

- The SJC yearbook 2025 is a digital flip book.
- Details of date of release and password access will be sent to parents/guardians and Sec 4/5 graduating students via school email by end December 2025.

# Welcome Back Class of 2025



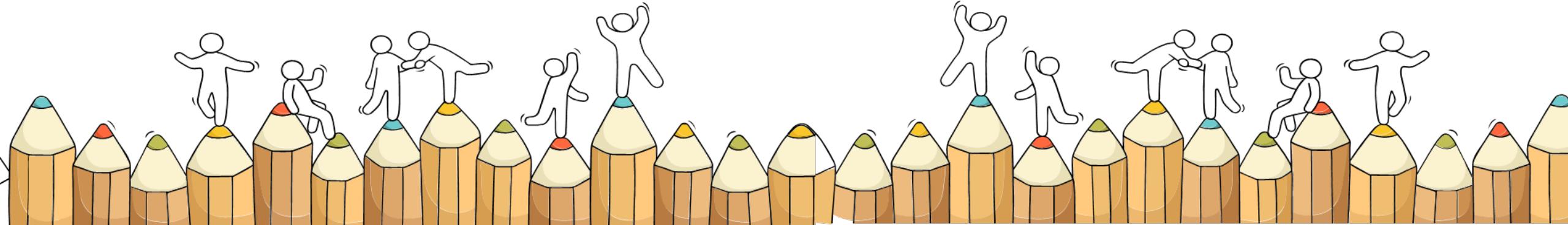
# Thanksgiving Prayer

No matter the  
outcome, remember:

You are always  
worthy, loved, and  
enough in God's eyes.

# 1. Admission Exercises

Things to note



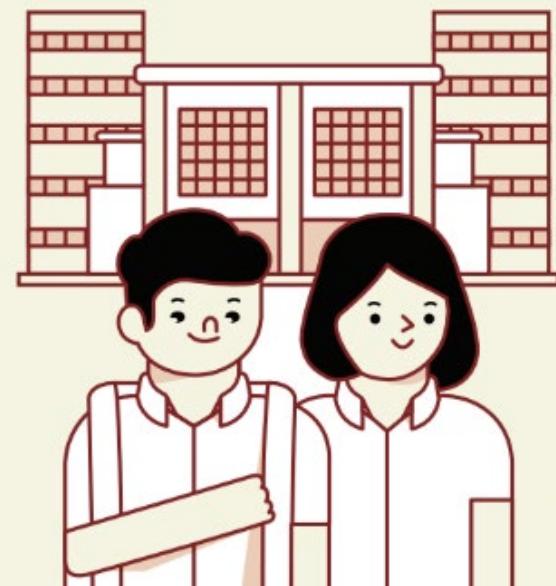
# Details of Admission Exercises

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>



## A Guide to **Post-Secondary Admissions Exercises**

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



# **Application for Institute of Technical Education (ITE) courses**

- Candidates who wish to apply for courses offered by ITE can submit their applications online via the ITE application portal ([www.ite.edu.sg/apply-for-ITE-courses](http://www.ite.edu.sg/apply-for-ITE-courses)), between 2.30pm on 18 December 2025 and 5pm on 22 December 2025.
- ITE posting results will be released at 9am on 26 December 2025. Candidates may check the posting results online via the ITE application portal.
- Candidates who receive an ITE offer should accept or reject the offer via the ITE application portal between 9am on 26 December 2025 and 11.59pm on 2 January 2026.

# Application for Direct-Entry-Scheme to Polytechnic Programme (DPP)

- Applications for DPP can be submitted online via the ITE application portal between 2.30pm on 18 December 2025 and 5pm on 22 December 2025.
- DPP posting results will be released at 2pm on 26 December 2025. Candidates may check the posting results online via the ITE application portal.
- Candidates who receive a DPP offer should accept or reject the offer via the ITE application portal between 2pm on 26 December 2025 and 11.59pm on 2 January 2026.
- ***School candidates who do not have a confirmed place in the DPP should report to their secondary schools in 2026 for Secondary 5.***

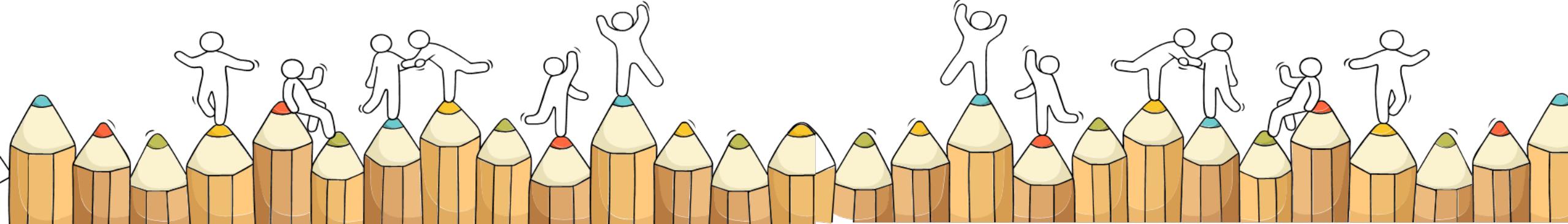
<https://www.ite.edu.sg/secondary-school-students/admissions/entry-qualifications/gce-n-level/for-gce-n-students-jie-h/>

# Application for the Polytechnic Foundation Programme (PFP)

- Applications for the PFP will open in January 2026, on the day of the GCE Ordinary-Level (O-Level) Examinations results release.
- Candidates eligible for the PFP will receive a copy of Form P on the same day, inviting them to apply for the PFP.
- Candidates interested in applying for the PFP ***should first report to their secondary schools in 2026 to start their Secondary 5 year***, while awaiting notification of eligibility and confirmation of a place in the PFP.

<https://pfp.polytechnic.edu.sg/PFP/index.html>

## 2. Post-Secondary Options



# Think about your opportunities



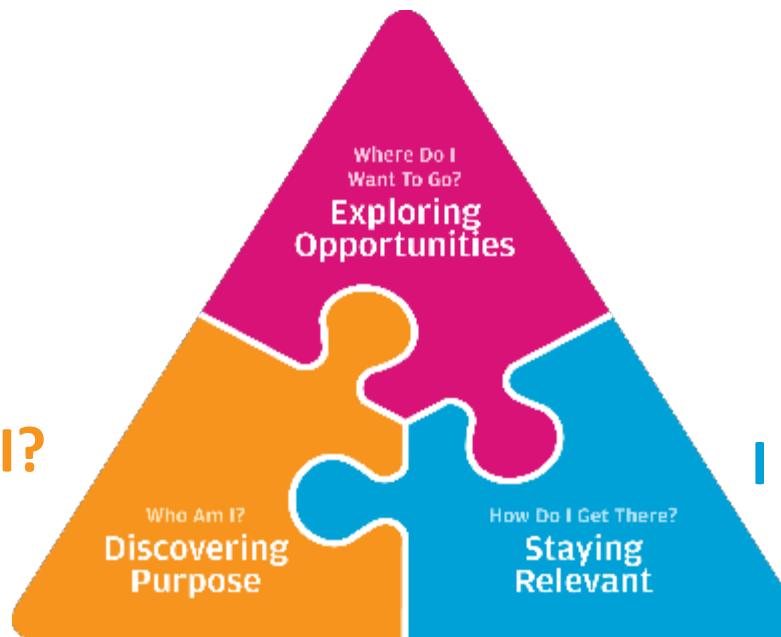
Remember that **everyone's learning journey is different**  
but **we can each have a fulfilling outcome!**

# Thinking about Your Next Step?

Consider these questions...

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

Where do I want to go?



How Do I Get There?

Who am I?

## PLANNING YOUR NEXT STEP

These resources will help you chart your path ahead:



- What's Next Brochure  
<https://go.gov.sg/whats-next-level>



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

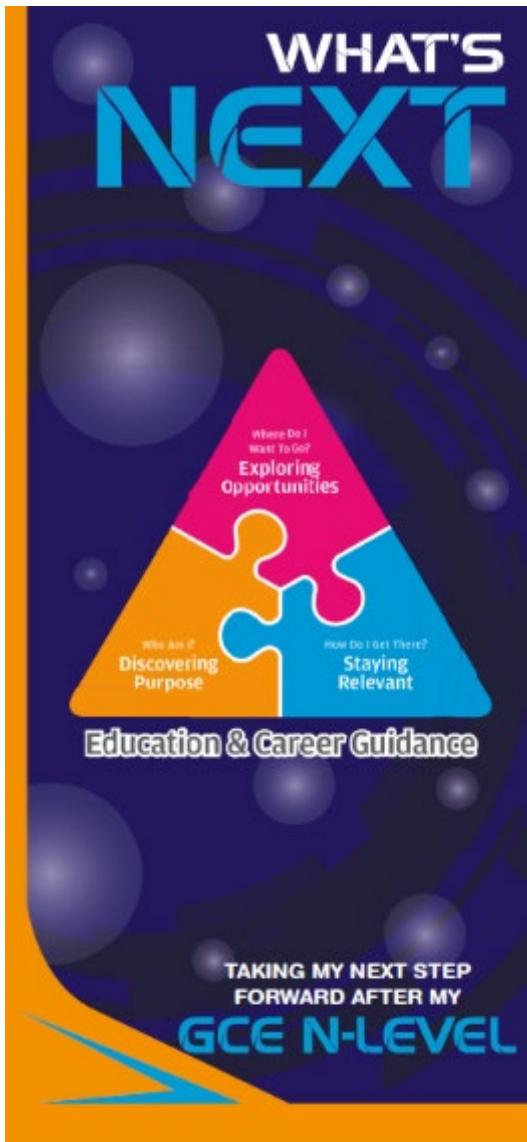


- Contact the ECG Centre @ MOE  
<https://go.gov.sg/moe-ecg-centre>



- Chat with your school's ECG Counsellor

# Resources to 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>
-  • MySkillsFuture Student Portal  
<https://go.gov.sg/MySFSec>
-  • Contact the ECG Centre @ MOE  
<https://go.gov.sg/moe-ecg-centre>
-  • Chat with your school's ECG Counsellor



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

## 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

## 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>

# Education & Career Guidance (ECG) Support

For ECG guidance and advising, you may book an appointment with **Ms Joelle, ECG Counsellor**

**When?**



**Today, Monday, Wednesday & Friday**

**Where?**

**ECG & SWO Room @B1**



**(Wear your school uniform if you are coming back to school. Online sessions are also available.)**

**How?**



**Scan QR code or book via : <https://go.gov.sg/sjcecg>**



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

**Email:** lim\_theng\_joelle@moe.edu.sg

# Additional resources

## ECG Counselling appointment@MOE

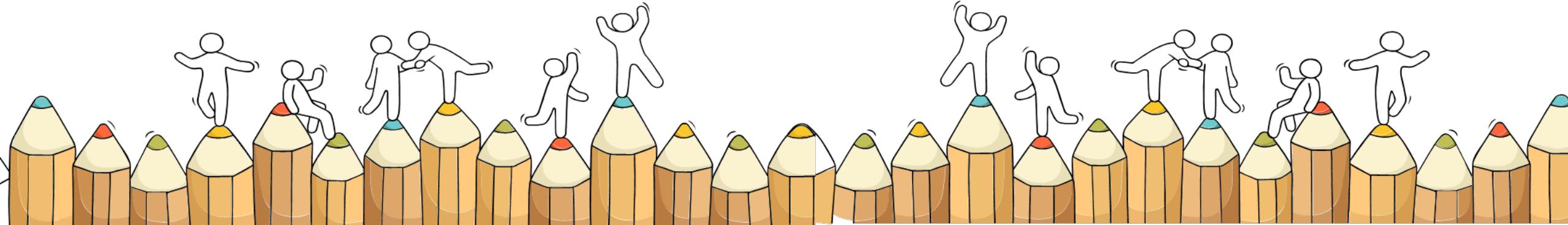
- You may also make an **ECG counselling appointment** via the ECG Centre @ MOE at <https://go.gov.sg/moe-ecg-centre>. Online or phone counselling services are available from 11 to 26 December 2025, from 9am to 5pm on weekdays and 9am to 12pm on Saturdays and eve of public holidays.
- More ECG resources on post-secondary pathways can be found on the school's ECG Linktree: <https://linktr.ee/sjcecg>.

## Polytechnic Foundation Programme (PFP) Webinar by Nanyang Polytechnic

- Friday, 19 Dec, 5pm-6pm
- Register at <https://nyp.edu.sg/pfp-webinar>
- Information has been sent to your students' emails.



### 3. Reaching Out



# No matter the circumstances, there is always a way forward.

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.

Do

- 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.

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

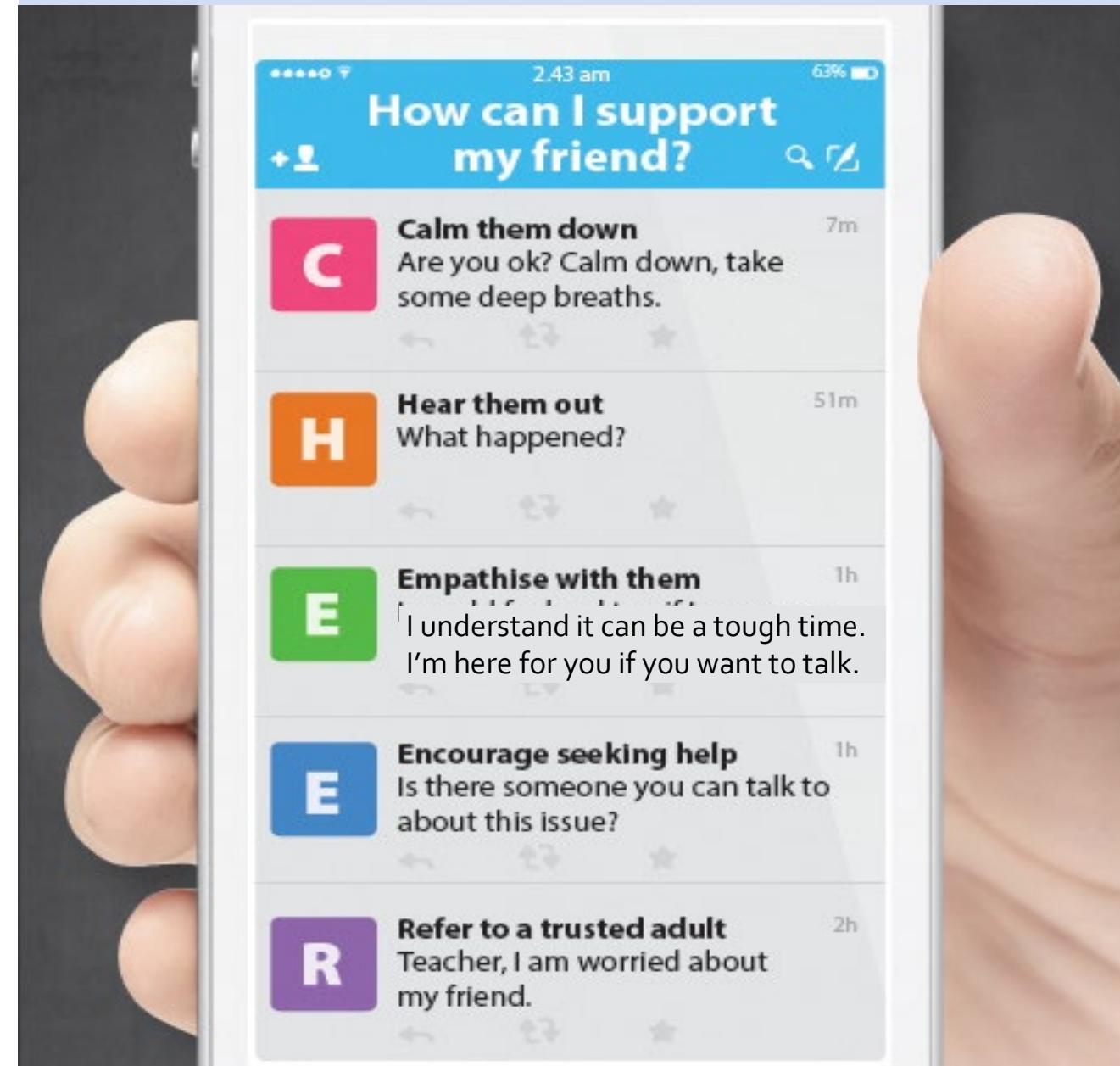
Or contact SOS 24-hour hotline at **1800-221-4444**

# Supporting Your Friend

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



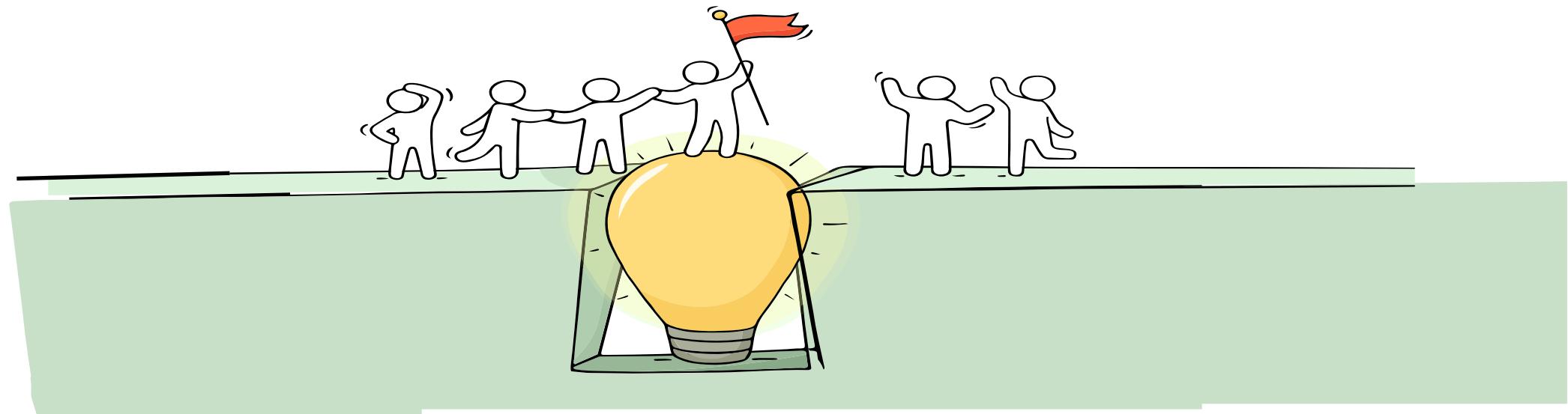
Keep a lookout for your friends in distress. You can support them in the following ways:



# Reaching out for help is a sign of strength, not weakness.

*Is there someone we can speak with?*

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/guardian, teacher, School Counsellor or a friend that you can talk to.



# 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)**

**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



Let us all  
celebrate our  
efforts and  
thank everyone  
who has  
supported us in  
this journey ☺



No matter what your results are like, you must remember that your results do not determine who you are or how successful you will be in the future.

**All the best!**