Gan Eng Seng School

Parent Engagement Talk
By School Leaders
Sec 4E/5NA

24 May 2024 (Friday)

Reminders

- Attend the Zoom session in a conducive environment.
- Use the following name format when joining the Zoom session: [Class _Name of Child] e.g. [3-8_Steven Tan]
- Mute your microphone at all times.
- Turn on your video.
- If you have any questions during the session, please use the Chat function in the zoom to share your question. We will try to answer them as best as possible.

Overview

- GESS Vision, Mission, Motto & Values
- Gessians' performance at National Examination
- Factors to consider for Poly vs JC selection
- Key dates for graduation cohort
- Parental Support

VISION

Gessians of

Excellence

Standing &

Significance

MISSION

Nurturing the best in each &

Striving ever onward

Founded 1885.

MOTTO

ONWARD

Founded 1885.

VALUES

Integrity

Compassion

Resilience

Discipline

Respect

2023 GCE ‘O’ Level Results [Sec 4 Exp]

GCE ‘O’ Level Exam Results (5NA)

Key Dates For Graduating Cohorts

Assessment Schedule (‘O’ Level Students)

Examination	Dates
MT/ MTB Written	27 May 2024
MT Listening Comprehension	3 July 2024
MT Oral	4-12 July 2024
EL Oral	22-26 July 2024
HMT Oral	22-25 July 2024
Prelim Exam	20 Aug-28 Aug 9 Sep-10 Sep
Science Practical	2 Oct- 15 Oct 2024
EL Listening Comprehension	16 Oct 2024
GCE ‘O’ level Written Papers	17 Oct -11 Nov 2024

Support from school to prepare graduating students for National Examinations

Programme	Date	Students Involved
CCA Suspension	23 April, Tue	All graduating students
MT Intensive Lessons	Term 2 Week 9 to Week 10 - 13 May to 24 May	All students taking Mid-Year O-Level MT papers
Principal's engagement with graduating classes	Term 2 Week 9 – Week 10	All
Meet-Parent-Session (Engagement by School Leaders)	24 May, Friday, 8-9am via Zoom	NA
Parent-Teacher Conference (Meeting with Form Teachers)	30 May & 31 May	
June Intensive Lessons for • Design and Technology	28 May, Tuesday to 31 May, Friday	Sec 4 and 5 Design and Technology students
• Nutrition & Food Science (NFS)	28 – 31 May 18 – 20 June	Sec 5-1 NFS students

Support from school to prepare graduating students for National Examinations

Programme	Date	Students Involved
Academic Support Programme in the afternoon • Afternoon School Programme (ASP) • Time Practice (TP) • Achievers' Programme (AP) • Consultation Sessions with Individual Teachers	Term 3, week 1 to Term 4, week 3 On-going	Identified 4NT/4NA/4EXP/5NA students All 4EXP/5NA students Identified 4NA/4EXP/5NA students Identified students
MT Intensive Oral Practice (In the morning before first period starts)	Term 3 Week 1 to Week 5	All students taking O and N Level MT papers
EL Intensive Oral Practice (In the morning before first period starts)	Term 3 Week 1 – Term 3 Week 4 (only on Mondays and Wednesdays).	Selected Sec 4 and 5 students
Study Leave before O Level exams	7 to 16 October	Express students

With the calendaring of the events, students are advised to use the mid-year break wisely:

- **Do your revisions**
- **Work on study strategies shared at presentation by Principal**
- **Eat well (balanced nutritious meals), exercise, sleep well**

Parents are encouraged to plan holiday trips only after the GCE exams so that students can focus on their SMART goals

- Post-secondary education and admissions section of the website.

- Students can use look for information on JAE, schools and courses offered by the institutions.

https://www.moe.gov.sg/post-secondary/admissions/jae

Students are encouraged to apply for DSA (JCs) and EAE (Polytechnics).

Assistance required : Ms Gina Tan (Education & Career Counsellor)

Email address : tan_lay_bee_a@schools.gov.sg

Ms Gina Tan
ECG Counsellor

2024 Direct School Admission for Junior Colleges (DSA - JC)

What is DSA - JC?

DSA-JC allows Sec 4E/ 5NA students to seek admission to a JC, based on a diverse range of specific academic and non-academic achievements and talents beyond the GCE O-Level examination.
Each DSA-JC school offers different talent areas and sets its own selection process and criteria to admit students.

How is DSA-JC conducted?

The 2024 JC - DSA will be conducted in two phases.
Each DSA-JC school sets its own application timeline. Visit the schools' websites for information on application period and how to apply.
By the end of each phase's Offer Stage, schools will make offers to selected students.

Where can I find more information on DSA-JC?

You may refer to the MOE DSA-JC website: www.moe.gov.sg/dsa-jc to get more information.
If you do not wish to participate in DSA-JC or EAE, you can participate in the JAE in Jan 2025 after the release of the GCE O-Level examination results for posting to JC, MI, polytechnic or ITE.

JC – Direct School Admission
Factsheet for O – Level students

Polytechnic Early Admission Exercise (POLY EAE)

An aptitude-based admissions exercise

Students to apply for admission to polytechnic prior to taking their O-Level exam

Students are selected based on their aptitudes and interest, apart from academic grades

Students receive conditional offers for admission to polytechnics <u>prior</u> to receiving their O-Level grades

All 5 polytechnics participate in Poly EAE

For internal circulation only

Poly EAE Eligible Applicants

For Sec 4 Express & Sec 5NA student who:

- Prefers a Diploma education that prepares one for the workforce and a hands-on experience
- Have a course / industry in mind
- Have strong interest & aptitude for the course

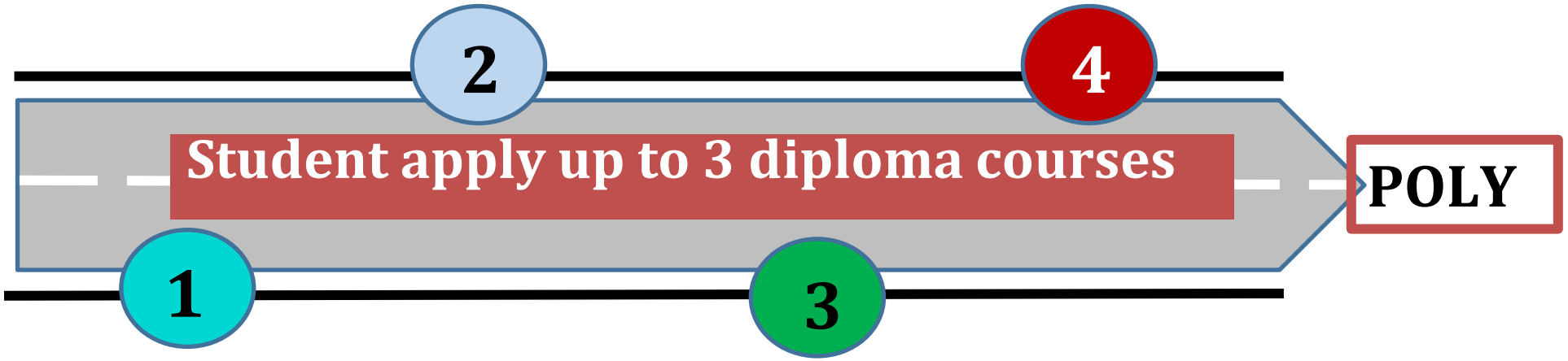
Overview Of Poly EAE Stages

Stage 2
Pre-Interview

- Aptitude Test
- Prepare Portfolio

Stage 4
Outcome

- Conditional Offer/
No Conditional Offer



Stage 1
Online
Application

- Write-up

Stage 3
Interview

- 1:1/Group Interview

Online Application Write-Up

2 types of write-up

600 Characters
Course-Specific

Strong Aptitude & Passion in the course-specific areas

1000 Characters
Talents / Achievements

E.g, entrepreneurship, leadership, community services, arts & sports

Course-Specific (600 characters)

- **The write-up should demonstrate a strong aptitude and passion in course-specific areas.**
- **List your accomplishments that are relevant to the course.**
- **Talk about your CCAs that are relevant to the course.**
- **Draft your write-up, focus on key highlights, then get someone to run through it and give you feedback.**

Suggested Structure

What is my interest or passion?
What are my skills?
What am I good at?
(Interest)

- I have always been passionate about
- I have strong interest in …
- I discover that I am skilful at …

How did the passion come about?
What did you do to develop your interest?
What experiences do you have?
(Evidence)

- CCA/Hobbies/School Events
- I took an Elective Module on …
- I participated in a competition …
- I helped out at …

What is your dream, goal, objective?
How will the course help you achieve it?
(Aspiration)

- I aspire to be …
- This course will equip me with the relevant skills

Sample Evidence:
AEMs, Work Attachment

- **I participated in AEM in Solar & Clean Energy / Creative Digital Animation / Financial Literacy last year and I learned …**

- **I was involved in the School's Industrial Attachment for 5 days at Tan Tock Seng Hospital. I experienced first hand the challenges and also the satisfying moments of being a nurse.**

Sample Evidence: Seminars & Activities Beyond School

- I represented my school in National Secondary School students Leaders' Conference and we engaged in discussions on environmental issues.
- I have been maintaining a blog for the past 5 years. Website: abc.com.
- I have been an active volunteer of Bright Vision Hospital for the past 4 years.

Sample Aspiration:

- **I wish to pursue a degree in Chemical Engineering at NUS and I believe this course offers me a strong foundation.**

- **I want to follow my father's footstep to be a successful Engineer.**

- **I hope to set up and manage my own café when I graduate.**

Talents & Achievements Categories

- **It can be in the category of Sports, Arts, Leadership, Entrepreneurship and Community Service.**

- **Indicate the level of participation (eg. Inter School/ National), Role (e.g. Member/Leader/Treasurer).**

- **Competitions/activities participated**

- **Awards attained (e.g. SYF award – Gold, Silver or Bronze, Inter School Swimming Competition Gold for 100m freestyle, community work at Elderly Home etc.)**

Examples Of Talents & Achievements

- **I won first prize in my school's Art Competition for consecutive 3 years.**
- **My team emerged Champion in Science & Technology Challenge 2019.**
- **I obtained a grade "A" for my AEM in Creative Product Design.**
- **I own my own business – blog shops since Sec 2.**

Sample:
CCA

- My secondary school experience has been exciting. An active participant in sports, I represented my school as Vice-Captain in a West Zone Ultimate Frisbee Competition.

- I participated in numerous Volleyball matches and attain First Runner Up in the 2017 Tchoukball Champions. Competition wise, I represented my school in the 17th Youth Entrepreneurship Challenge.

Source: Ngee Ann Polytechnic

Sample:
Community Project

As an Executive Committee, I created a wallet for the blind. The wallet, named Braillet, allows visually impaired to identify notes through their sense of touch. It is heartening to see beneficiaries stepping out and live life normally with Braillet.

My project was featured on the local newspaper (LianHeZaoBao) and won the support of a Singapore Pools, purchasing 100 pieces of Braillet.

For community service, I contribute at organisations like Whispering Hearts and Willing Heart Soup Kitchen. Project Braillet gave me a chance to interact and improve life of the visually impaired from the Association of the Visually Handicapped.

Source: Ngee Ann Polytechnic

Sample:
Uniform Groups/CCA

For my Uniform group CCA, Girl guides, I have achieved Assistant Patrol Leader in 2019 and the highest position of Company Leader in 2020. I have achieved 3 championship for 2019- 2021 inter school World Thinking Day competitions.

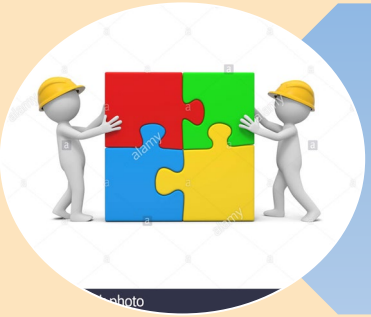
I have also achieved 2 gold awards for 2019 and 2020 East Division day competitions. I have achieved 3 Gold awards for 2019- 2021 Puan Noor Aishah awards.

I was Class Vice Chairperson in 2020.

For my other CCA, Entrepreneur and Innovation club, I have participated in the Cat Museum Project Prototype in 2019, World Cities Pavilion Project in 2020, Youth Innovation Challenge in 2019 - semi finals, and National Youth Business Challenge 2020 - Championship and Most Creative and Innovative Award.

Source: Ngee Ann Polytechnic

Stage 2 – Pre-Interview Portfolio



An organised collection of evidence that shows your Accomplishments inside/outside of School

Examples of your work that showcases your accomplishments, skills & experiences

Digital Portfolio

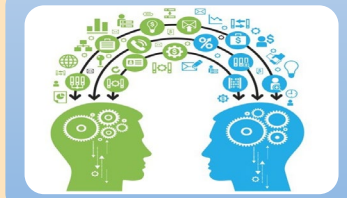
Suggested Portfolio Categories

Category	Examples
Academic Achievements	Top in English Language and Geography for Level in 2021
Non Academic Achievements	Edusave Character Award 2021
Leadership Experience	School Council, Prefectorial Board, Key Leadership Roles in CCA
Competitions	International, Regional, National, Zonal
External Activities	Volunteer Work, Part Time Work
Talent – eg. Arts	Art pieces, written articles, grading certificates, record of performance
Skills – eg. IT, Language	Created websites, mobile application, foreign language proficiency certificates
Recommendation letters / Testimonials	From teachers, employers

Stage 3 – Interview
Group and Case Interview:
To Showcase Your Ability

Ability to work in a Team and under pressure

Ability to accept and improve from constructive criticism



Ability to communicate verbally

Analytical, Creativity and Problem Solving Skills

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Poly EAE Timeline 2024

Application Stage

20 – 26 June 2024

Selection Stage

1 July – 27 Aug 2024

Outcome

Offer & Acceptance

6 Sep (Fri) 1400h to 11 Sep (Wed) 2359h

Withdrawal Stage

12 Sep (Thu) to 11 Oct (Fri) 2359h

Source: Poly EAE Website

Frequently Asked Questions

- **More FAQs can be found at this website https://eae.polytechnic.edu.sg/eaeStudIns/menu.jsp?type=FAQs**

SCAN ME

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	
MySkillsFuture for Secondary School	go.gov.sg/mysfsec	

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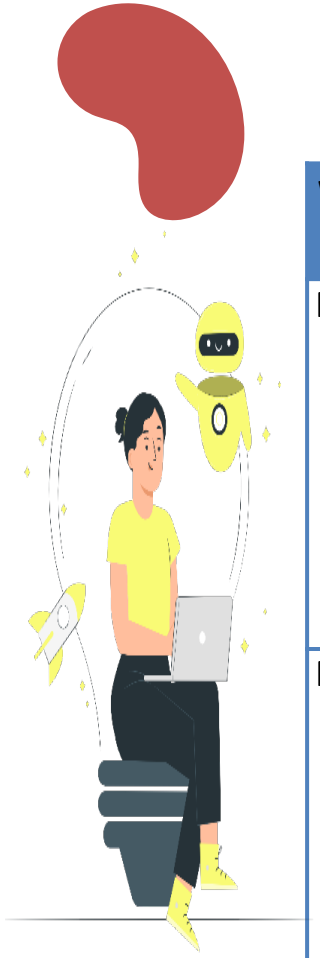

Useful Resources

Website	URL	
MOE Course Finder	go.gov.sg/coursefinder	
MOE School Finder	https://www.moe.gov.sg/schoolfinder	

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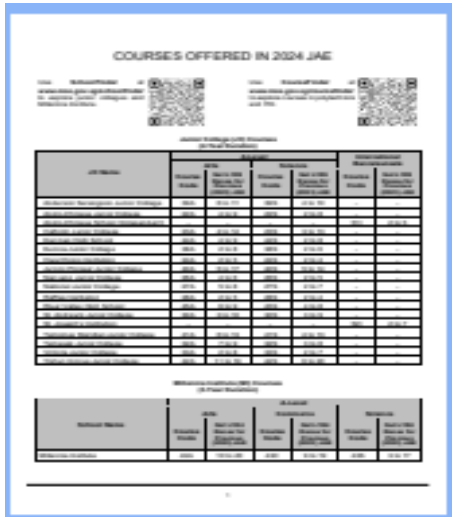
Useful Resources (Admission Programmes)

Website	URL	
Early Admissions Exercise – Polytechnics	go.gov.sg/polyeae	

Useful resources



https://www.moe.gov.sg/-/media/files/post-secondary/2024-jae/2024-jae-courses.pdf

https://go.gov.sg/jae-courses

https://www.schoolbag.edu.sg/story/youth-voices-turning-points-in-my-education

https://go.gov.sg/schoolbagstories

Useful resources

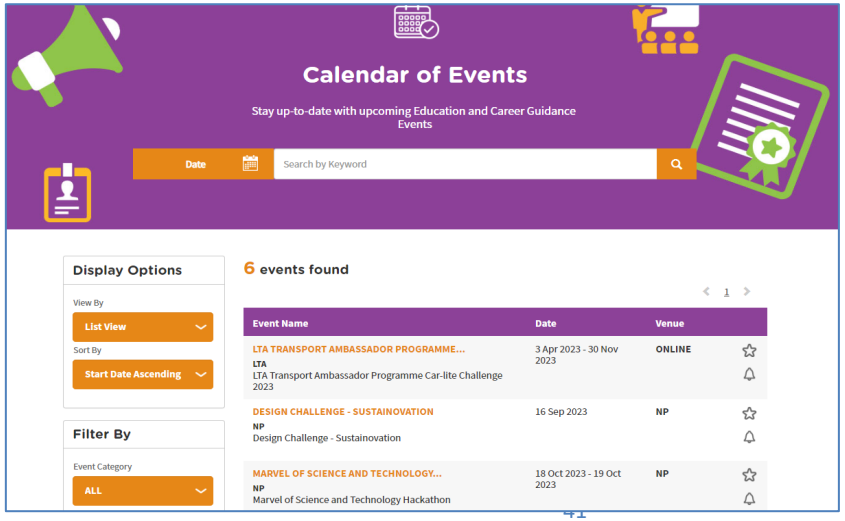
https://go.gov.sg/mysfsec

MySF Know Yourself Profiling Tools

https://go.gov.sg/mysf1

MySF Singapore Industry Landscape

MySF Calendar of Events



ECG

Your child needs you in this race!

Examinations are not the be-all and end-all, but provide the opportunity for children to assess how much they have learnt.

There are things that we can choose to do and not to do, so that we can better support our children academically and emotionally during the examination period.

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Question 01: How can I motivate my child to study?

IF YOUR CHILD IS…	YOU CAN TRY TO…
• Procrastinating because he/she is anxious	• Guide him/her to break down revision into smaller, more achievable tasks.
• Distracted by digital devices	• Set ground rules together e.g. 10 mins of play after each task is completed. The key is to be consistent and to lead by example!
• Stuck in his/her revision because he/she has forgotten concepts learnt previously	• Encourage your child to revisit the earlier chapters. If needed, ask them to approach his/her teachers and/or older siblings for help.

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Question 01: How can I motivate my child to study?

IF YOUR CHILD IS…	YOU CAN TRY TO…
• Lethargic and lacks energy to do anything	• Guide your child to draw up a schedule which includes time for homework, revision, play, exercise and rest. Recreational activities and rest are key to helping the child de-stress and can boost their mood and energy.

Parents can also approach your child's teacher to discuss concerns about your child, so that together, better support can be provided.

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Question 02: How do I know if my child is feeling stressed?

Some children may fear failure, which further drives up anxiety during examination periods. A fear of failure may be identified through cues such as:

- "If I don't do well, I think that I will have no future"
- "I am not good enough/ useless/ have no talent"
- "Others will think less of me"

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Question 03: What can I do to help my child manage his/her stress?

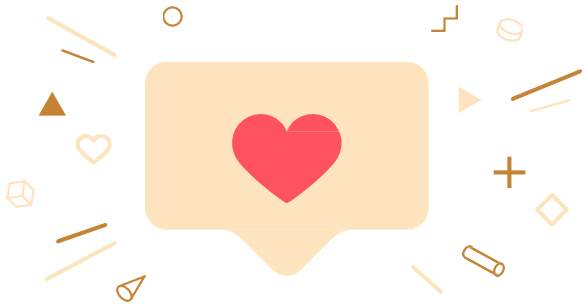
Know your child's needs and be present

- Pay attention to your child and communicate frequently in an open and supportive manner. Continue with your usual conversation topics (e.g. "How was your day?" and "What are you looking forward to this weekend?"), so that your child's mind is not overwhelmed by the upcoming exams.

- Provide practical support (such as making sure your child has a healthy diet and adequate sleep) to overcome any hurdles he/she may be facing.

Role model

- Share with your child some of your own experiences of dealing with stress, how you managed it and maintained positivity.



https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Good Stress vs. Bad Stress

GOOD STRESS	Good stress is pressure that spurs us on toward **growth and progress.** It may be difficult, but we respond with **resilience and improvement.**
BAD STRESS	Bad stress is feelings of **anxiety, nervousness, fear, or depression** brought on by **unpleasant or overwhelming** pressures in life.

How can I manage stress?

Question 03: What can I do to help my child manage his/her stress?

Reassure

- Let your child know that they are loved and accepted regardless of their examination performance.
- Recognise that it is normal to feel stressed, anxious and nervous during the examination period.
- Provide positive feedback and cheer him/her on for every efort.

If you require more advice, please approach the School Counsellor.

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Question 04: How can I manage my own stress so that it is not passed on to my child?

Be mindful of what you say, your reactions, and the body language you display. For example, parents may say, *"If you don't do well, you will not have a good future"*. Parents may use this with the best intentions, to motivate their child to score his/her best. However, the child may see it as an expectation to score high marks so as not to disappoint their parents.

When communicating with your child, focus on positivity, reassurance and calm to keep stress levels low.

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

Question 04: How can I manage my own stress so that it is not passed on to my child?

To manage your stress or anxiety, you could:

- Regulate your emotions (e.g. deep breathing, focusing on your locus of control)
- Speak to someone you trust (e.g. spouse, family members, close colleagues)
- Ensure suficient rest, exercise and eat well
- Continue to spend time with your child to bond, e.g. doing household chores or playing a board game together

https://www.moe.gov.sg/-/media/files/parent-kit/manage-examination-stress.pdf

GRADUATION DAY

Support from parents of graduating cohort:

Academic Support Programmes

Students will stay back in the afternoons.
They need your support to keep them physically nourished.
PTA will get in touch with you regarding how you can support.

Please email Mr Heng (President of PTA) at shaosheng.heng@gmail.com to show your support for your child.

Thank you...