

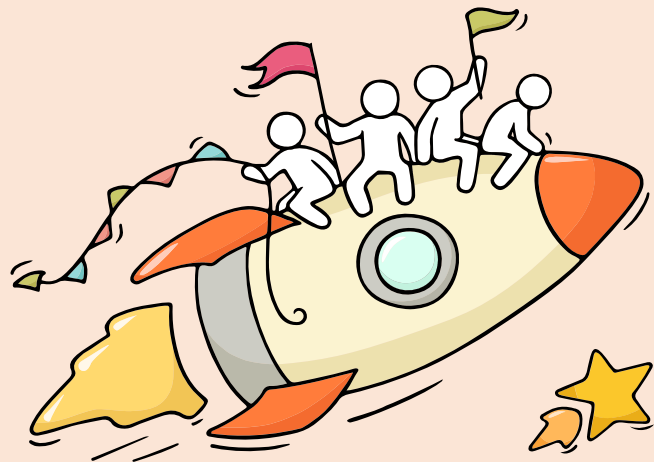
# Welcome Back!

Briefing Slides for Release of 2024 GCE O-Level Results



# Dear students,

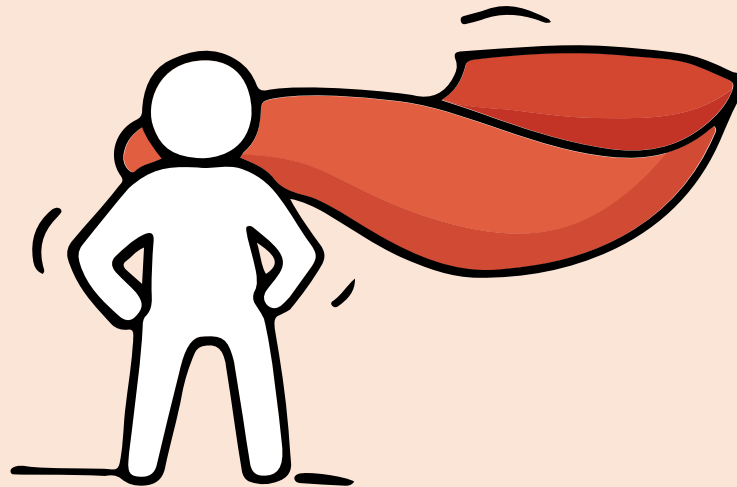
You have worked hard to reach this stage. Let's celebrate our efforts!



*Finally, we are about to receive 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/olevelstudentresource>



# Thinking about Your Next Step?

Consider these questions...

Where do I want to go?

Who am I?

How Do I Get There?



Education & Career Guidance

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-olevel>



• Contact the ECG Centre @ MOE  
<https://go.gov.sg/moe-ecg-centre>

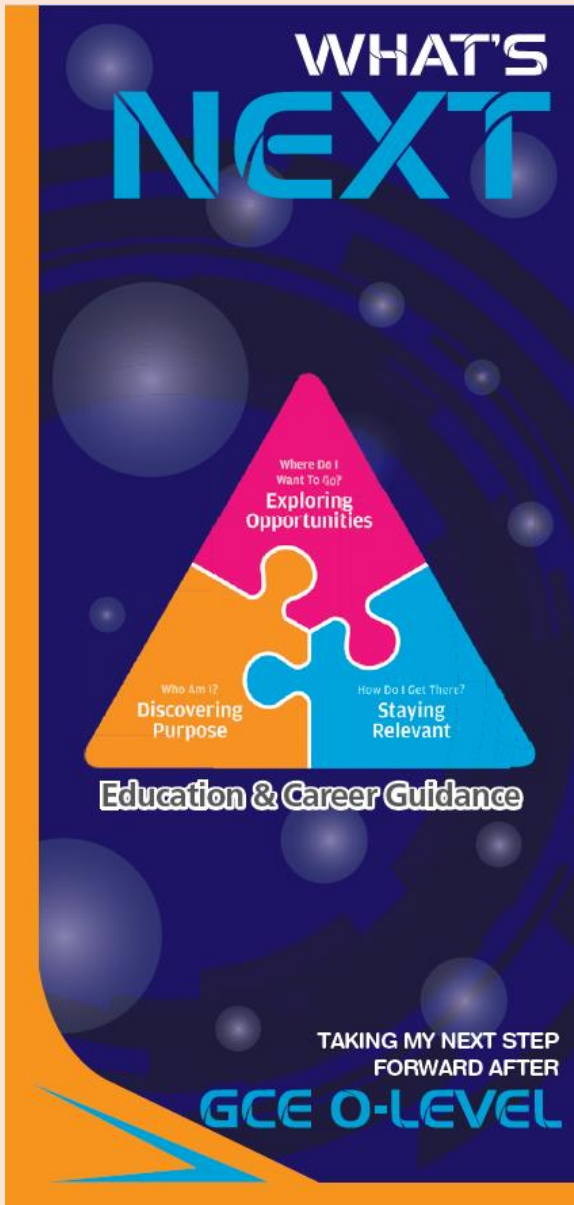


• MySkillsFuture Student Portal  
<https://go.gov.sg/MySFSec>



• Chat with your school's ECG Counsellor

# Resources to help you make informed decisions



## PLANNING YOUR NEXT STEP

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## MySkillsFuture Student Portal

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

# Resources to help you make informed decisions

## Information on Post-Secondary Education

Learn more about the admissions exercises and programmes



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

Learn more about the post-secondary education institutions



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



## About Discover On My Way (D:OMW)

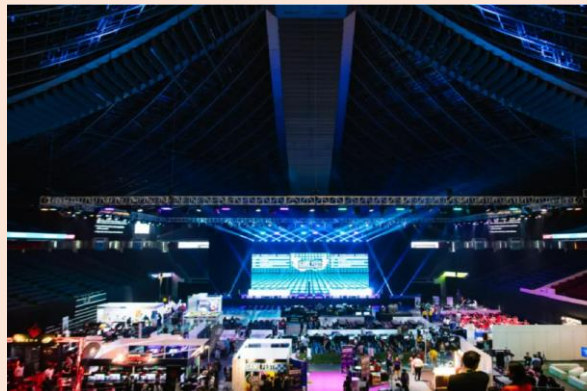
Discover your education and career interests and chart your personal and professional future with **Discover On My Way!** Explore different careers, connect with industry professionals and peers, and get firsthand exposure at various job roles. Let's get you on your way to discovering!

[Join Programmes!](#)

We know – deciding on which course to take and what career to pursue isn't easy... Through programmes organised by NYC and our partners, you'll be able to meet professionals from various industries and youth on the same journey as you.



Outward Bound Job Taster



Esports Events Management Job Taster



Career conversation and discovery





# Concerned About Your Next Step?

**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 O-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:**

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

*How can we support one another?*



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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.



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



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

**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)**

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

Call: **1800-377 2252**

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

## **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:

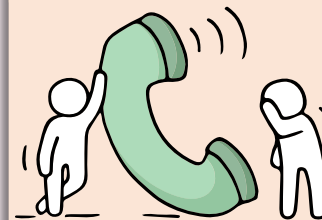
Visit: **CHAT Hub at \*Scape, 2 Orchard Link, #04-01A**

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)**



**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 O-Level examination  
is not the destination.**

**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>

- JAE
- JIE 'O'
- LASALLE
- NAFA



**A Guide to**

## **Post-Secondary Admissions Exercises**

The various pathways you could explore after secondary school that provide opportunities for continuous learning



Ministry of Education  
SINGAPORE

# Application Timeline

<b>Admissions Exercises</b>	<b>LASALLE NAFA</b>	<b>JAE JIE 'O'</b>
<b>Application Period</b>	<b>Starts Oct 2024</b>	<b>Jan 2025</b>



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