N-Level Results Release



Tampines Secondary School

Just-In-Time ECG Briefing for Students

18 Dec 2023

N-Level Results Release



What to do if I have secured EAE?

Current Status of 4NANT Students in TPSS



45% of the 4NANT cohort has secured EAE admissions to ITE in either Nitec or Higher Nitec courses.

AFTER RESULT RELEASE

Scenario #1

Student successfully secures EAE and is offered the EAE.

When student opens the letter, they will be able to see that they have been offered their EAE course.

No further action is needed on their part unless...

- (1) They want to revoke the offer and come back to TPSS for Sec 5.
- (2) They want to revoke the offer and move to DPP/PFP (Refer to next slide).

FREQUENTLY ASKED QUESTIONS



QN: A Sec 4NA student has accepted his offer from ITE EAE but has qualified for DPP or PFP. Can he apply for DPP or PFP and retain his ITE EAE place?

ANS: Students who receive a DPP offer will be required to decide between the DPP or ITE EAE offer. Students who do not decide by the stipulated deadline will be deemed to have accepted their DPP offer and their ITE EAE offer will be released.

As applications to the PFP open in January, students with confirmed ITE EAE offers may progress to ITE first before applying for PFP when applications open. Students who subsequently receive a PFP offer may withdraw from their ITE EAE course.

FREQUENTLY ASKED QUESTIONS



Qn: Can I apply for both DPP and PFP?

Ans: You can apply for both DPP and PFP. However, if you are offered a place in both the DPP and PFP, you may only accept one course offer. Students who accept both offers will have their offers voided.

FREQUENTLY ASKED QUESTIONS



QN: I have accepted the ITE EAE offer. Can I change to another 2-year Nitec/3-year Higher Nitec course after my N-level results release?

ANS: For successful EAE applicants who indicated acceptance during the acceptance phase, they will **not be able** to join the JIE 'N' intake. You will not be able to change the course as resources have been committed upon your acceptance of the course.

Current Status of 4NANT Students in TPSS



45% of the 4NANT cohort has secured EAE admissions to ITE in either Nitec or Higher Nitec courses.

AFTER RESULT RELEASE

Scenario #2

Student does not manage to keep the EAE offer as MER of course is not met.

When student opens the letter, they will be able to see that they have not met the MER of the course. They may also receive an email from the course stating that their place in EAE has been revoked. Student to appeal to ITE to reinstate them in the course and at the same time, choose another ITE course in JIE.

Current Status of 4NANT Students in TPSS



45% of the 4NANT cohort has secured EAE admissions to ITE in either Nitec or Higher Nitec courses.

AFTER RESULT RELEASE

Scenario #3

Student takes OOS subjects and must wait for O Level Result release to decide.

Students in this scenario will be granted special provision to wait till O Level result release to decide to keep their EAE, try for PFP/DPP or come back to TPSS for Sec 5.



The GCE N-Level is **not the destination**. It is **part of the process** of growing and learning.

When we don't get what we ask for, what follows?



His third-choice course at ITE connected him to the first-choice field of robotics

19 MAY 2023



Tips from **Ezekeyle**:

 "Don't let fear or insecurity hold you back from trying new things. Believe in yourself and trust your instincts."

- "He was unable to meet the EAE criteria to pursue his desired course at Polytechnic."
- "When I reflect on how far I've come, I'm filled with happiness about the path I've chosen and the discovery of a skill I never knew I had."
- "It was difficult in the beginning, but with time, I've adapted," he says, adding, "Challenges can be seen as building blocks for personal growth."

From classroom disruptor to IT innovator



Poly and degree studies built on 'a solid foundation' at ITE



3 tips from **Derrick**:

- Manage your time
- Stay focused
- Be disciplined

- "After completing his N-Level ... Mr Lee chose not to continue with the O Levels but to enrol at ITE to pursue a two-year Higher Nitec in Information Technology."
- He credits ITE for providing a solid foundation. This made it easier for him to tackle more advanced topics and learn more skills, both at NYP and later, when pursuing a Bachelor of Science (BSc) in Information Systems at Singapore Management University (SMU).

POST-RESULTS RELEASE: HOW DO I CHOOSE COURSES WISELY?



STEP 2

Explore and research on options:

- Subject contents & syllabus / course objectives & modules
- Progression opportunities
- Career prospects

STEP 4

Shortlist up to 12 choices, ensuring that you include at least a few choices* where you stand a high chance of being posted to.



STEP 1

Consider your Values, Interests,
Personality & Skills (VIPS) and how they
align with options or courses you are
eligible for.



Consider chances of being posted into desired courses in JCs/MI, Polytechnics and/or ITE, using the *last aggregate scores as a reference.

*For last aggregate scores, refer to JAE/JIE booklet

STEP 5

Rank your 12 choices according to your preferences.

Align your education choices and career goals

There are many options to explore

How should you make your 12 choices for JIE"



How should you make your 12 choices for the JAE/ JIE?

First 3 to 4 choices: Consider courses that most align with your Values, Interests, Personality and Skills (V.I.P.S) and strengths.

Next 3 to 4 choices: Choose what you are interested in and stand a good chance of getting into. Consider the last aggregate scores of the courses (where your net score is within the range of last year's aggregate score). You can use **Course Finder** or **School Finder** to find out the aggregate scores.

Last 3 to 4 choices: Include alternative courses and institutions where the last aggregate scores are higher than yours. With this, your chances of securing a place will be higher.

N-Level Results Release

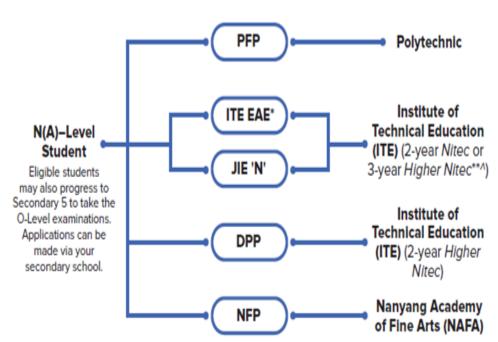


What's available?

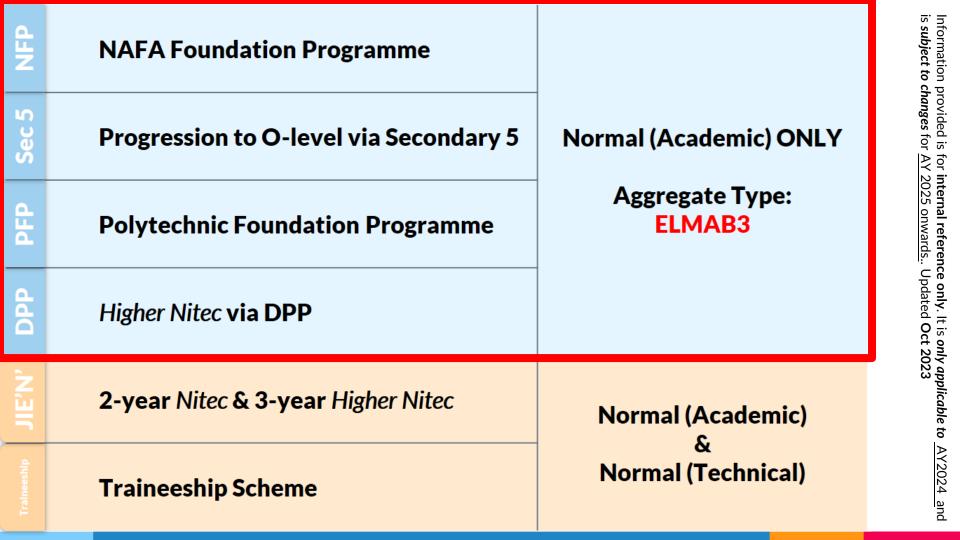
Providing Education and Career Guidance



- Affirm students' efforts and emphasize to students the multiple pathways available to them.
- Understand the various admissions exercises for N-Level students.



Source: A Guide to Post-Secondary Admissions Exercises



Aggregate Type – 4NA Students



- ELMAB3 is applicable to admission/progression to majority of options available to 4NA students
 - NFP (NAFA Foundation Programme)
 - PFP (Polytechnic Foundation Programme)
 - DPP (Direct-Entry-Scheme to Polytechnic Programme)
 - Secondary 5
- English Language, Mathematics, Best 3 other subjects
- Grade <u>6</u> will <u>not be considered</u> i.e. <u>at least Grade 5 for all</u> subjects used in computation of the ELMAB3 aggregate score

Updated



NAFA Foundation Programme for 4NA (NFP)

- Gross ELMAB3 ≤ 15
- English grade ≥ 4: will be required to attend an interview
- Must pass an admission test or audition + submit portfolio, depending on course
- Applicants may be asked to attend an interview
- Successful: Provisional offer of admission to the diploma courses
- Successful completion of NFP: Offered a place in chosen diploma
- Currently, students are only allowed to select 1 course of choice
- Please refer to <u>NAFA website</u> for application period and other details

⇒ NFP Info Day: 20 December 2023, 2:30 pm - 4:45 pm

2022

Progression to Secondary 5 ('O'-level) for 4NA



- Gross ELMAB3 ≤ 19
- Points of consideration
 - O Possible gap between 'N'-level and 'O'-level grades
 - O While entry to option of choice after 'O'-level is **not guaranteed**, a **wide variety of options is available**:
 - Arts Institutions, e.g. LaSalle & NAFA
 - ITE Nitec and Higher Nitec
 - Polytechnic Diploma
 - Junior College / Millennia Institute 'A'-level
 - O PFP & DPP caters only to students of the preceding cohort
- ▶ What is my projected 'O'-level results and options from there?

Empower students with a sense of hope to consider new possibilities.



Polytechnic Foundation Programme for 4NA

- One-year programme, providing an alternative to Sec 5
- ▶ PFP admissions exercise will commence in January 2024 following the release of the GCE O-Level examination results
- Eligible Secondary 4 Normal (Academic) students will receive a copy of 'Form P'
- Caters to students of the <u>Sec 4N(A) cohort in the preceding year</u> (i.e 2023)



SECONDARY OF SECONDARY

Polytechnic Foundation Programme for 4NA

Criteria (refer to PFP website for updated details)

Group 1 Courses	Grade
English Language Syllabus A	≤ 3
Maths Syllabus A / Add. Maths	≤ 3
One of the following relevant subjects: - Design and Technology - Food and Nutrition - Science (Chemistry, Biology) - Science (Physics, Biology) - Science (Physics, Chemistry)	≤ 3
Any two other subjects excluding CCA	≤ 4

Example:	Grade
English Language Syllabus A	1
Maths Syllabus A	1
Mother Tongue	1
Science (Physics / Chemistry)	4
Combined Humanities	1
POA	1
Eligible for PFP, can apply for Group 2 co Cannot apply for Group 1 courses	ourses





Polytechnic Foundation Programme for 4NA

Criteria (refer to PFP website for updated details)

Group 2 Courses	Grade
English Language Syllabus A	≤ 2
Maths Syllabus A / Add. Maths	≤ 3
One of the following relevant subjects: - Art - Geography/ History - Humanities (Social Studies, Geography/History/Literature - Literature in English - Principles of Accounts	≤ 3
Any two other subjects excluding CCA	≤ 4

Example:	Grade
English Language Syllabus A	1
Maths Syllabus A	1
Mother Tongue	1
Science (Physics / Chemistry)	1
Combined Humanities	4
F&N	1
Eligible for PFP, can apply for Group 1 Cannot apply for Group 2 courses	L courses



Polytechnic Foundation Programme for 4NA

GCE 'O'-Level Grade conversion matrix for PFP

'O' Level Grade	Aggregate Point for PFP
A1 – B3	1
B4 – C6	2
D7	3
E8	4

Source: https://pfp.polytechnic.edu.sg/PFP/pfp_eligibility.html

OPP OPP

Higher Nitec (via DPP) for 4NA



Direct-Entry-Scheme to Polytechnic Programme (DPP)

- May use 'O'-Level <u>prelim</u> results (if applicable)
 - Same subject at both N- & O-Level, better grade will be used
 - O'-Level results will be verified for continuation in DPP
- □ Up to 12 choices (course and college)
 - E.g. Higher Nitec in Accounting at College Central and at College
 West are taken as 2 choices





Higher Nitec (via DPP) for 4NA

- If the application is successful:
 - January: 10-week preparatory course
 - April: 2-year Higher Nitec course
- Assured of a place in a related polytechnic course, subject to achieving the qualifying Grade Point Average (GPA)
- May apply for DPP & JIE-N (Nitec & 3-year Higher Nitec courses)
 concurrently 2 separate admission exercises on ITE website
- ▶ If DPP application is successful: Nitec & 3-year Higher Nitec course will not be offered
- Please refer to ITE website and latest ITE Joint Intake Exercise
 (JIE) booklet for more information

JPP

Minimum Entry Requirements (MER)

Gross ELMAB3 ≤ 19; and fulfill the following requirements:

	Applied SciencesEngineeringICT	Business & Services
English Language	1 - 4	1 - 3
Mathematics	1 - 4	1 - 4
Any 3 other subjects	1 - 5	1 - 5

Example of Entry Requirements



Duration: 21/4 Years (10 weeks of preparatory co	ourse follow	ved by 2 yea	rs H	ligher Ni	itec Minimum Entry
training)					Requirements
APPLIED SCIENCES					(MER)
Chemical Technology ②	FPCHT	CE-SM		7	(I-IZIV)
ENGINEERING					
Civil & Structural Engineering Design 2	FPCSE	CE-SM		10	
Electrical Engineering 12	FPELE	CE-SM		14	
		CW-CK		14	
Electronics Engineering 1 2	FPECE	CC-AM		13	
		CE-SM		15	A total of 19 points or less for
		CW-CK		15	English Language, Mathematics
Aggregate seems of the levelst replica	and 3 other subjects (ELMAB3)				
Aggregate score of the lowest ranker		CE-SM		15	in the GCE 'N(A)' examinations
students who were admitted the previous	year	CW-CK		14	For the ELMAB3 aggregate
Mechatronics Engineering 12	FPMCE	CC-AM		12	score, you must get:
		CW-CK		13	 Grade 1-4 in English
INFO-COMMUNICATIONS TECHNOLOGY	7				Language
Business Information Systems ②	FPBIS	CE-SM		10	 Grade 1-4 in Mathematics
Cyber & Network Security 2	FPNST	CC-AM		8	 Grade 1-5 in the 3 other
		CE-SM		11	subjects
		CW-CK		10	
Immersive Applications & Game 2	FPIAG	CC-AM		9	
(previously known as Games Art & Design)					

JPP

Case Studies – *Higher Nitec* via DPP



Subjects	EL	MA	МТ	Sci	SS+G	Art	Gross ELMAB3	Eligible?	Net EMAB3
Evelyn	4	4	C6	5	5	5			
ELMAB3	4	4	2	5	5		20	No	
Shahid	4	4	D7	4	5	4			
ELMAB3	4	4	3	4		4	19	Yes but not for Biz courses	17

- CCA grade: Excellent (i.e. 2 bonus points)
- Gross ELMAB3 ≤ 19 is needed for DPP
- Bonus points are not taken into account when considering whether applicants are eligible for courses.
- Posting (using **net ELMAB3**) is by merit.
- Eligibility <u>does not guarantee</u> placement

O Grade	NA Grade	*ITE Aggregate Points
A1 - B3	1	1
B4 - C6	2	2
D7	3	3
E8	4	4
9	5	5

*Please refer to JIE 2024 booklet



Examples of Qualifying GPA

Progression to second-year is based on merit, and is not assured

Oualifying 2-Year Higher Nitec GPA for Progression to Polytechnics under DPP

Courses Progress to first-year in relevant Polytechnic Diploma course*		Progress to second-year in relevant Polytechnic Diploma course*
Applied Sciences 2-year Higher Nitec Courses*	ITE raw GPA ≥ 2.5 points (excluding CCA bonus points^)	N.A.
Engineering or Info- Communications Technology 2-year <i>Higher Nitec</i> Courses*	ITE raw GPA ≥ 2.5 points (excluding CCA bonus points^)	ITE raw GPA ≥ 3.5 points (excluding CCA bonus points^)
Business & Services 2-year Higher Nitec Courses	ITE raw GPA ≥ 3.0 points (excluding CCA bonus points^)	N.A.

For 2-year Higher Nitec courses in Applied Sciences, Engineering or Info-Communications Technology, in addition to meeting the qualifying GPAs, students are required to take up and pass a Mathematics elective at ITE to be eligible for articulation into polytechnic courses under DPP. GCE 'N' (Academic) holders with at least a grade C in GCE 'O' Level Mathematics will be exempted from this requirement.

Examples of DPP Course mapping

Mechanical	Common Engineering Programme	RP	2.5	- 6	1-	
Engineering	Common Engineering Programme	SP	2.5	20	1941	
(5) (5)	Common Engineering Programme	TP	2.5	100	1-	
	Computer Engineering	TP	2.5	100		
	Electrical Engineering	NP	2.5			
	Electronic & Computer Engineering	NP	2.5		12	
	Electronics	TP	2.5	ŝ	050	
	Engineering Design with Business	RP	2.5	50	65.5	
	Engineering Systems & Management	RP	2.5	- 0	177	
	Engineering with Business	NYP	2.5		17.00	
Sample	Experiential Product & Interior Design	NYP	2.5		15	
(can'')	Integrated Facility Management	TP	2.5	100	(=	
	Marine & Offshore Technology	NP	2.5	8	.35	
	Mechanical Engineering	NP	2.5	101	3.5	
	Mechanical Engineering	SP	2.5	101	3.5	
	Mechatronics	TP	2.5		3.5	
	Mechatronics & Robotics	SP	2.5	52	3.5	
	Nanotechnology & Materials Science	NYP	2.5	22	1122	
	Robotics & Mechatronics	NYP	2.5	100	3.5	
č.	Sustainable Built Environment	RP	2.5	8	1121	
Mechatronics	Advanced & Digital Manufacturing	NYP	2.5	8	45.7	
Engineering	Aeronautical & Aerospace Technology	NYP	2.5	- 9	95.1	
	Aerospace Engineering	NP	2.5	9		
	Aerospace Engineering	RP	2.5		37.1	
	Aerospace Systems & Management	NYP	2.5	100	17	
	AI & Data Engineering	NYP	2.5	- 99	(7)	
	Architectural Technology & Building Services	TP	2.5	8	(7.)	
	Automation & Mechatronic Systems	NP	2.5	8	3.5	

Qualifying GPA for progression to **1st year** in relevant Polytechnic course

Progression to second-year is based on merit, and is not assured

Example of DPP Course mapping



2-Year Higher	Mapped Polytechnic Courses for Articulation from 2-Year	Offered		Tinimun		difyir	ng GPA	[3]
Nitec DPP Course[2]	Higher Nitec DPP Course	by	Yes	ır 1 Entr	y 141	Yea	ır 2 Ent	ry ^[5]
Mechatronics	Nanotechnology & Materials Science	NYP		2.5			-	
Engineering	Robotics & Mechatronics	NYP		2.5			3.5	
	Sustainable Built Environment Qualifying GF	PA RP	7	2.5			_	
Info-Communication	S Technology AI & Data Engineering Quality its 5 for progressio	n to						
Business	Al & Data Engineering Applied Al & Applytics for progression 1st year in	P		2.5			J Y	
Information Systems	Applied At & Allarytics	P		2.5			D	
	(Previously known as Business Intelligence e relevant	ic 🔔				-/ ₆₋₂	Prog	ressio
	Applied Artificial Intelligence Polytechn	ITP		2.5		se	cona-ı	lear in
	Big Data & Analytics course	TP		2.5		Oi	meri	, and
	Business & Financial Technology	NYP		2.5			ass	Sured
	Business Information Systems	RP		2.5				
	Common Engineering Programme	NYP		2.5			-	
	Common ICT Programme	NP		2.5			-	
	Common ICT Programme	NYP		2.5			-	
	Common ICT Programme	RP		2.5			-	
	Common ICT Programme	SP		2.5			-	
	Common ICT Programme	TP		2.5			-	
	Cybersecurity & Digital Forensics	NYP		2.5			-	
	CyberSecurity & Digital Forensics	TP		2.5			-	
	Data Science	NP		2.5			_	

Upon successful completion of Higher Nitec (DPP)...

Students may apply for	Provided they attain the qualifying / minimum NET GPA for	Possible results of final posting
Polytechnic courses offered under DPP	progression to 1 st year in relevant course	Guaranteed a place in the 1st Year polytechnic diploma courses mapped to their <i>Higher Nitec</i> courses
	progression to 2 nd year in relevant course	NOT guaranteed admission into Year 2
Selected Polytechnic courses NOT offered under DPP	the course (including its different durations)	NOT guaranteed admission

- Admission is **based on merit**, **subject to vacancies** in the courses
- ▶ Please refer to JPAE website for more details





Computation of DPP aggregate points (for N-level students with O-level subjects)

'O' Level Grade	'N' Level Grade	*ITE Aggregate Point for DPP (TBC from ITE)		
A1 - B3	1	1		
B4 - C6	2	2		
D7	3	3		
E8	4	4		
5	5	5		

*Please refer to JIE 2024 booklet

2-year *Nitec* & 3-year *Higher Nitec* for 4N(A/T)



- Must first satisfy the entry requirements e.g. pass pre-requisite subjects (if applicable) for the courses applied
- Posting is Merit-based and subject to availability of vacancies
- Based on best 4 GCE 'N' Level subjects, including pre-requisite subjects and bonus points where applicable
- Choose up to a maximum of 12 choices (course and college)
 - O E.g.

Choice 1: Higher Nitec in Al Applications at College Central Choice 2: Higher Nitec in Al Applications at College West

, Z ш

Example of Minimum Entry Requirements (MER)



APPLIED & HEALTH SCIENCES	er .				E.g. of pre-requisite subject
Applied Food Science ②⑤	NFAFZ	CE-SM		8	Ligi of pro requisite subject
Chemical Process Technology ②⑤	NFCPZ	CE-SM		9	
Community Care & Social Services ① ③ ⑤	NFC\$7	- IVI		14	
In view of social ser students who were admitted the pre-		ar			3 GCE 'N' sses (Grade A-D or Grade 1-5) in
Shortlisted applicants have to attend an online interview scheduled on Thu 23 Dec 2021, Mon 27 Dec 2021 or Tue 28 Dec 2021 and pass a prescribed medical examination. (Also offered under Traineeship)					Mathematics or Science* and two other subjects Or 2 GCE 'O' Grades (Grade 1-8) in any two subjects
Opticianry 15 In view of the nature work in the eyecare industry, applicants should possess a attitude, a service-		CE-SM		14	* Mobile Robotics and Smart Electrical Technology subjects can be used in lieu of Science for admission to these <i>Nitec</i> courses
Psychomotor ability Shortlisted applican Footnote 1 indicates that course requires interview					
aptitude test <u>on-campus</u> scheduled on Thu 23 Dec 2021, Mon 27 Dec 2021 or Tue 28 Dec 2021.			Sa		

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Minimum Entry Requirements (MER)



Some possible examples:

- > 3 GCE 'N' Passes in English, Mathematics and 1 other subject
- 3 GCE 'N' Passes in Mathematics or Science* and 2 other subjects
- > 3 GCE 'N' Passes in English and 2 other subjects
- > 3 GCE 'N' Passes in Mathematics and 2 other subjects
- Completed N-level

GCE 'N' Pass refers to Grade A-D (NT) or Grade 1-5 (NA)

OR
2 GCE 'O' Grades
(Grade 1-8) in any
two subjects

JE'N'

Courses where MER is "Completed N-Level"



	•		
School	Course		
	Higher Nitec in Beauty & Wellness Management (3 years)*		
Business & Services	Higher Nitec in Hairdressing and Salon Management (3 years)*		
	Higher Nitec Nitec in Logistics and Supply Chain Management (3 years)		
	Higher Nitec in Retail and Online Business (3 years)		
Design & Media	Nitec in Digital Animation*		
	Nitec in Product Design*		
Electronics & Info-comm Technology	Higher Nitec in Security System Integration (3 years)		
Engineering	Nitec in Automotive Technology		
	Nitec in Built Environment (Mechanical & Electrical Services)		
	Nitec in Built Environment (Vertical Transportation)		
	Nitec in Mechanical Technology		
	Nitec in Urban Greenery & Landscape		
Hospitality	Nitec in Asian Culinary Arts*		

^{*} Courses that require interview

JE'N

Computation of ITE Aggregate Points for JIE'N'



Computation of ITE aggregate points for 2-year Nitec & 3-year Higher Nitec courses (from 2024 Intake onwards)

O Level	NA	NT	ITE Aggregate Point for JIE'N' (TBC from ITE)*
A1 - D7	1, 2, 3	Α	1
E8	4	В	2
9	5	С	3
-	6*	D	4
_	-	E*	5

*Please refer to JIE 2024 booklet

^{*}Students cannot use N(A)-Level Grade 6 and N(T)-Level Grade E for aggregate computation for admission to Polytechnic Foundation Programme, Direct-Entry-Scheme to Polytechnic Programme and Sec 5, similar to previous practice for Grade U.

Bonus Points for 2-year *Nitec* & 3-year *Higher Nitec*

- Not taken into account when considering whether applicants are eligible for courses.
- Come into effect only when the applicant is deemed eligible and is being considered for posting based on merit.

Type of Bonus Points	No. of Bonus Points Available
Applicants with the following CCA grades: a. Excellentb. Good	2 points 1 point



Traineeship Scheme - Overview

- □ 1 to 2 years formal training arrangement involving three parties:
 - the trainee (student)
 - O the employer
 - O ITE
- - Off-the-job training: ITE or Approved Training Centre (ATC)
 - On-the-job training: actual work environment

Traineeship Scheme Types & Entry Requirements



Entry Requirements

Some require a pass in English and/or Mathematics or Science.

Nitec & ITE Skills Certificate (as at 3 Nov 2023)

- *Nitec* in Dental Assisting
- Nitec in Dental Technology
- 3) ITE Skills Certificate (ISC) in Health Care (Home Care)

Traineeship Programme – Benefits



- Gain a headstart in career
- Full sponsorship of training fees
- **Real-work environment**
- Train under qualified and experienced industry professionals
- **BOTH Nitec Certificate and Certificate of Traineeship**
- Staff benefits and monthly salary





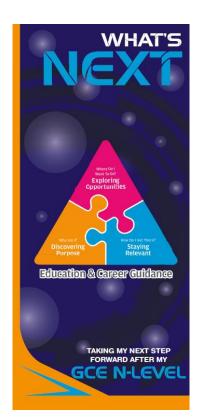
MySkillsFuture Student Portal

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.



https://go.gov.sg/mySFsec







https://go.gov.sg/whats-next-nlevel



Learn more about the admissions exercises and programmes

GO govsg

https://moe.gov.sg/postsecondary/admissions Learn more about the post-secondary education institutions



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



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



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!

Concerned about your next steps?



Stop

• Calm yourself down. Take a few deep breaths.

Think

- Think through the different options that are available for you. Keep things in perspective.
- Remember that the N-Level is one part of your life journey and not the destination.

Dc

- 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 that you can talk to.

Is there someone we can speak with?



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



ECG Counselling Services in Tampines Secondary School

For <u>ECG counselling services</u> in Tampines
Secondary School, students may contact Mr
Syahril Samsudin, our ECG counsellor via email
at <u>mohammed_syahril_samsudin@schools.gov.sg</u>
between 18 to 22 December 2023.

ECG Counselling Services in Ministry of Education

ECG counselling services are also available in MOE upon appointment via the online form https://go.gov.sg/moe-ecg-centre with the ECG Centre @ MOE (Grange Road) via email at moe_ecg@centre with the ECG Centre @ MOE (Grange Road) via email at moe_ecg@moe.gov.sg between 18 to 22 December 2023.

To help you, a N-Levels Pathways zoom session has been organised on 19th December 2023 from 12.00pm to 12.30pm

Mr Syahril Samsudin, Tampines Secondary School's ECG Counsellor will meet interested parents and students via this zoom link:

https://moe-singapore.zoom.us/j/81683113971

Meeting ID: 816 8311 3971

Password: tpssecg

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

How can we support one another?





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**

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:

