





# Managing Your Emotions and Making Your Decisions



### Calm Down and Observe Your Emotions

Refrain from any unhelpful thoughts or actions that would make you more upset. Inhale deeply and exhale slowly using 10 counts as you relax your muscles. Acknowledge your emotions.

## Positive Thinking and Explore Options

Think through 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**

Approach a trusted adult and seek his/her help about what would be best for you. Make a decision based on your options and take action.



# The ability to learn, un-learn and re-learn will be key



"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"

- Indranee Rajah (2019)

# 3 key questions to help you get started

**Key ECG questions** 

# Who am I? Who do I want to be?

- What are your dreams and goals?
- What do you enjoy doing and are good at?
- Explore what your interests are, and balance that with what you're competent at

Align your education choices and career goals





# Where do I want to go? Why?

- There are multiple education and career pathways available today. Each one of them caters to different strengths and interests.
- Understand that no matter who we are and what our strengths may be, there is a pathway for all of us.

There are many options for you to explore

# How do I get there?

- Use the many resources available to help you as you take the next step in your education journey
- Talk to your parents, teachers and counsellors if you need more support.

Seize learning
opportunities that
help you develop, as
you think about what
motivates you



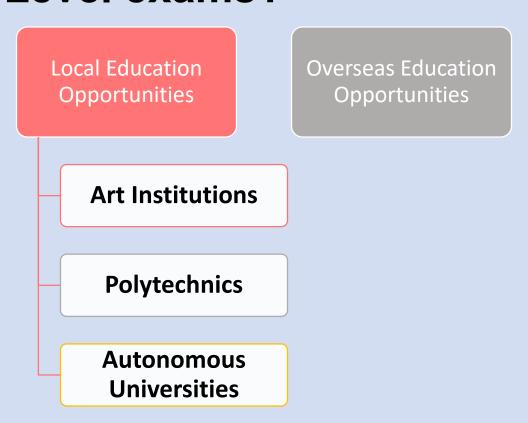
# **Admission Exercise**

Things to note



**Considerations for Your Education & Career Pathways** 

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



More information on the various educational pathways can also be found in the MySkillsFuture Portal.

#### No module exemption

**3-year** polytechnic studies for any polytechnic diploma

#### Joint Admissions Exercise (JAE) - Jan

Minimum Entry Requirements are based on <u>O-Level</u> exam scores Only for students who had not previously been enrolled in a polytechnic

#### <u>Direct Admissions Exercise (DAE) – Feb to Mar</u>

Minimum Entry Requirements are based on O-Level exam scores

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

Minimum Entry Requirements are based on <u>A-Level</u> exam scores Eligible students can obtain up to *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

#### One-semester exemption

**2.5-year** polytechnic studies for about 90 polytechnic diploma

#### Two-semester exemption

**2-year** polytechnic studies for about 60 polytechnic diplomas

#### **Direct Admissions Exercise (DAE) - Aug**

Minimum Entry Requirements are based on <u>A-Level\*</u> 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

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

### Admission into Semester 2 at the polytechnics (NEW)

Starting Academic Year 2020, eligible A-Level graduates can be admitted directly to Semester 2 in October for 56 polytechnic courses, and now be exempted from up to two semesters of polytechnic studies.

- A-Level graduates will be able to enter polytechnic in the same year of A-Level results release and obtain a polytechnic diploma in 2 years, rather than 3 years.
- The polytechnics will continue to offer courses with one semester of module exemptions. In all, the polytechnics will offer 120 polytechnic courses with some form of exemptions (one semester or two semesters of module exemptions). Students who are interested in these 120 courses can apply via the respective polytechnics' Direct Admissions Exercise between 10-19 August 2020, for matriculation at the start of AY2020 Semester 2 in October 2020.
- More details are available on the respective polytechnics' websites.

**For Students Planning to Enter the Polytechnics** 

# Opening Pathways to Higher Education for our Students

- At the SIT 2<sup>nd</sup> Applied Learning Conference on 30 January 2020, Minister Ong Ye Kung announced several key changes in the Higher Education Landscape.
- This includes reducing the time taken for A-level graduates to obtain a diploma.
- These changes would help increase pathways and opportunities for students to pursue Higher Education, regardless of one's education journey.

Find out more about these changes by clicking here or scanning the QR code.



"With my A-level results, I am unable to get into my desired course in an AU. I would like to pursue a diploma at a polytechnic but it will take a long time."

A-Level Graduate



It is now much faster to obtain a diploma after A-Levels

From 2020 onwards, eligible A-level graduates will be able to enter and complete a polytechnic diploma programme in 2 years.

This will be through a combination of module exemptions and course acceleration, where students take more modules per semester.

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

#### **Arts Institutions:**

NAFA: www.nafa.edu.sg

LASELLE: www.lasalle.edu.sg

### **Polytechnics:**

Nanyang Polytechnic: <a href="https://www.nyp.edu.sg">www.nyp.edu.sg</a>

Ngee Ann Polytechnic: www.np.edu.sg

Republic Polytechnic: <u>www.rp.edu.sg</u>

Singapore Polytechnic: www.sp.edu.sg

Temasek Polytechnic: <a href="www.tp.edu.sg">www.tp.edu.sg</a>

#### **Autonomous Universities:**

Singapore Institute of Technology:

www.singaporetech.edu.sg

Singapore University of Social

Sciences: www.suss.edu.sg

Singapore University of

Technology and Design:

www.sutd.edu.sg

Nanyang Technological

University: <a href="https://www.ntu.edu.sg">www.ntu.edu.sg</a>

Singapore Management

University: www.smu.edu.sg

National University of

Singapore: www.nus.edu.sg

# For Students Planning for Private Education

# The 3Rs when deciding on Private Education

Reasons

Readiness

**R**isks

Why are you furthering your studies?

How ready are you to further your studies?

Do you know the possible drawbacks?



### 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**



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.



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

### Differences and Similarities between Private Schools and Local Polytechnics/Universities



My certificate from a private school will be recognised by the Singapore Government for future employment or studies.



Registration with CPE is not an endorsement or recognition of the private school's courses and/or qualifications. The decision to accept your qualifications lies with your prospective higher educational institutions or employers. There is no central authority in Singapore that accords recognition to certificates and/or qualifications.



Bill

Myth 2

I can use my parents' Central Provident Fund (CPF) savings to pay for my education in a private school, similar to local polytechnics/universities.



Except for SIM University (UniSIM) and selected courses in LASALLE College of the Arts and Nanyang Academy of Fine Arts (NAFA), courses offered in private schools are not covered under the CPF Education Scheme, therefore you cannot use your parents' CPF to pay for the course.



There are Government subsidies for courses offered in private schools, just like courses at local polytechnics/universities

Similar to local polytechnics /universities, private schools registered with CPE will not close down.

CLOSED

There are generally no Government subsidies for courses offered in private schools, except for courses funded by Singapore Workforce Development Agency, and selected courses offered by LASALLE College of the Arts, Nanyang Academy of Fine Arts (NAFA) and SIM University (UniSIM).

### **Quick Facts**





https://tinyurl.com/y69yeyec

# Useful Resources for Students



# Visit <a href="https://go.gov.sg/MySFPreu">https://go.gov.sg/MySFPreu</a> for more information on post GCE A-Level options

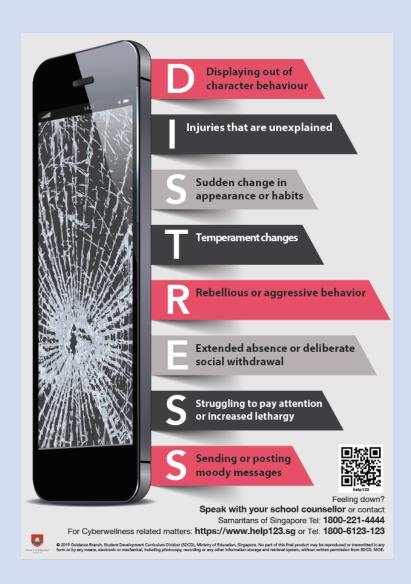




**Useful Resources** 

## Reach out for support

- If you have any concerns or are not coping, do reach out to someone you trust and speak with them. It could be a parent, teacher, school counsellor or a friend that you can talk to.
- If you experience prolonged difficulties, the Community Health Assessment Team (CHAT) provides personalised and confidential mental health checks and faceto-face consultation for youth aged 16 to 30.
- To speak with a youth support worker, you can visit CHAT Hub at \*Scape, #05-05. You can also call 6493 6500/ 6501 or email CHAT@mentalhealth.sg.
- Alternatively, you may also call the Samaritans of Singapore's 24 hour hotline at 1800-221-4444 to speak with someone.



**Useful Resources** 

# Speak to an ECG Counsellor

- Making informed decisions is important for successful transition from school to further education.
- Speak with your teachers and ECG Counsellor in schools, besides your parents, on the possible pathways.
- ECG counselling service from the MOE ECG Centre is available for GCE A-Level students from 14 - 28 Feb 2020.
- Details on how to make an appointment can be found in the What's Next pamphlet distributed to you. Interactive version available <a href="https://www.moe.gov.sg/microsites/whats-next">www.moe.gov.sg/microsites/whats-next</a>

For ECG counselling services, contact ECG
Centre @ MOE (Grange Road) via
moe ecg@moe.gov.sg or phone: 68311420



## **Graduate Employment Survey**

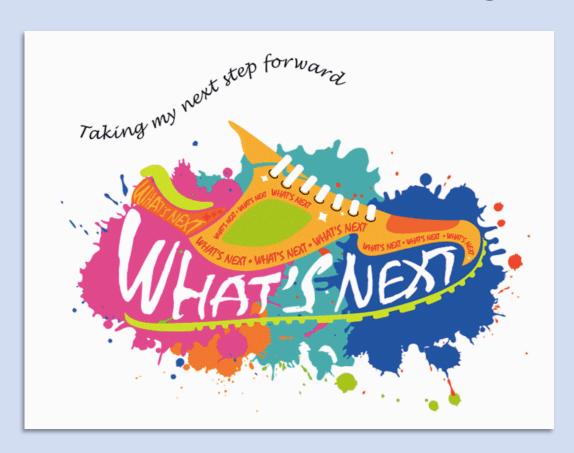


- Information about graduation rates and employment prospects can be found from the annual Graduate Employment Survey (GES).
  - Autonomous Universities: https://www.moe.gov.sg/education/post-secondary
  - Polytechnics:
     <a href="https://beacon.com.sg/polyges/home/past-results/">https://beacon.com.sg/polyges/home/past-results/</a>
  - ITE: <a href="https://www.ite.edu.sg/admissions/graduate-employment-survey">https://www.ite.edu.sg/admissions/graduate-employment-survey</a>
  - Private Education Institutions: https://www.ssg.gov.sg/cpe/pei.html





# What's Next – A quick guide





www.moe.gov.sg/ microsites/whatsnext

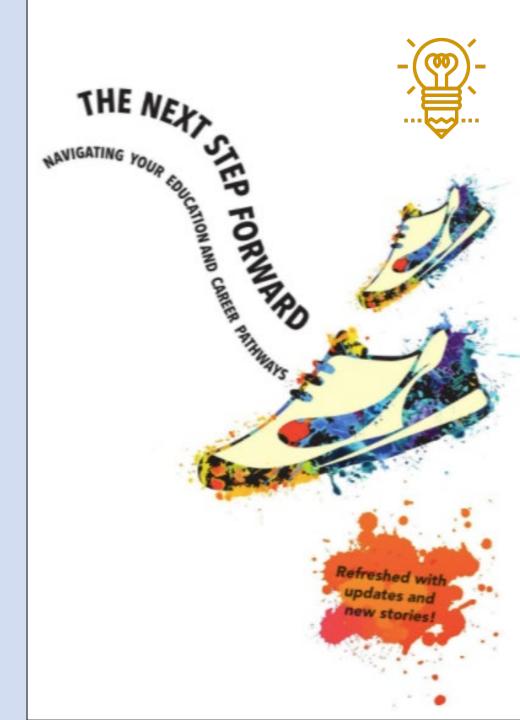


**Useful Resources** 

### The Next Step Forward



www.moe.gov. sg/the-nextstep-forward



# Resources and Tips for Parents

How to support your teen in ECG

## Providing support for your teen...



- Celebrate your teen's efforts.
- Pay <u>attention to your teen's socio-emotional needs</u>. Acknowledge your teen's emotions. Help him/her manage his/her expectations and emotions, especially if he/she have overly high expectations or negative emotions.
- Engage your teen in conversations on his/her education interests and support him/her in pursuing his/her diverse aspirations. Remind your teen that the GCE A-Level results do not determine how successful he/she will be in the future
- Work in partnership with your teen's teachers to identify, understand, and encourage your teen's strengths and interests

### Providing social emotional support



- Look out for out-of-character behaviours in your teen, e.g. deliberate social withdrawal, sudden changes in appearance or temperamental changes.
- Should common signs of stress persists, parents should seek help and advice from a health professional.
- You may wish to inform your teen's new educational institution on his / her well-being, so that appropriate support can be given, e.g. monitoring by the teaching staff or counsellor.

- Displaying out-of-character behaviour
- Injuries that are unexplained (including cuts, bruises or burns)
- Sudden changes in appearance, interests or habits (including eating or sleeping)
- Temperament changes (irritable, agitated, moody, stressed or anxious)
- Rebellious/ aggressive behaviour
- E Extended absence/ deliberate social withdrawal
- Struggling to pay attention/ increased lethargy
- Sending/ posting moody or morbid messages (including expressions of death)

Image source: <a href="https://go.gov.sg/distress-signals">https://go.gov.sg/distress-signals</a>

# Supporting Your Teen through Post-A Level Transition



# Spend time chatting. Use T.A.D.

## **TALK**

Talk about your teen's new experiences and the people he/she has met.

E.g. Discuss how technology and jobs have changed, his/her future plans and social circles. Share your own experiences too.

## **ASK**

Ask about his/her thoughts and feelings on issues.

E.g. Global and national issues, role-models, relationships with friends and the opposite gender.

## **DISCUSS**

Discuss your teen's aspirations and possible plans to support them.

E.g. Skills and knowledge that your teen needs; factors that motivate him/her towards their goals; ways to overcome obstacles.



- · Listen with an open mind.
- Provide a supportive environment that allows your teen space to express his/her feelings and views.
- Find a **healthy balance** between setting **limits** and encouraging **independence**.



# **Supporting Your Teen's Transition through Post-A Level Education**

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### **SUPPORT**

- Seek to understand your teen's preferences, needs and choices.
- Be there to listen non-judgementally and avail yourself as a sounding board as your teen explores and shares his/her own stand and views.
- Spend quality, one-to-one time with your teen.

E.g. Take advantage of regular opportunities to start a conversation, like at mealtimes, when commuting or running errands.

### **FAMILIARISE**

- Encourage him/her to explore new opportunities or hone new skills.
   E.g. Taking on new roles in class,
   CCA, school or the community.
- Adjust boundaries with your teen as you allow them to take greater self-responsibility.
  - E.g. Time spent with social groups, daily curfews and postings on social media.
- Get to know your teen's social circles.
   E.g. Invite your teen's new friends over for a meal.
- Develop your teen's sense of responsibility and ownership by providing opportunities for him/her to contribute at home and in the community.



### **AFFIRM**

- Praise and affirm your teen for wellconsidered choices and responsible decisions made.
  - E.g. "I am proud of how you are willing to support your peers in their time of need."
- Cheer your teen on and celebrate any successes together.
  - E.g. "I believe in you" and celebrate with his/her favourite food or drink.
- Express gratitude to your teen for helping at home.
  - E.g. "I appreciate you helping with the housework when I was tired from from work."

### **EMPATHISE**

- Seek to know and understand what motivates and gives him/her meaning in life.
- Acknowledge your teen's views and feelings, strengths and struggles.
   E.g. 'I understand you now
  - have to manage working with many different people."
- Assure your teen that you are there for him/her even as he/she makes his/her own decisions.
  - E.g. "I am glad you shared your plans with me. How would you like me to support you?"
- Share tips for and encourage healthy lifestyle habits such as sufficient rest.

S.A.F.E tips on how you can support your teen's transition through post-secondary education.

https://go.gov.sg/ support-intransitions-el



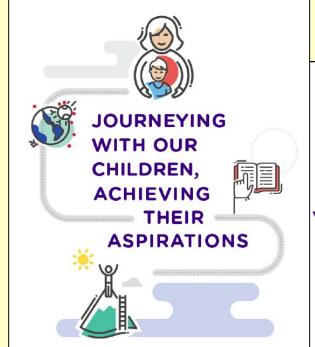


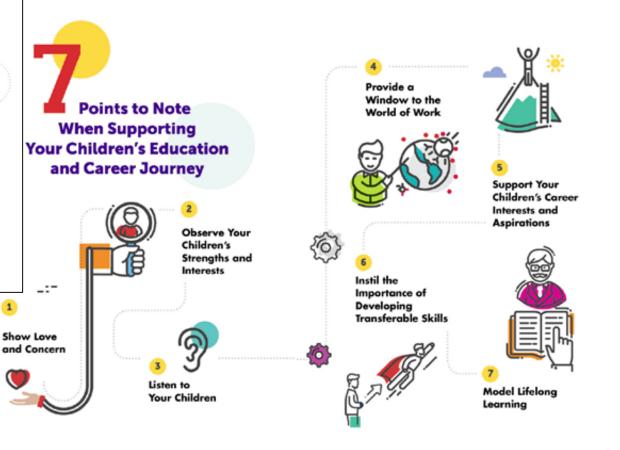
**Resources and Tips for Parents** 

### **ECG Parent Guide**

### go.gov.sg/ecgparentguide

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Journeying with Our Children, Achieving Their Aspirations 1

### Resources to provide social emotional support



- i. Building S.P.A.C.E into Our conversations
- ii. Gratitude
- iii. "Is your child too stressed?" infographic
- iv. "Setting realistic expectations" infographic





### For More Information

- Visit www.moe.gov.sg
- Contact MOE Customer Service
  - www.moe.gov.sg/contact



# Ministry of Education SINGAPORE