SEC 4 & 5 PARENTS INFO NIGHT

27 March 2024





Housekeeping







Adjust your volume if you cannot hear the soft music being played while we wait to start. If needed, do exit and log in again.

Your mic will be muted throughout the webinar. You can use the Q&A function to type your questions anytime during the webinar.

The slides for this presentation will be made available on the school website after the webinar.





Webinar Functions



- Audio Settings: For adjusting of volume.
- Chat: This may be used by presenters to share important links or any other information.
- Q&A: For attendees to submit questions to the presenters. Responses may occur live during the event or replied privately or publicly for the benefit of others to see.





Programme outline

- 1. Year Head's address
 - support/ programmes planned in Term 1 and 2
 - Key exam dates and timeline
- 2. Principal's address
 - concerns & thoughts shared by our graduating cohort
 - giving our children S.P.A.C.E to grow resilience
- 3. Sharing by ECG Counsellor Ms Gina Tan
 - Changes in the Post-Secondary Landscape
- 4. Zoom session by respective Form Teachers





Secondary 4&5 Team

Name of Teacher	Area of Responsibility	Email Address
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Mdm Chin Pooi Pooi	HOD Design and Food Studies & Sec 4/5 Assistant Year Head	chin_pooi_pooi@moe.edu.sg
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Mr Ng Kok Huat	HOD ICT and Knowledge Management & Sec 4/5 Assistant Year Head	ng kok huat@moe.edu.sg





Secondary 4&5 Team

Name of Teacher	Area of Responsibility	Email Address
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Xing Hao		
Mrs Karen Leong	Form Teacher of 5A	ng_lee_jiun_karen@moe.edu.sg





Our students in action - House Practice 2024













Our students in action – Sustainability Design Award Competition 2024



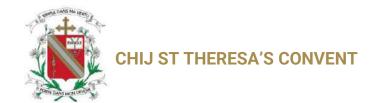
Creating Yarn from plastic packaging and pre-loved fabrics to crochet everyday items

Sustainability Design Award 2nd Prize



Repurposing waste into games to promote mental well-being and intergenerational bonding

Sustainability Design Merit Award





Our students in action - EFL 2024











Our students in action - EFL 2024









To promote lifelong learning and support students in making informed decisions for their post-secondary options:

- Circle sharing by young alumni
- Visits to Institute of Higher Learning (IHL)
- Poly Course Advising
- Higher education fair
- Talking points with Principal
- Preparation for Early Admissions Exercise (EAE) & Direct School Admission (DSA)





Circle Sharing by Young Alumni









Visits to Institutes of Higher Learning (IHL)s



Catholic Junior College Open House



Ngee Ann Poly Open House



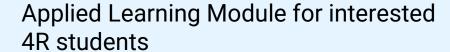
Nanyang Academy of Fine Arts (NAFA) Open House





Visits to Institutes of Higher Learning (IHL)s











Higher Education Fair











Higher Education Fair



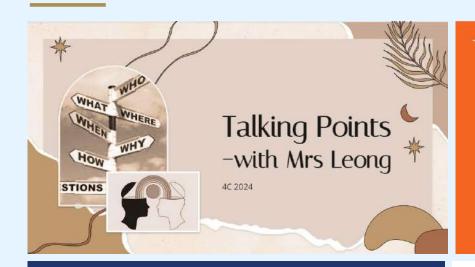








Talking Points with Principal



Talking Points
with Mrs Leong

4MM 2024

Talking points

with Mrs Leong

4A 2024







40 2024



Preparation for Early Admissions Exercise (EAE) & Direct School Admission (DSA)

- Intent of EAE and DSA: Option for students to gain entry into their desired schools based on their passion, skills & aptitude
- Successful applicants are offered a place if they meet minimum entry requirements set by conditions of offer
- EAE: Applicable to students applying for Polytechnics & ITEs
- DSA: Applicable to students applying for JC (CCA/Leadership)





Preparation for Early Admissions Exercise (EAE) & Direct School Admission (DSA)

- EAE write-up workshops Crafting personal write-ups for application and feedback given (ECG Counsellor)
- Workshops conducted by various
 polytechnics address expectations and
 queries for specific courses on preparing
 for their portfolios





ECG Consultations - Ms Gina Tan



Availability: Wed & Thurs, 8am - 5.30pm

Venue: PSG room (behind school bookshop).

Appointment can be made via:

- Appointment booking weblink: https://go.gov.sg/chat-with-ms-gina
- Write to: tan_lay_bee_a@schools.gov.sg



https://go.gov.sg/chat-with-ms-gina





To develop 21st century ready Theresian learners who are adaptable and resilient:

- Sharing by school counsellor (Start Right)
- Well-being capsule activity (Start Right)
- Self-directed ECG Learning Journeys (EFL)
- Pottery Workshop (EFL)
- Board Games Café @ Lighthouse (EFL)
- Drumming Workshop (EFL)





Self-directed ECG Learning Journeys



4A - Temasek Polytechnic



4B - TheSmartLocal





Self-directed ECG Learning Journeys



4C - Flight Experience



4D - Esplanade





Self-directed ECG Learning Journeys



4J - Jewel@ Changi Airport



4R - SEA Aquarium



Pottery Workshop







Reflections from students

Take the leap of faith and try something new. If it doesn't go well, it is not over and it is never too late to change, not the result but the method

During throwing, my clay kept collapsing. I got used to it after a while and just started building on instead of dwelling on it

To always be resilient and not give up despite how much you've lost, you work with what you have left.

I learnt to be patient with myself and also understood that it's ok to start over





Resilience Learning Aid







Resilience Learning Aid

This learning aid takes a strengths-based approach by guiding students to overcome challenges using their:



Internal strengths, or the mindsets (I Am) and skills (I Can) that empower them to resolve the challenge on their own.



External strengths, or environment (I Have), consisting of the people around them who provide support, help and care.





Exam Timeline

- May GCE O level MT written exam
- July 4N Prelim exam, GCE O & N level MT Oral, GCE O level MT Listening Comprehension
- August 4E5N Prelim exam
- September GCE N level MT Listening Comprehension, GCE N level written exam (end at mid Oct)
- October GCE O level EL Listening Comprehension, GCE O level Science practical, GCE O level written exam (end at mid Nov)





INFO NIGHT FOR PARENTS/ GUARDIANS OF SEC 4/5 STUDENTS

Mrs Jenny Leong 27 March 2024





A warm welcome to all Parents/Guardians!



Ms Claudia Chang Vice-Principal



Mrs Jenny Leong Principal



Ms Janice Wee Vice-Principal





PRINCIPAL'S VISITS TO THE GRADUATING CLASSES: TALKING POINTS





Some examples of their questions

- What can we do to study effectively during the week e.g. after school, but we're tired?
- Can you provide guidance on how students can make the most of their final year in terms of academic performance and personal growth?





Some examples of their questions

- How did you find your desired career choice?
- Can I go into the polytechnic not knowing what I want to do in the future?
- How intense is JC education (workload, classes, friendships and etc)?





Some examples of their questions

- How did you cope with your studies and manage your stress?
- What encouraged you when you were going through tough times?





Key suggestions

- Authentic and open listening <u>safe space</u> for them to articulate their fears and anxieties.
- Being <u>accepted</u> for who they are and not what parents want them to be, or being compared with siblings, cousins, etc.
- Start with 'why': teenagers need to understand the rationale for adults' decisions/ permissions.





Key suggestions

- Many of them are not confident about their strengths and talents. Remind them of their past successes and achievements so they take heart and are <u>affirmed</u>.
- Remind them to take care of themselves and to avoid being too hard on themselves.





What parents / guardians can do to help:

- Use your mother tongue more frequently at home to support your daughter's learning;
- Continue healthy eating practices at home so that your daughter has nutritious food;
- Encourage her to have enough sleep;
- Support your daughter's growth mindset by not overemphasising results.





What parents / guardians can do to help:

- Encourage your daughter to develop her ECG awareness
- a) Post-secondary: JC/Poly/ITE?
- b) JC/ Poly: More Science or Arts inclined?
- c) Courses available and Cut-Off Points
 - http://www.moe.gov.sg/education/admissions/jae
- d) Discuss with your daughter about whether she would enjoy being in that particular career or industry
- Explore the options with your daughter and try to get her to think through the alternatives rather than telling her what we want her to do.





Giving Our Children S.P.A.C.E. to Build

RESILIENCE



Support

- Be willing to listen
- · Provide positive feedback and support



Problem Solve

- · Reflect on problems, issues and setbacks together
- · Guide them to develop alternate plans



Affirm

- · Be specific with praise
- · Acknowledge strengths and efforts



Cheer

- Spur them on for renewed efforts
- · Celebrate all successes, even small ones
- Share inspirational stories of resilience



Empower

- Provide them with opportunities to take risks and experience challenges
- Allow them to voice their ideas and make decisions
- Let them take responsibility for their plans and actions

Building S.P.A.C.E. into our Conversations



More of this...

Support

acknowledge,

"Tell me more..."
"Your thoughts matter."

problem solve

with.

"What have you done before that worked?"

"Let's think of what we can learn from this..."

Affirm

specific,

"Good effort! How did you do it?" "I see you are good at..."

heer

inspire hope,

"Thanks for..., it really made a big difference."

mpower

build up.

"We can try your suggestion."
"How would you like me to support you?"

Less of this...

not discount

"There is no reason for you to feel this way."

not for

"This is how you should do it."
"I told you before, why didn't you listen to me?"

not general

"Good job!"
"You are so smart!"

not fear

"If you don't ..., you won't get ..."

not take over

"It'll be faster if you do it my way." "Let me do it for you."



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CHIJ ST THERESA'S CONVENT





Who should put on the oxygen mask first? Parents' self-care is important







CHANGES TO THE POST-SECONDARY LANDSCAPE

Ms Gina Tan
Education and Career Guidance Counsellor





Today the Education Landscape is Dynamic

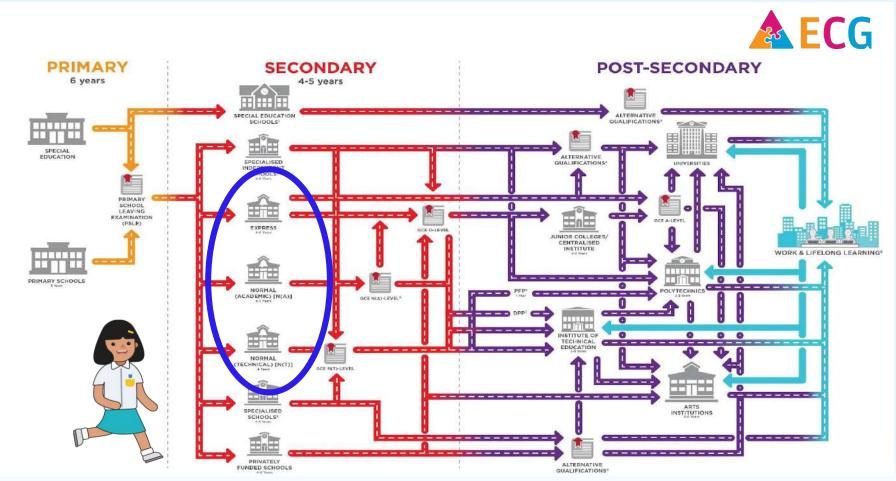


Diagram taken from the Post-Secondary Booklet/Secondary Booklet: https://www.moe.gov.sg/-/media/files/secondary/secondary-school-booklet-2021.pdf

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cial(Open)/Non-Sensitive



CHIJ ST THERESA'S CONVENT

What are the Main Post-secondary pathways?

1

Junior Colleges (JCs) or Millennia Institute

Prepares students for the GCE 'A' level examination or International Baccalaureate Diploma Programme.

2

Polytechnics

Provides students with hands-on, practice-based learning experience within a dynamic and progressive learning environment.

3

Institute of Technical Education (ITE)

Equips students with technical knowledge and skills relevant to the industry.

4

Art Institutions

Allows students with the aptitude and interest to pursue the creative arts at the tertiary level.





Educational Pathways after Graduation

Multiple Pathways

Schools

Types of Qualifications

How to apply?

Junior
Colleges/
Centralised
Institute

GCE 'A' Level (2-3 years) 18 JCs, 1 CI (Millenia Institute)
Get ready with skills and knowledge required for tertiary education.

JAE for JC and MI

DSA-JC

Polytechnics

Diploma (3 years), 5 Polytechnics – NYP, NP, RP, TP, SP Hands-on experience in a dynamic and progressive learning environment.

JAE Poly EAE

• PFP

Institute of Technical Education

Nitec / Higher Nitec (2-3 years), ITE Colleges – East, Central, West Learn technical skills and knowledge to meet the workforce needs of various industry sectors.

years Higher Nitec

JAE for 2

JIE 'O' & 'N'

• ITE EAE

• DPP

Arts Institutions

Arts Diploma (3 years), NAFA, LASALLE. Learn arts related knowledge and skills.

- Direct
 Application
- NAFA Foundation programme





Changes to A-Level Curriculum and Autonomous University Admissions

Project Work to be graded as a "Pass/Fail" subject

Project Work's grading will be a Pass/Fail.

General Paper

From 2024, all JC1 students will be required to study General Paper (GP), which will be delinked from Knowledge & Inquiry (KI),

No more Mid Year Exam

For JCs and Millennia Institute progressively, starting with the cohort entering 2024.



Source: https://www.moe.gov.sg/news/press-releases/20230301-learn-for-life-forging-our-collective-future-nurturing-diverse-talents-and-expanding-pathways





Changes to Polytechnic Pathway

Polytechnic Foundation Programme (PFP)

Relaxation of grade requirement for 2 'Best' subjects

Relaxing the grade requirement of two 'Best' subjects in ELMAB3 (English Language, Mathematics, Best 3 subjects), from Grade 3 to Grade 4.

https://www.moe.gov.sg/news/press-releases/20220307-expanding-pathways-and-opportunities-across-a-life-course-increasing-porosity-and-flexibility

https://www.moe.gov.sg/news/press-releases/20230301-learn-for-life-forging-our-collective-future-nurturing-diverse-talents-and-expanding-pathways#:~:text=Students%20in%20the%20PFP%20will,their%20interest%20and%20PFP%20performance.





Changes to the ITE Pathway

Enhancement in ITE Curricular

Enhanced three-year curricular structure leading directly to a Higher Nitec certification.

Poly Progression

Poly progression guarantee for all Higher Nitec graduates with raw GPA of 3.5 and above.

GPA Eligibility

Review GPA eligibility to Poly from net 2.0 to net 2.5 for Higher Nitec graduates.

https://www.moe.gov.sg/news/press-releases/20230721-changes-to-admissions-requirements-for-ite-upgraders-applying-to-polytechnics-from-av2027





How to Select Post-Secondary Institution & Courses?

Explore possible education pathways, institutions and courses that align to your Values, Interests, Personality & Skills (V.I.P.S) and career aspirations

Explore post-secondary courses offered by Polytechnics and ITE:

CourseFinder

Explore school information on Junior Colleges and Millenia Institute
(e.g. CCA, subjects, programmes):
SchoolFinder



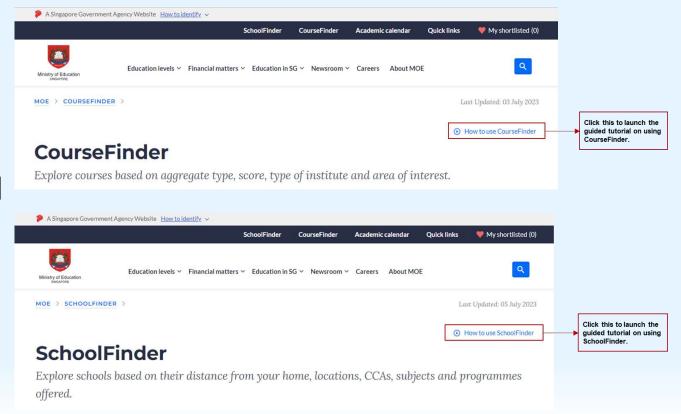






How to Select Post-Secondary Institution & Courses?

Learn how to use CourseFinder and SchoolFinder







How to Select Post-Secondary Institution & Courses? Joint Admissions Exercise (JAE/JIE)

- First 3 to 4 choices: Consider the courses that most align with your Values, Interests, Personality & 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 by considering the last aggregate scores of the courses in each institution (where your net score is within the range of the last year's aggregate score) in CourseFinder/SchoolFinder.
- Last few 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.
- Fill up all 12 choices even if you are really confident of getting into your desired course.





Supporting our Child's Aspirations



Have regular and genuine conversation with your child Familiarise yourself with your child's personality and learning style

Provide opportunities for your child to grow

Show love and support which helps your child grow in confidence



Source: 2021 CEG's Parents Seminar





USEFUL RESOURCES





Have a chat with ECG Counsellor, Ms Gina!

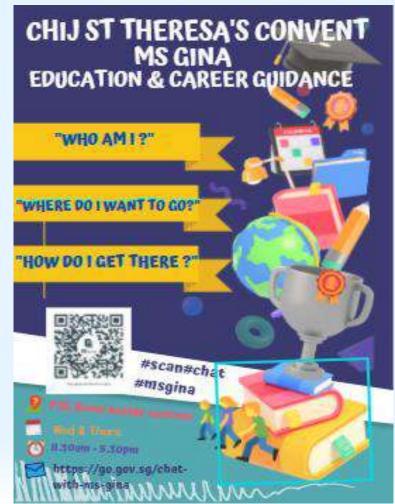
Every Wed & Thurs

PSG Room behind Bookshop 8am – 5.30pm













Tips for Parents: JOURNEYING WITH OUR CHILDREN, SUPPORTING THEIR ASPIRATIONS







Conversation Starters

Set aside time and space where you can speak with, listen to and understand your children's thoughts and feelings. Use the following questions to encourage your children to find out more about themselves.

For your children in Secondary School:

- What are the setbacks/failures you have faced that taught you something? Can I share about a setback I experienced that helped me grow?
- What did you try that was difficult for you this week? What will you do to challenge yourself this month? (You can make this a family challenge and get your children to ask you these questions too.)
- As you consider your aspirations, which post-secondary pathways have you explored? How can we find out more? (Refer to the Useful Links and Resources section [page 24] for more information on post-secondary pathways.)





CHIJ ST THERESA'S CONVENT



Useful Resources

Website	URL		
Overview of Post- Secondary Education Institutions (PSEIs)	go.gov.sg/overview-pseis		
The Next Step Forward (e-book)	go.gov.sg/next-step- forward	Exercision of the contract of	
MySkillsFuture for Secondary School	go.gov.sg/mysfsec	Biggs to State Sta	



ECG



Useful Resources

Website	URL	
MOE Course Finder	go.gov.sg/coursefinder	
MOE School Finder	go.gov.sg/moeschoolfinder	









Useful Resources (Admission Programmes)

Website	URL	
Early Admissions Exercise - ITE	go.gov.sg/applyeae	
Early Admissions Exercise – Polytechnics	go.gov.sg/polyeae	
Direct School Admission – Junior Colleges	go.gov.sg/applyjcdsa	





Useful Resources (Admission Programmes)

Website	URL	
Direct Entry to Polytechnic Programme (DPP)	https://www.ite.edu.sg/a dmissions/full-time- courses/higher-nitec-dpp	
Polytechnic Foundation Programme	go.sg/pfp	
NAFA Foundation Programme (NFP)	go.gov.sg/applynafafp	







~ THANK YOU ~

Q&A

If you have any questions, you may enter them via this QR code.



https://go.gov.sg/sec45pin2024









