

# CHIJ St. Theresa's Convent



## GCE N-Level Results

16 December 2024

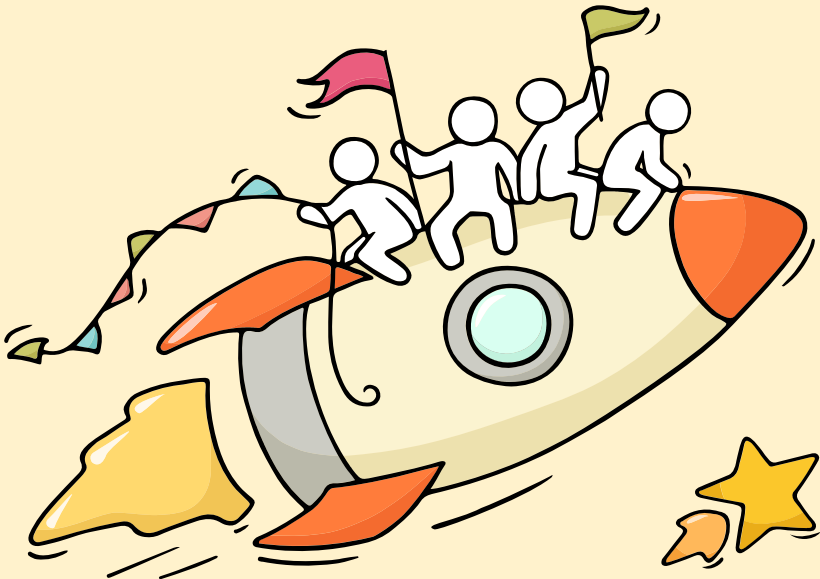


Simple in Virtue

Steadfast in Duty

# Dear students,

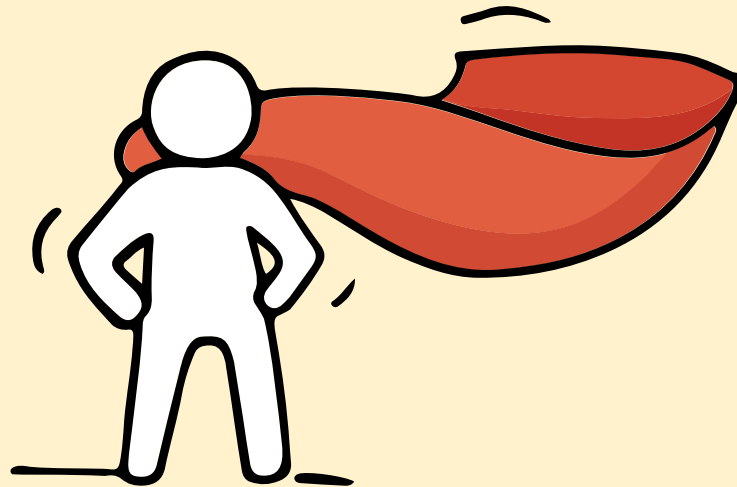
You have worked hard to reach this stage. Let's celebrate your efforts!



*Finally, we are going  
to get our results!*



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



# Resources to support you as you receive your results

Receiving your results and making decisions about your post-secondary pathways can be exciting to some, but stressful to others.

Scan this QR code for an infographic with some helpful resources to support you.



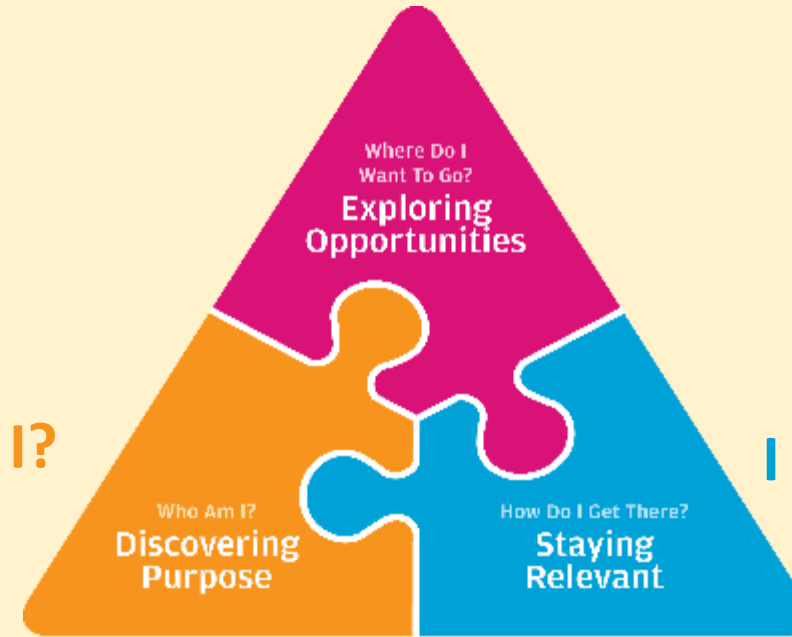
<https://go.gov.sg/nlevelstudentresource>



# Thinking about Your Next Step?

Consider these questions...

Who am I?



How Do I Get There?

In the infographic, you can find resources which can help you make informed decisions.

## PLANNING YOUR NEXT STEP

These resources will help you chart your path ahead:



• What's Next Brochure

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



• Contact the ECG Centre @ MOE

<https://go.gov.sg/moe-ecg-centre>



• MySkillsFuture Student Portal

<https://go.gov.sg/MySFSec>



• Chat with your school's ECG Counsellor

# Resources to help you make informed decisions

## Post-Secondary Education

Learn more about the  
admissions exercises and  
programmes



<https://www.moe.gov.sg/post-secondary/admissions>

Learn more about the  
post-secondary education  
institutions



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

# 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.
- Remember that the N-Level is not the end point and is only one part of your life journey.

**Do**


- Have conversations with trusted adults who know you well to advise and guide you (parents, teachers, ECG Counsellor).
- Decide and act 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 support is a sign of strength

If you have questions about your options or are not coping well, you can reach out to trusted adults such as a parent/guardian, teacher, School Counsellor or ECG Counsellor. You can also talk to a trusted friend.



*Who can we  
go to for ECG  
advice?*

Make an appointment to speak with  
your ECG Counsellor in school

**OR**

Make an ECG counselling  
appointment via the  
ECG Centre @ MOE

<https://go.gov.sg/moe-ecg-centre>





**Having difficult emotions during a stressful and uncertain period is normal. Keep a look out for some of these signs:**

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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 **1767** or SOS 24-hour CareText Whatsapp at **91511767**  
For cyber wellness related matters, call Help123 at **1800-612-3123\*** or email **hello@help123.sg**

\*available only from Mon to Fri (excluding Public Holidays), from 9am - 6pm.



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

*How can we  
support one  
another?*

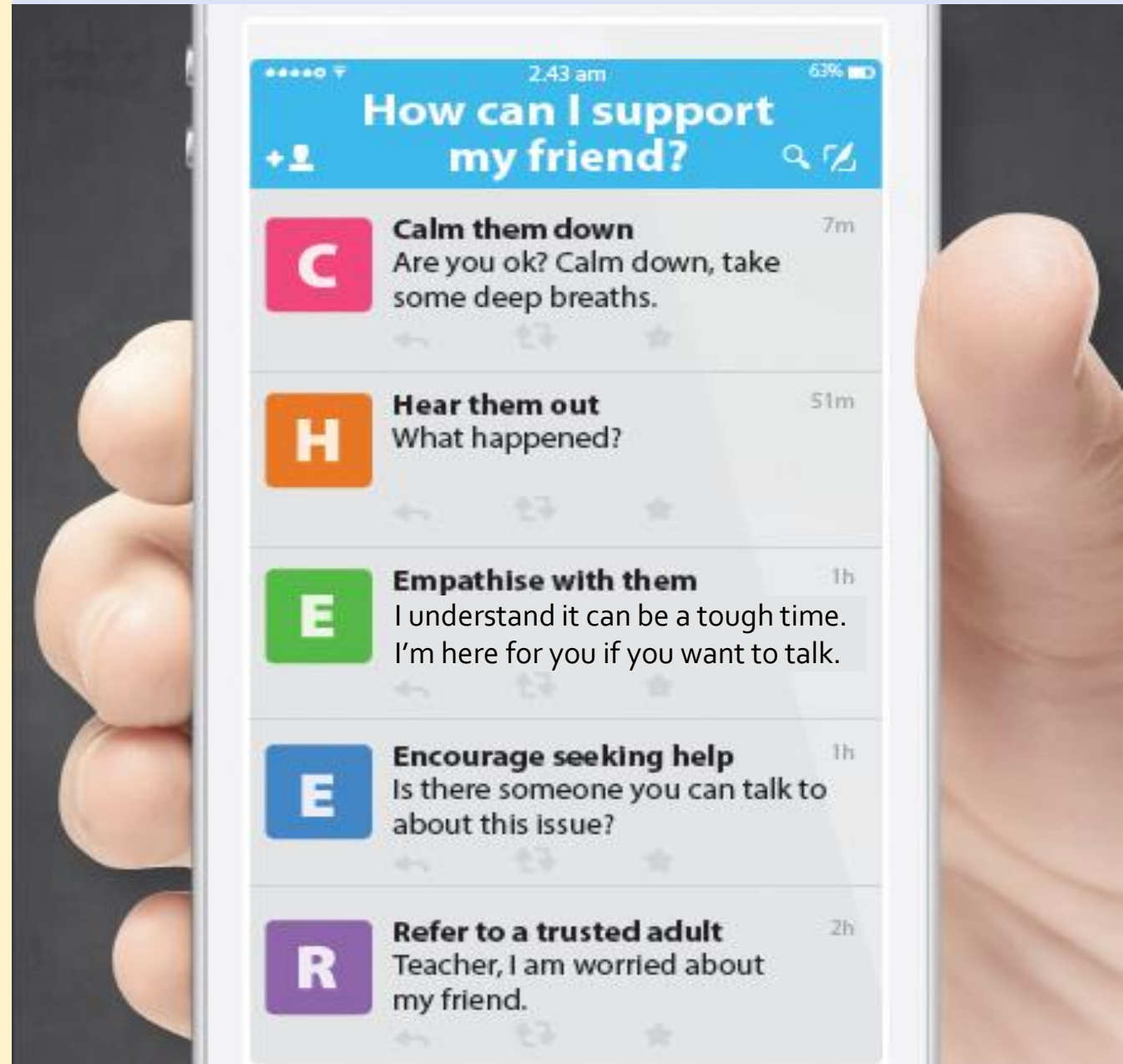


# Supporting Your Friend

- We may each experience different emotions upon receiving the results.
- You can share your friends' joy by congratulating them.
- If your friends appear to be disappointed with their results, encourage them.
- Alert a teacher if you are worried for them.



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. These can also be found in the infographic which you accessed earlier.



**SOS** provides round-the-clock emotional support for those in distress, thinking of suicide or affected by suicide.

Call: **1767**  
**(24-hour helpline)**

Whatsapp: **9151 1767**  
**(24-hour Care Text)**

## **Community Health Assessment Team**

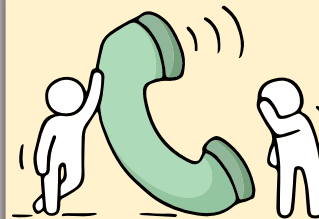
**(CHAT)** provides personalised and confidential mental health checks and consultation for youths. To speak with a youth support worker, you can:

Visit: **CHAT Hub at \*Scape, 2 Orchard Link, #04-01A**

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 well-being. Find out more at:  
**[www.mindline.sg](http://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](http://www.ec2.sg)**

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



**The N-Level  
examination is not  
the end point.**

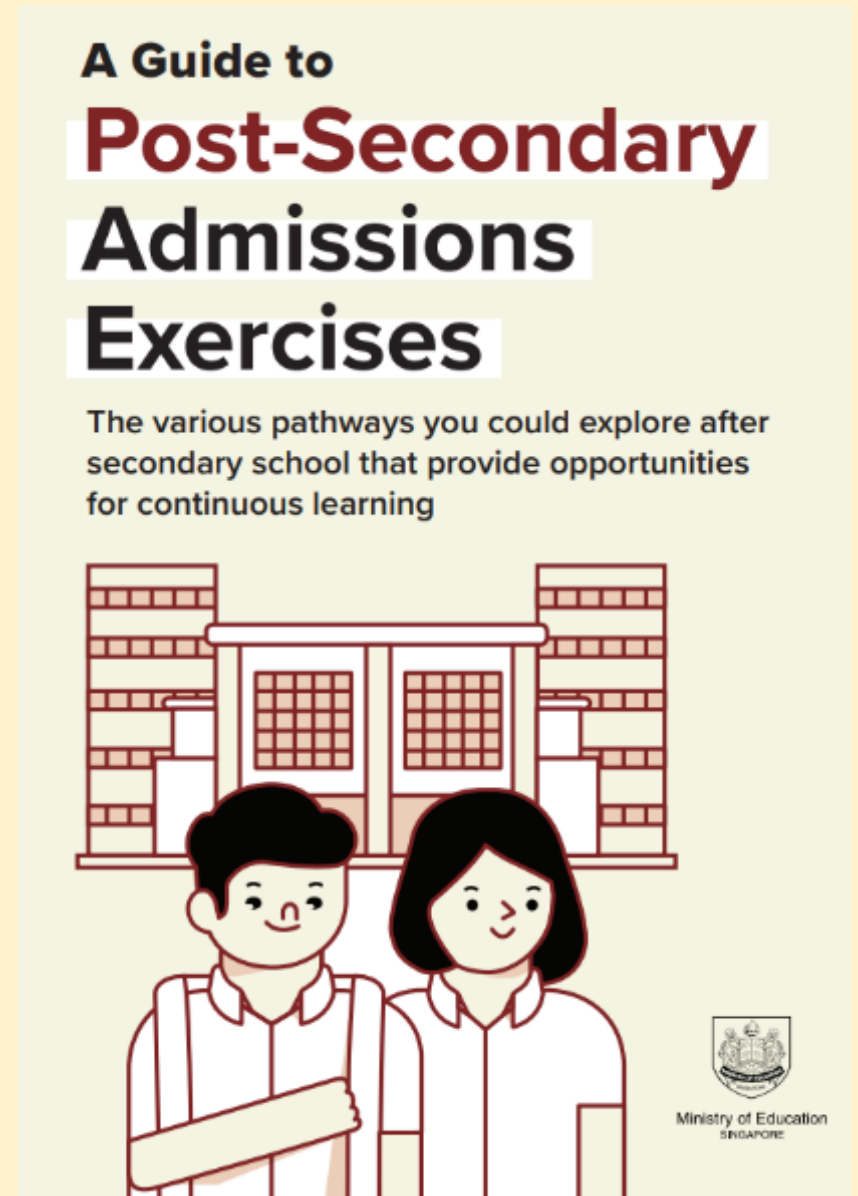
**It is part of your  
education journey.**

# Details of Admissions Exercises

You can find the details of the various admissions exercises from the **Post-Secondary Admissions Exercises booklet** that can be downloaded from:

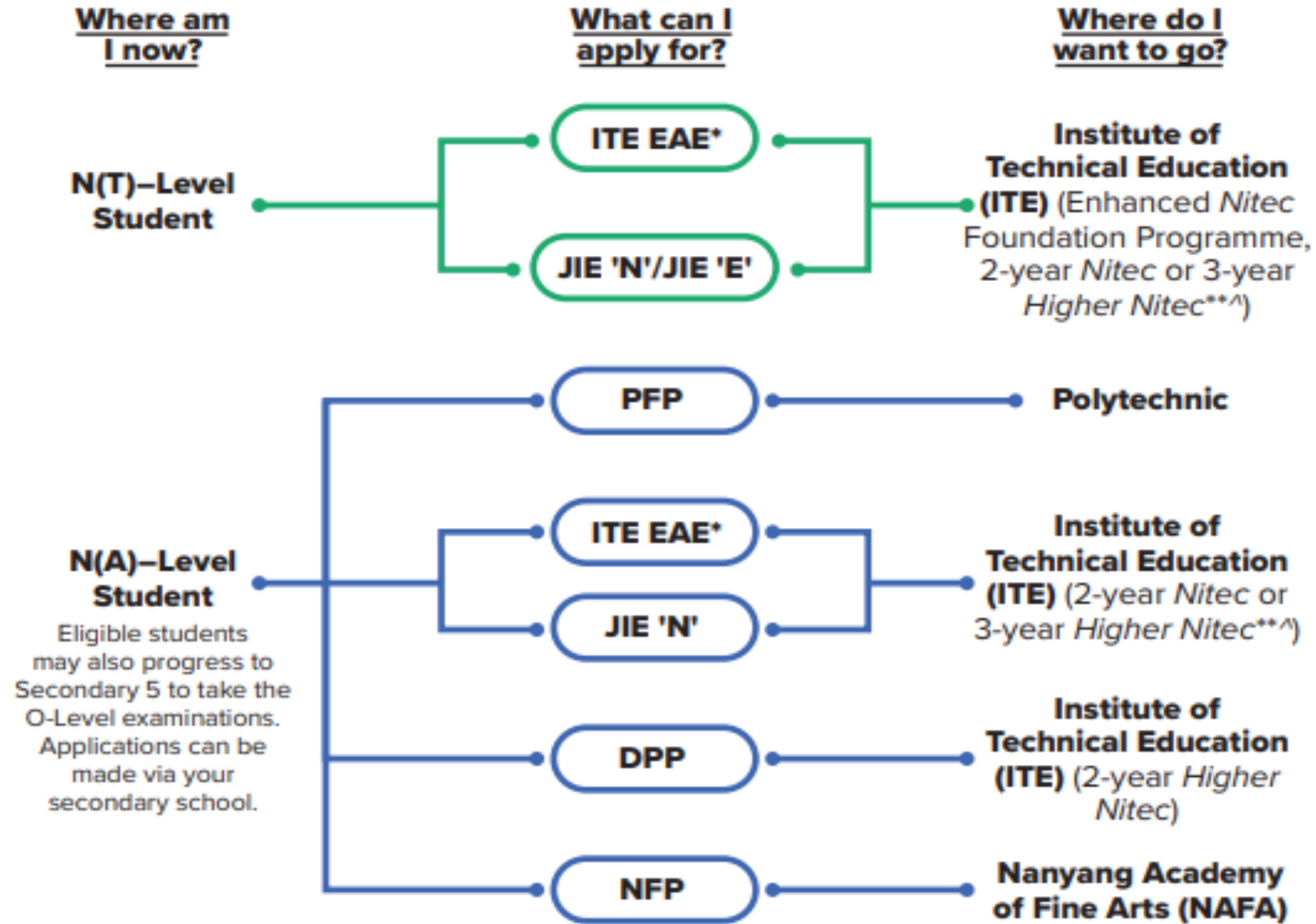
<https://www.moe.gov.sg/post-secondary/admissions>

- DPP
- PFP
- Joint Intake Exercise 'N' / 'E'
- NAFA Foundation Programme





# Admissions Exercises for N-level students



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# Admission Exercises

Types of admission exercises	Application window	Posting results	Accepting the offer
<b>JIE 'N'</b> [2yr Nitec/ 3 yr Higher Nitec]	<b>16 Dec (2.30pm) – 19 Dec (5pm)</b>  <i>**Form N for DPP</i>	30 Dec (9am)	30 Dec (9am) – 3 Jan (11.59pm)
<b>DPP</b> [2yr Higher Nitec -> Poly]		20 Dec (2pm)	20 Dec (2pm) – Deadline stated on the ITE website
<b>PFP</b> [Polytechnic Foundation Programme]	January 2024 – Form P  (release of GCE O level results: tentatively 10 to 14 Jan)		



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# Other ECG Support

- **MOE's CourseFinder** (<https://www.moe.gov.sg/coursefinder>) on offerings and courses in the polytechnics and ITE.
- **MySkillsFuture** (<https://go.gov.sg/mysfsec>) on career and education pathways.





Thank You  
God Bless You 😊

