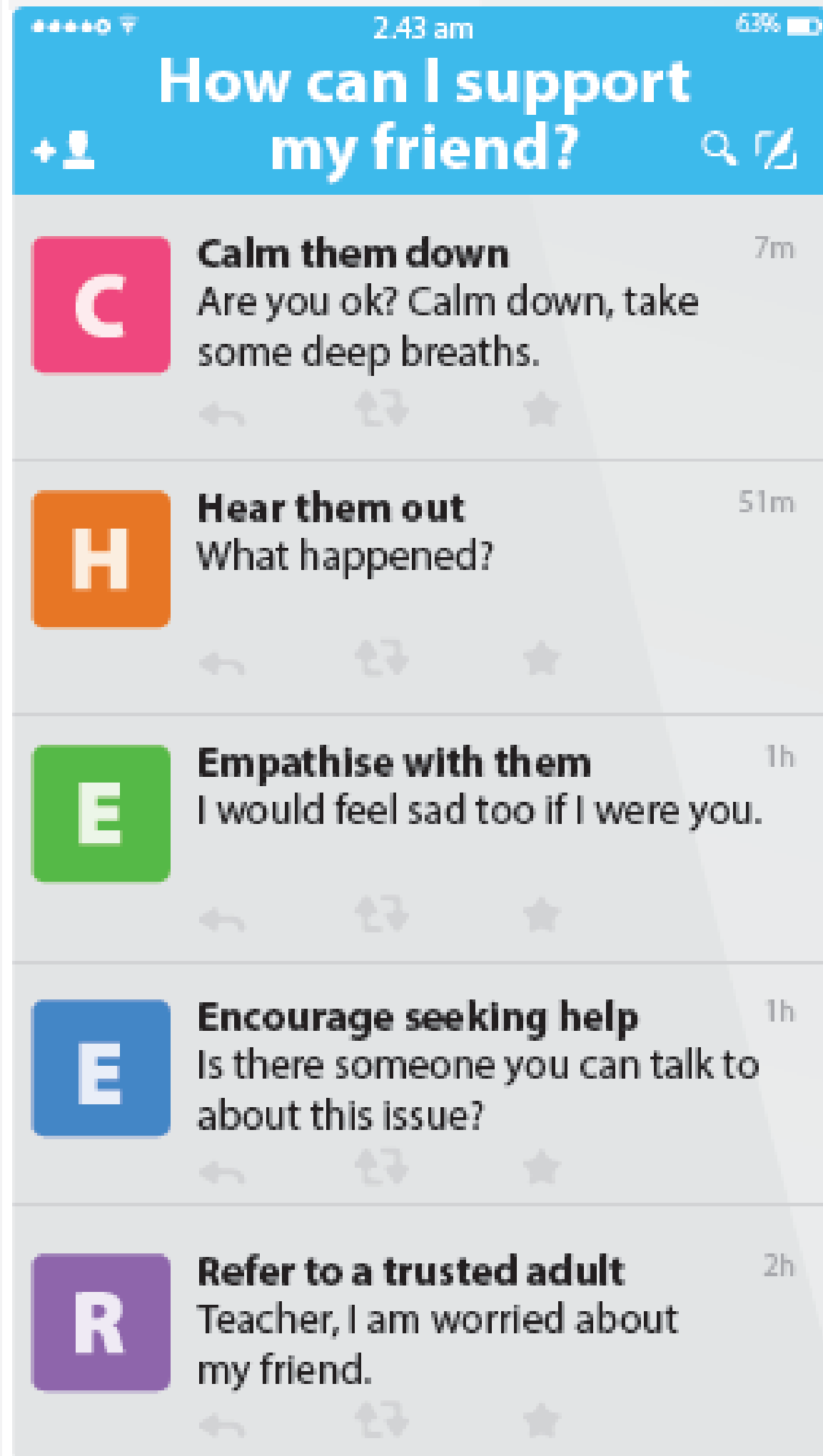
## **Encourage seeking help**

*"Thanks for sharing. Why don't we speak with a trusted adult who can help?"*

## **Refer your friend to a trusted adult**

*"Let's talk to our teacher or our School Counsellor so they can better support you. Do share your feelings with your parents/guardians too. Would you like me to accompany you?"*





# Help is readily available for you.

**There are other hotlines and chats available if you are more comfortable seeking help using these platforms.**

## **Community Health Assessment Team (CHAT)**

If you experience prolonged difficulties, CHAT provides personalised and confidential mental health checks and face-to-face consultation for youth aged 16 to 30. To speak with a youth support worker, you can:

Visit: **CHAT Hub at \*SCAPE, #05-05**

or

Call: **6493 6500/ 6501** or

Email: **CHAT@mentalhealth.sg**

## **SOS**

**SOS** provides round the clock emotional support for those in distress, thinking of suicide or affected by suicide. This service is manned by trained volunteers.

Call: **1-767 or 1800-221-444**  
(24-hour helpline)

There are also alternative avenues for emotional support through email and text messaging.

Email: **pat@sos.org.sg**  
(Response within 48 hours)

SOS Care Text: **www.sos.org.sg**  
(Monday - Thursday: 6pm – 6am; Friday: 6pm - 11:59pm)

# Help is readily available for you.

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## eC2

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

Youths may chat with a counsellor online at:

[www.ec2.sg](http://www.ec2.sg)

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

## TOUCHline

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

Call: **1800 3772252**

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

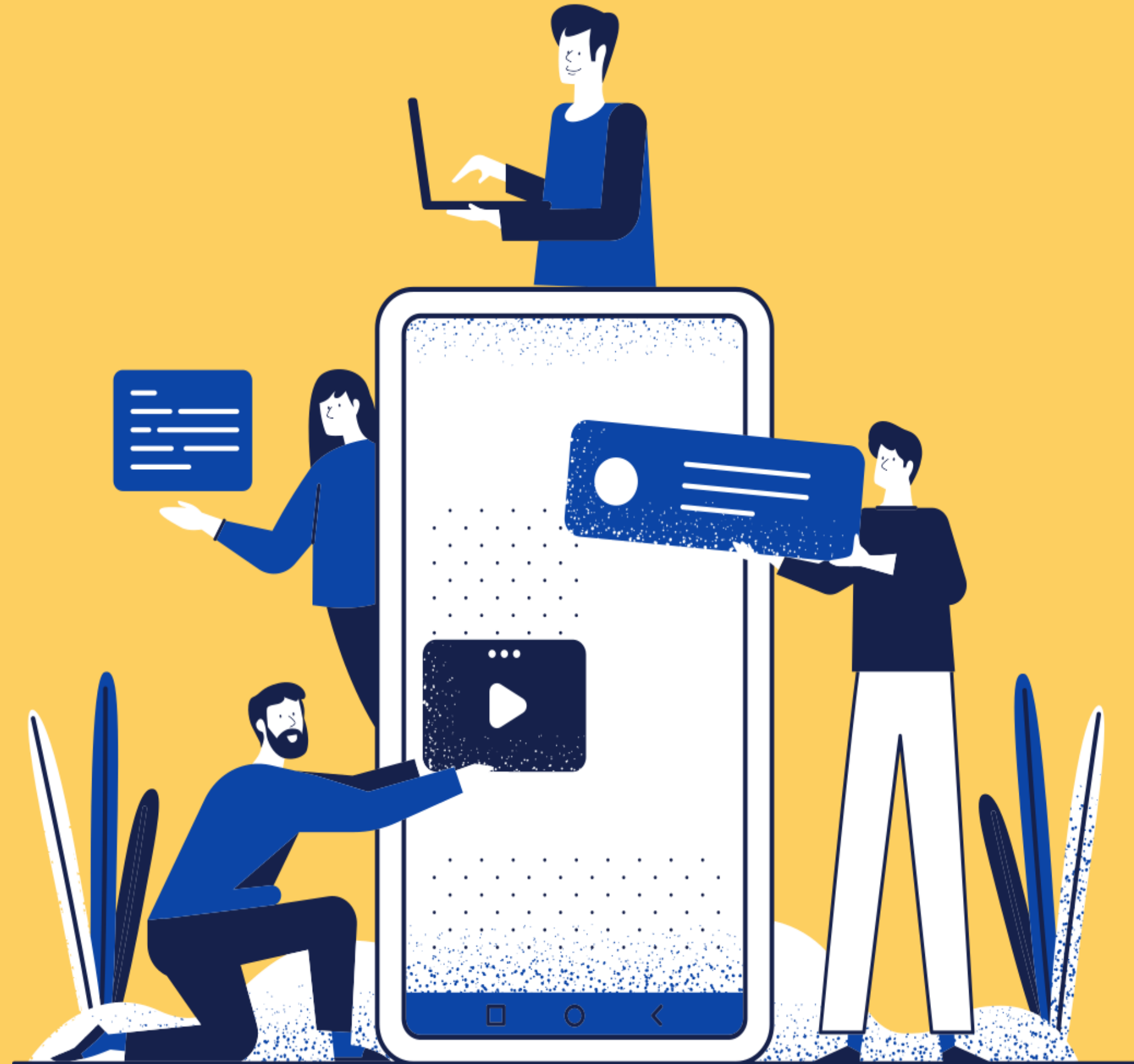
## mindline.sg

**mindline.sg** is an online platform that provides tools, tips and resources to help you manage your health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.

Find out more:

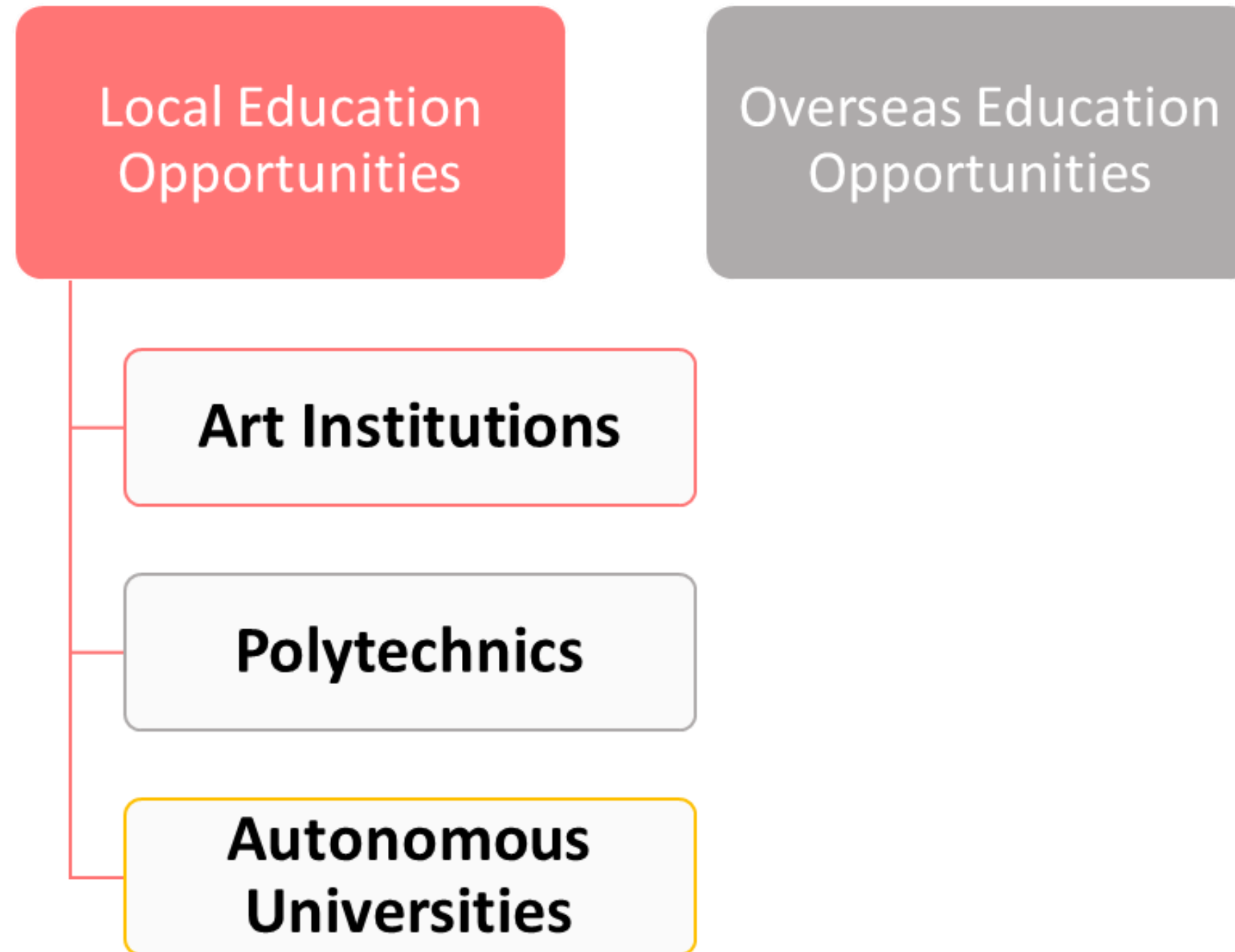
[www.mindline.sg](http://www.mindline.sg)

**Looking  
ahead, what  
are your  
opportunities?**





# What are my options after the GCE A-Level exams?



## For Students Planning to Enter the Polytechnics

Semester 1 admission in April

*No module exemption*  
**3-year** polytechnic studies for  
any polytechnic diploma

### Joint Admissions Exercise (JAE) – Jan

Minimum Entry Requirements are based on O-Level exam scores

Only for students who had not previously been enrolled in a polytechnic

### Direct Admissions Exercise (DAE) – Feb to Mar

Minimum Entry Requirements are based on O-Level exam scores

*Two-semester exemption*  
**2-year** polytechnic studies for  
more than 60 polytechnic  
diplomas

### Direct Admissions Exercise (DAE) – Feb to Mar

Minimum Entry Requirements are based on A-Level exam scores

Eligible students can obtain up to *two-semester module exemptions* from polytechnic studies when they apply to the relevant courses

Semester 2 admission in Oct

*One-semester exemption*  
**2.5-year** polytechnic studies for  
about 90 polytechnic diplomas

### Direct Admissions Exercise (DAE) – Aug

Minimum Entry Requirements are based on A-Level\* exam scores

Eligible students can obtain up to *one-semester or two-semester module exemptions* from polytechnic studies when they apply to the relevant courses

*Two-semester exemption*  
**2 year** polytechnic studies for  
about 60 polytechnic diplomas

\*some courses may also require O-Level exam scores

# For more information, please refer to the respective institutions' website:

## Publicly-Funded Arts Institutions:

- LASALLE: [www.lasalle.edu.sg](http://www.lasalle.edu.sg)
- NAFA: [www.nafa.edu.sg](http://www.nafa.edu.sg)

## Polytechnics:

- Nanyang Polytechnic: [www.nyp.edu.sg](http://www.nyp.edu.sg)
- Ngee Ann Polytechnic: [www.np.edu.sg](http://www.np.edu.sg)
- Republic Polytechnic: [www.rp.edu.sg](http://www.rp.edu.sg)
- Singapore Polytechnic: [www.sp.edu.sg](http://www.sp.edu.sg)
- Temasek Polytechnic: [www.tp.edu.sg](http://www.tp.edu.sg)

## Autonomous Universities:

- Nanyang Technological University: [www.ntu.edu.sg](http://www.ntu.edu.sg)
- National University of Singapore: [www.nus.edu.sg](http://www.nus.edu.sg)
- Singapore Institute of Technology: [www.singaporetech.edu.sg](http://www.singaporetech.edu.sg)
- Singapore Management University: [www.smu.edu.sg](http://www.smu.edu.sg)
- Singapore University of Social Sciences: [www.suss.edu.sg](http://www.suss.edu.sg)
- Singapore University of Technology and Design: [www.sutd.edu.sg](http://www.sutd.edu.sg)

For Students Planning for Private Education

## The 3Rs when deciding on Private Education

Reasons

Why are you  
furthering your  
studies?

Readiness

How ready are you  
to further your  
studies?

Risks

Do you know the  
possible  
drawbacks?



**For more info:**  
[Private Education](#)



# 8 Things You Should Know Before You Enrol in A Private School

## School Registration

CPE Registered

GH Academy	✓
JKL School	✓
MN Institute	✓
OPD Centre	✓
RST Academy	✓

Ensure the school is registered with CPE. Review the school's registration period, expiry date and its overall registration track record.

## Partner Institution

Partnership

Research on the partner institution conferring the diploma or degree, and whether the qualification is recognised by the industry.

## EduTrust Certification Scheme

Is the school EduTrust-certified\*? Under the scheme, private schools are assessed for their performance in areas such as school management and provision of student support services.



*\*Schools are required to obtain EduTrust certification in order to offer external degree programmes*

## School Premises

Head down to the campus ground to check the facilities and support services. Observe the study environment too.



## Fee Protection

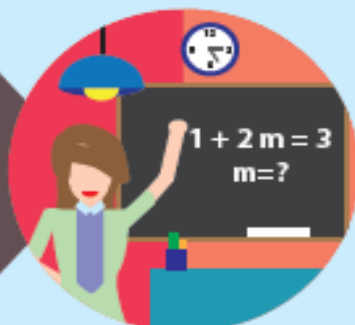
Ask if there is any course fee protection so that you will be able to recover unconsumed course fees should the school close down.

## Beyond Course fees

Find out about the course syllabus and materials, graduation rates and employment prospects. Approach the alumni to find out what they think of the school.

## Teachers

Check if the teachers are qualified to teach the course.



## Internship

If industry attachment is included, find out which organisation you will be attached to, the period of attachment and the alternative arrangement should the attachment become unavailable. Verify the information with the organisation as well.



# Thinking About Your Next Step



**Use these 3 key  
ECG questions to  
help you get started**

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## Who am I?

The more I know about myself, the better my decisions.

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## Where do I want to go?

There are many pathways with opportunities for continuous learning and recognition.

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## How do I get there?

Be resilient, explore various pathways and be open to possibilities.

# Education and Career Guidance Counsellor

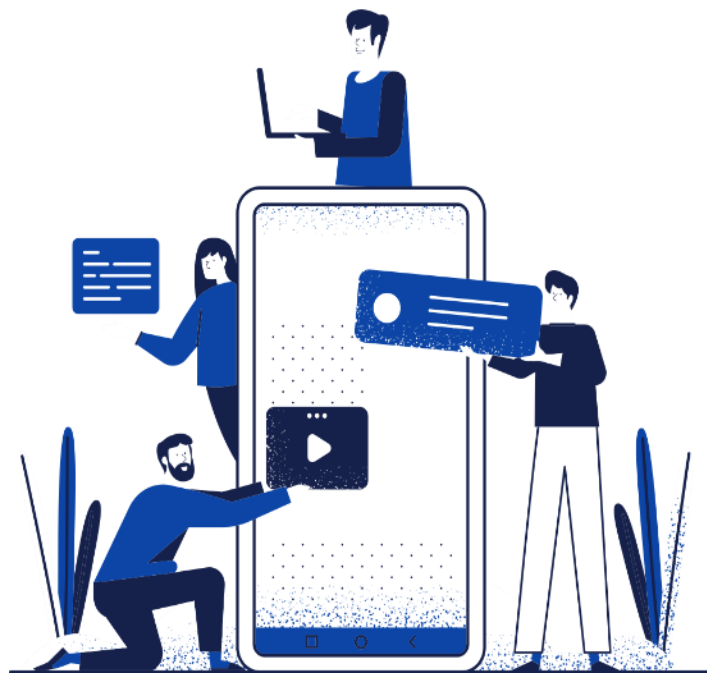
- Making informed decisions is important for successful transition from school to further education.
- Speak with your teachers and ECG Counsellor in school, besides your parents, on the possible pathways.
- MOE ECG Centre offers online or phone counselling services to GCE A-Level students from 14 February 2022 – 19 March 2022 (Weekdays: 9.00 am to 5.00 pm; Saturdays: 9.00 am to 12.30 pm).
- Details on how to make an appointment can be found in the What's Next pamphlet distributed to you.



Make an online or phone counselling appointment with the ECG Centre @ MOE (Grange Road) through <https://go.gov.sg/moe-ecg-centre>.

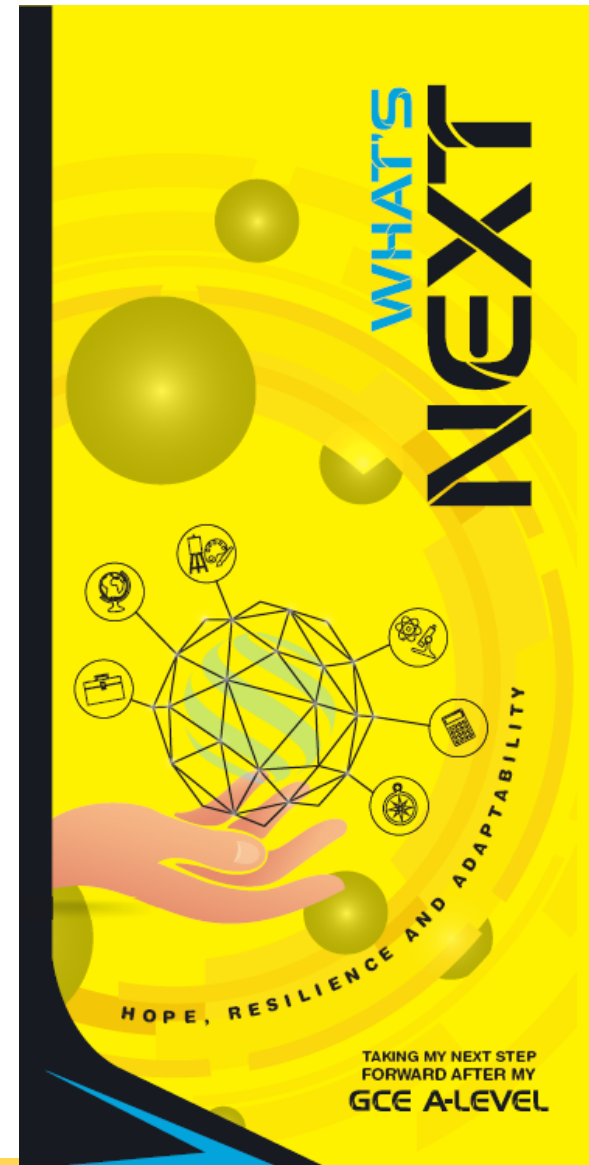


# ECG Resources



## What's Next

Visit <https://go.gov.sg/whats-next-a-level> for more information on post GCE A-Level options.



MySKILLSFuture

About Know Yourself World of Work Education Guide



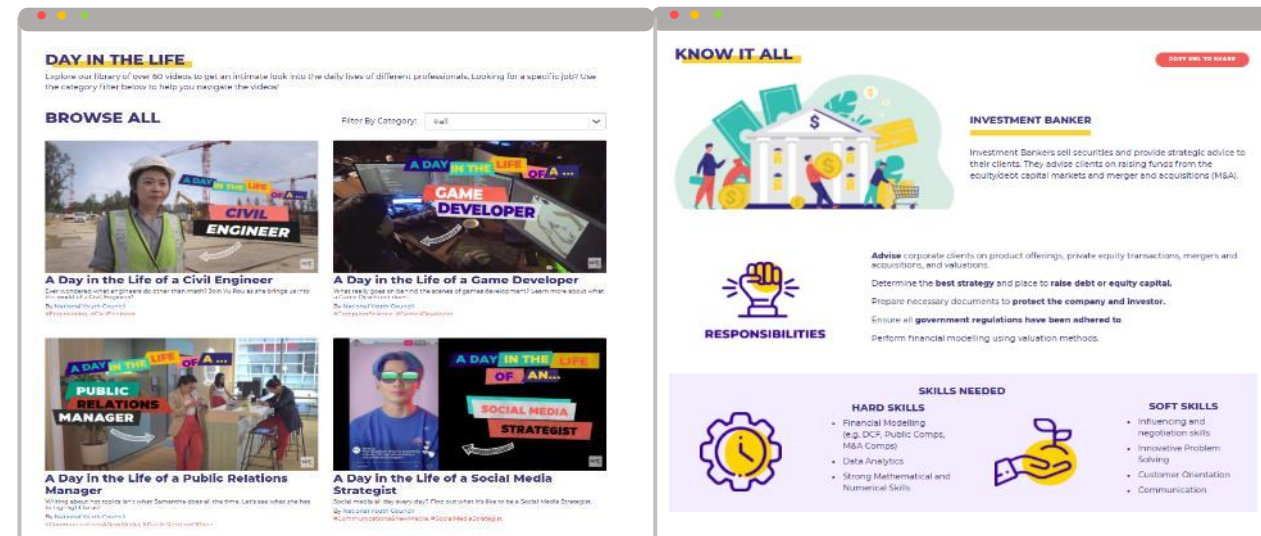
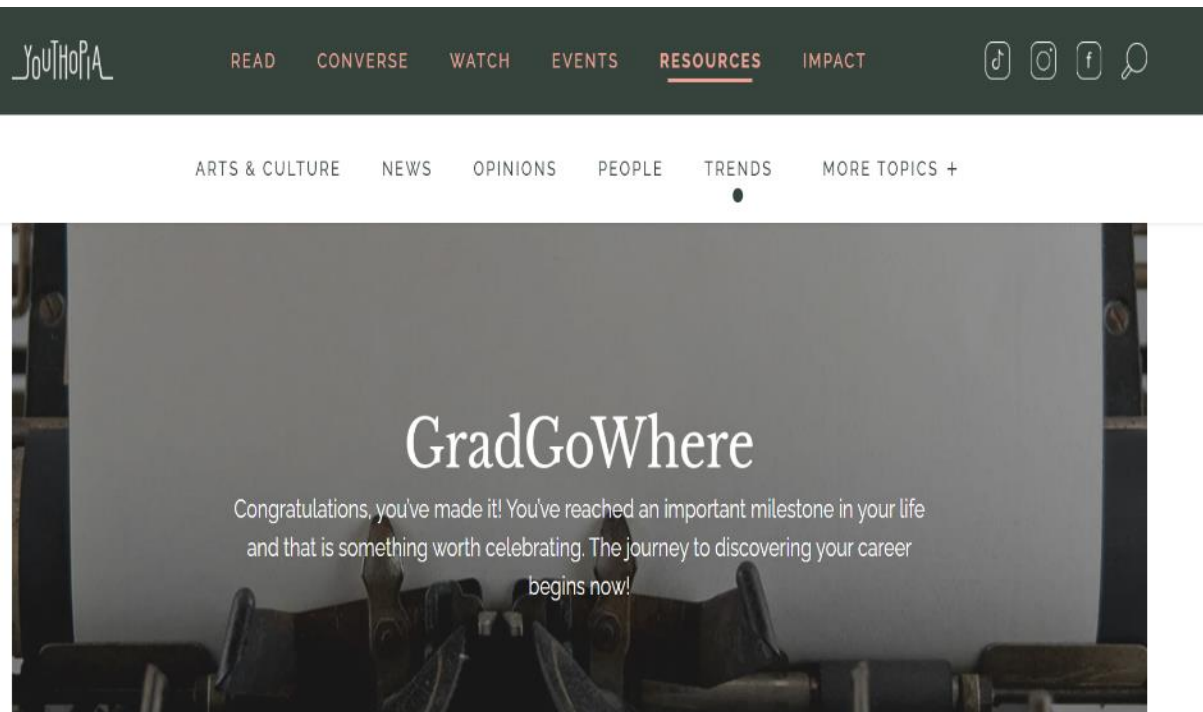
## MySkillsFuture Student Portal (Pre-University)

Visit <https://go.gov.sg/MySFPreU> for more information on post GCE A-Level Options





# ECG Resources



Visit <https://go.gov.sg/gradgowhere> for more information on how to start your journey to discovering your career.

You can find articles, videos on different professions, and connect with tertiary seniors and young professionals through sharing sessions with National Youth Council's On My Way (OMW) website. <https://go.gov.sg/omw2022>

You can access the "Exploring education and career opportunities" bundle on LifeSG for guidance on planning your educational pathways. <https://go.gov.sg/lifesg-youth>



# Explore Various Pathways

*“The future economy calls for a very different sort of education... It is a future driven by the need for skills, innovation, adaptability and flexibility... (and it) means that learning has to continue well into adult life.”*

**Ms Indranee Rajah,  
Minister in the Prime Minister’s Office,  
Second Minister for Finance and Second  
Minister for National Development**



# Explore Various Pathways

The A-Level is not the destination.

It is part of your education journey.

No matter what the results are, you must remember that your results does not determine who you are or how successful you will be in the future!





Ministry of Education  
SINGAPORE