2025 Sec 4&5 MPS Programme Overview

6.30 pm – 6.45 pm	Registration
6.45 pm – 6.50 pm	Welcome & Introduction
6.50 pm – 7.25 pm	School Leaders' Address
7.25 pm – 8.45 pm	Motivation Workshop Consolidation
8.45 pm	Feedback / End of MPS

Parent Feedback

Thank you for making time to attend this evening Sec 4&5 MPS.

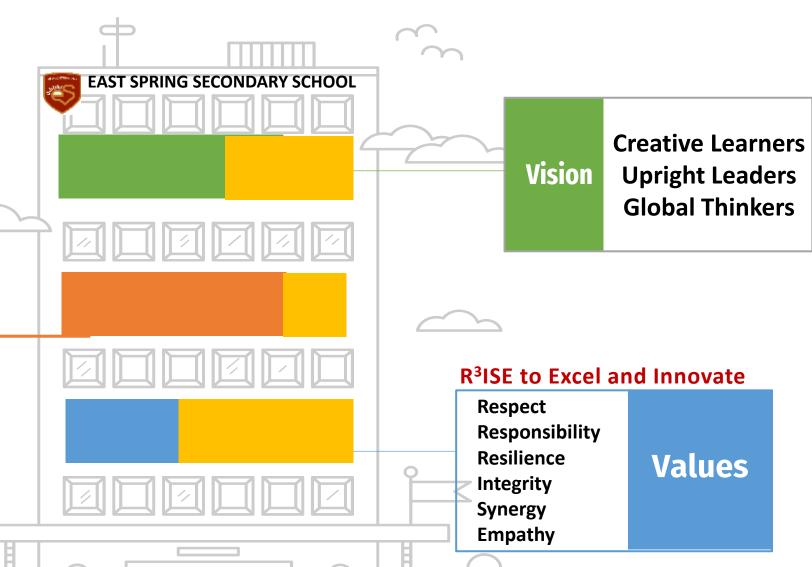
We are keen to hear your thoughts on what you like about today's MPS as well as ways we could make it better for you in the future. Scan the QR code and share with us your valuable feedback! ©



Secondary 4 & 5 Meet-the-Parents Session School Leaders' Address

25 Apr 2025

East Spring Secondary School



Mission

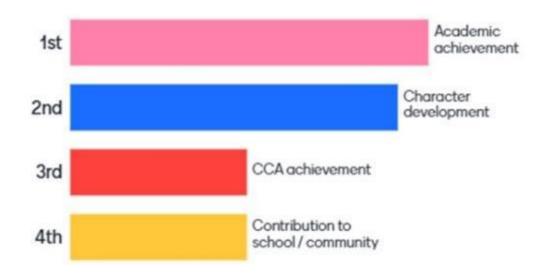
To nurture East
Springians to be
self-directed,
compassionate
citizens with a passion
for excellence and
life-long learning

East Spring Secondary School

A walk down memory lane

Mentimeter Survey during Sec 1 Meet Parents Session (2022)

What is your expectation of your child in *** his/her time at ESSS?





School Theme 2025



Building Dreams, Realising Aspirations





School's Strategies to Support Graduating Students

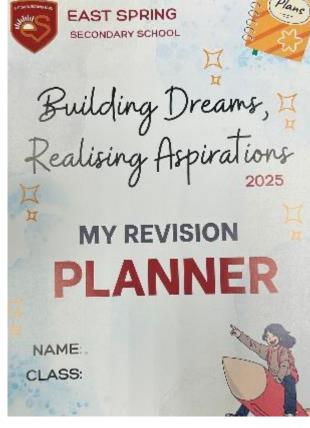
Engaging your heart and mind





Academic Support Programme

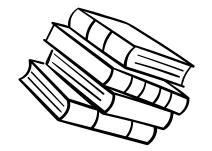






Self-Study @ School Library

Day	Support	Time	
Monday	1 KP, 1 Math,1 Humanities,1 Mother Tongue	3:30 PM	
Thursday	1 KP, 1 English,1 Chemistry,1 Physics/Biology	to 5:30 PM	
Tuesday		Until 5:30 PM	
Wednesday	Fully Self-directed	UIILII 3.30 PIVI	
Friday		Until 4:30 PM	



Guided Self-Study on Mon, Wed and/or Thu for identified segment of students.



Academic Support Programme

June Holidays Academic Support Programme

Week 1 – 3 June (Tuesday) to 6 June (Friday)

Week 4 – 23 June, 24 June

EL and MTL Oral Exams – formal practice and one-to-one consultations (based on students' needs) during June holidays (Week 1 and Week 4), and when school reopens in Term 3.

Mentoring Programme

Each class will have 9 - 10 mentors, 5N 3 mentors:

- 2 Form Teachers (FTs)
- 2 Key Personnel (KPs)
- 6 7 Subject/CCA Teachers

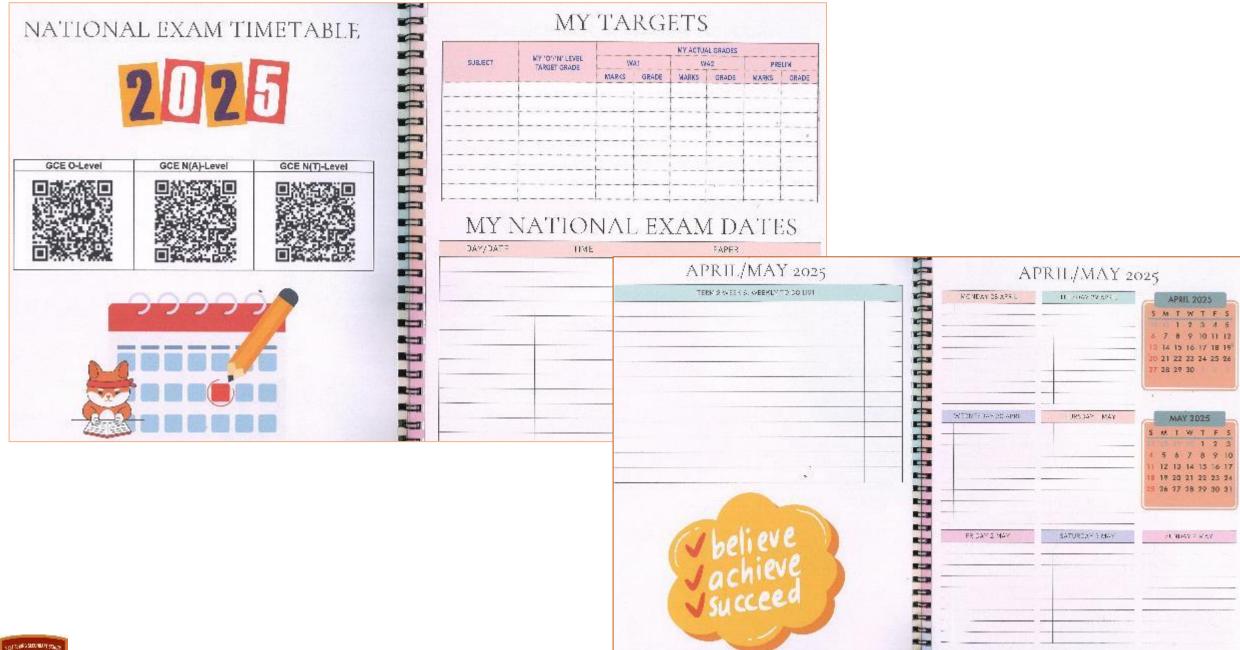
To discuss on areas they would like to focus on

- Interest areas: Stress & Time Management, Academic Excellence, Aspirations, Study Habits and Tips etc
- Start planning using Revision Planner









East Springians whom we can learn from.

Andre' Luthfi Bin Reduan (4E2, 2024) Progressed to National JC.

	PSLE T Score	Sec 3 EOY Exam	Sec 4 Prelim	2024 O Level
L1R5	205	8	13	12
		5 A1	2 A1	2A1
Subject		2 B3	1 A2	2A2
Grades			3 B3	3B3
			1 C5	



Andre's reflections on how the support strategies contributed to his success:

- 1. Make a timetable. Plan out your week so that you can keep track of your progress. Make sure you do not have incomplete tasks.
- 2. Plan ahead and use time wisely. When in doubt, I will consult my subject teachers for assistance on how I can improve my work.
- 3. When preparing for my examinations, I will ensure that I dedicate more time to the subjects I am weaker at and I will do this at least a month before the examinations.
- 4. On days when I have packed schedule, I will ensure that I get enough rest so that I can avoid burnt out episodes.

Tang Tze Hung (4N2, 2023) – eligible for PFP

	PSLE T Score	Sec 4N 1 st Combined (no mid-yr exam, based on WA)	Sec 4N Prelim	2023 N Level
ELMAB3	176	11	16	11
Subject Grades		2 Gr 1 1 Gr 3 2 Gr 4 1 O Level subj Gr 2	2 Gr 3 2 Gr 4 1 Ungraded 1 O Level subj Gr 2	1 Grade 1, 1 Grade 2, 2 Grade 3, 1 Grade 4, 1 O Level subj- converted to Gr 2

Progressed to PFP at Temasek Poly.



Tze Hung's reflections on how the support strategies contributed to his success:

- 1. Attended all lessons in term time and ASP during school holidays, found the sessions useful. These lessons are very necessary. "Sometimes we really need our teachers to "force" us to study". Teachers gave us ample practice and feedback to help us prepare for the national exam.
- 2. Attended a few Self Study sessions good opportunity to consult teachers.
- 3. When doing questions, circle and annotate keywords in order to guide one's way to an answer.
- 4. The handphone is a distraction, need to learn to put it away and focus on revision.

Lim Pin Yuan, Lucas (4T1, 2024)

	PSLE T Score	Sec 3 EOY	Sec 4N Prelim	2024 N Level
ELMAB1	126	11	7	7
Subject Grades		1 B 2 C 3 D	1 A 2 B 2 C 1 D	2 A 1 B 2 C 1 D

Progressed to ITE Architectural Technology.



Lucas's reflections on how the support strategies contributed to his success:

- 1. Find peers who are motivated and study together.
- 2. Self-study sessions were very helpful and was good opportunity to consult teachers.
- 3. Consistent work is important. Spread out the revision and do not leave everything to the last minute.
- 4. The handphone is a distraction. The school's handphone cabinet helps to keep the distraction away. Learn to focus and not be distracted by the handphone at home.

Vijayakumar Srinithi (5N1, 2024), 4NA to 5NA

	PSLE	Sec 4 NA Prelim	Sec 5N Prelim	2024 O Level
Results	T Score 164	ELMAB3 17	L1B4 24	L1B4 17
Subject Grades		1 Grade 2 2 Grade 4 2 Grade 5 1 Grade U 1 O Level subj- converted to Grade 1	2 B 3 C	1 A 3 B 1 C 1 D

Progressed to Nanyang Polytechnic (Infocomm & Media Engineering).



Srinithi's reflections on how the support strategies contributed to her success:

- 1. Adapting to a New Pace (4NA to 5NA): Committed to working hard every day, embracing the challenges of the express stream head-on.
- 2. Support + Self-Discipline = Success: Attended all Academic Support Programmes (ASP), sought regular consultations, and used self-study sessions to strengthen her learning. Step by step, her understanding deepened, and my confidence grew.
- 3. Time Management is Key: Prioritize finishing your homework after school, be consistent and punctual with submissions. If things get overwhelming, communicate with your teachers—they will understand.
- **4.** Minimize Distractions "I made a clear choice to reduce my phone usage, especially during study time. It was a crucial year for me. I didn't want distractions."



Caution: unhealthy habits that contribute to poor results



- 1. Giving in to distractions and losing track of time: social media, gaming on the phone, Netflix, dramas, YouTube, BGR. Leading to lack of sleep, not able to pay attention in class the next day.
- 2. Wrongly assuming that it is easy to pass the national exam with minimal effort. Putting off the revision and practice until near the exam, until it is too late.
- 3. Being satisfied with "I roughly know the topic and roughly know how to do."
- 4. Bad coping strategies, e.g. gaming when stressed, to the point that it is not even enjoyable anymore. Hanging out with friends who also have unhelpful coping strategies.



Info on Post-Secondary Options (for Sec 4E5N)

- JAE Booklet discontinued since Aug 2023.
- Refer to MOE website for info on Joint Admissions Exercise:

www.moe.gov.sg/jae

For specific info on JCs/MI/Poly/ITE, refer to the links within the above website:

- JCs and MI in <u>SchoolFinder</u>.
- Courses offered by polytechnics and ITE in CourseFinder.



Info on Post-Secondary Options (for Sec 4N(A) students interested in PFP)

Refer to www.moe.gov.sg/jae Look for specific Poly courses that indicate

PFP: CourseFinder.

For example, AI and Data Engineering Course Code C31, Nanyang Polytechnic

Click on the PFP link to see subject requirements:

For N(A)-Level students seeking admission through PFP





Al and Data Engineering PFP subject requirements:

Subject	Grade
English Language Syllabus A	1-3
Mathematics Syllabus A / Additional Mathematics	1-3
Any one of the following subjects	1-3
Design and Technology	
Food and Nutrition/Nutrition and Food Science	
Science (Chemistry, Biology)	
Science (Physics, Biology)	
Science (Physics, Chemistry)	
Any 2 other subjects excluding CCA	1-4





Info on Post-Secondary Options (for Sec 4N(T))

ITE website: JIE N Exercise 2025



LEAPS Bonus Points (CCA)

Bonus points

- Excellent 2 points
- Good 1 point

To understand the levels of attainment for LEAPS, please refer to pages 43 and 44, Student Handbook.

Bonus points are used to determine the net aggregate scores of students during posting.

The CCA bonus point can also be used to determine the net ELR2B2 aggregate score for eligibility to polytechnics.

Early Admission Exercises (ITE / Poly)

	ITE EAE (Tentative Dates)	Poly EAE
Application Period	20 May - 26 May 2025	late June 2025
Application renou	https://www.ite.edu.sg/apply- EAE (using Singpass)	late Julie 2023
Interview Period	16 Jun - 22 Jul 2025	Early July to end Aug 2025
Offer and Acceptance	25 4 20 4 2025	Foulty Com 2025
Period	25 Aug - 29 Aug 2025	Early Sep 2025
Withdrawal Period	1 Sep to 5 Sep 2025	Mid Sep to Mid Oct 2025

Please note NAFA & LASALLE also conduct EAE application exercises for their Diplomas : NAFA (June 2025) and LASALLE (1 May –23 May 2025)

DSA (JC/MI)

Application Period	Early May 2025
DSA Trials and Interviews	May - July 2025
Offer Stage for Phase 1	Late Jun to Early Aug 2025
Acceptance Stage for Phase 1	mid Aug 2025
Cooling off stage	Cancel Phase 1 acceptance
Offer Stage for Phase 2	mid Aug to Early Sep 2025
Acceptance Stage for Phase 2	Early Sep 2025
Withdrawal Stage	Early Oct 2025
Receive school allocation outcome	Jan 2026

Let's start the ECG Conversation!



https://for.edu.sg/esssecg



Ms Q Mondays - Fridays Library



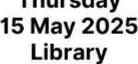


Are you stuck with your write-ups? Need some advice on your portfolio? Or just an extra pair of eyes to review your application?





Thursday 15 May 2025 Library













ECG Guide for Parents

- One-stop resource for you to start conversations with your child to:
 - discover and pursue their education and career aspirations
 - get to know your child better
 - to explore their values, interests, personality, skills, strengths (V.I.P.S)



https://go.gov.sg/tips-for-parents

Key Takeaways

1. Tap on the school's support structures and strategies.

2. Seek to listen and understand your child's challenges and struggles.

3. Be your child's biggest cheerleader.





Parent Feedback

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