



JURONG SECONDARY SCHOOL
LOYALTY • INDUSTRY • SINCERITY • LOVE

Release of 2025 GCE 'O' Level Results

14 Jan 2026



PROGRAMME

- 1. Joint Intake Exercise (JAE) Briefing**
- 2. Year Head's Address**
- 3. Principal's Address**
- 4. Release of Results**



JOINT ADMISSION EXERCISE (JAE) BRIEFING

JOINT ADMISSION EXERCISE (JAE)

3 Key Points

- 1. Consider your course choices wisely**
- 2. Make full use of all 12 choices**
- 3. All appeals are unlikely to be considered if you do not meet this year's Cut Off Point (COP)**

1 Consider your course choices wisely

Course	Calculation of Net Score
JC	L1R5
MI	L1R4
Poly	ELR2B2
ITE	ELB4/ELR1B3/ELR2B2

Consider courses with COPs comparable to your aggregate score



2026 JAE Courses pdf

1 Consider your course choices wisely

JC Admission Criteria:

- L1R5 gross aggregate score must not exceed **20**.
- Must meet grade requirements for specific subjects.

Subject	Grade
English Language	A1-C6
Mathematics (Elementary/Additional)	A1-D7
Mother Tongue Language (MTL), such as Chinese Language, Malay Language or Tamil Language or Mother Tongue Language-in-lieu (MTL-in-lieu), such as Bengali, Gujarati, Hindi, Punjabi, Urdu, French, German, Japanese, Arabic, Burmese, Thai.	<ul style="list-style-type: none"> •A1-D7 •A1-E8 for Higher MTL* •Merit or Pass for 'B' Syllabus* <p>*Note: There is no Higher level or 'B' Syllabus for MTL-in-lieu.</p>

1 Consider your course choices wisely

Polytechnic Admission Criteria:

- a. Achieve Net ELR2B2 score of **26** points or better for GCE O-Level examinations; and
- b. Meet Minimum Entry Requirements for chosen polytechnic course

2. Make full use of all 12 choices

- **Avoid risk** of being posted to a course with remaining **vacancies** after all other students are given their registered choices
- Choose **at least 2-3 courses** where your **aggregate score is much better** than the previous year's course COP to stand a better chance of admission

3. **All appeals are unlikely to be considered if you do not meet this year's COP**

Exception: consideration given to students with serious medical condition or special needs

Key Pointers!

Keen
competition for
Polytechnic
and Higher Nitec
courses,
so use all 12
choices wisely!

For students
with ELR2B2
between 22 –
28, do consider
some Higher
Nitec courses
of interest to
maximise your
opportunities.

If you are
offered a
course, accept
it first before
appealing for
another course
you may be
more interested
in!

IF there is a
need for
appeals,
maximise your 6
choices wisely,
looking at the
cut-off
aggregates.



JC & POLY CUT OFF POINTS (COPs)

Explore pathways

Learn more about the [academic and non-academic factors to consider](#) (for example, admission criteria, financial matters) for the different post-secondary pathways:

- [JC \(2-year A-Level course or IB diploma programme\)](#)
- [MI \(3-year A-Level course\)](#)
- [Polytechnics \(3-year diploma programme\)](#)
- [ITE \(2-year Higher Nitec course\)](#)

Understand the posting process

If you met the admission criteria of your preferred pathway or course, you will be able to apply for it during JAE for posting. [Find out how the posting process works.](#)



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

2025 JC Aggregate Scores (with bonus points)

No	Junior College (JC)	Arts	Science/IB
1	Anderson Serangoon JC	7 - 11	5 - 10
2	ACJC	3 - 9	2 - 8
3	ACS(I)	-	2 - 5
4	Catholic JC	7 - 13	5 - 12
5	Dunman High School	3 - 8	4 - 7
6	Eunoia JC	2 - 6	2 - 5
7	Hwa Chong Inst	2 - 5	2 - 4
8	Jurong Pioneer JC	10 - 15	6 -14
9	Nanyang JC	2 - 7	2 - 5

2025 JC Aggregate Scores (with bonus points)

No	JC	Arts	Science/IB
10	National JC	5 - 8	3 - 7
11	Raffles Inst	2 - 5	2 - 3
12	River Valley High School	7 - 9	4 - 8
13	St Andrew's JC	6 - 10	4 - 9
14	St. Joseph Inst	-	2 - 6
15	Tampines Meridian JC	9 - 13	6 -12
16	Temasek JC	6 - 8	2 - 7
17	Victoria JC	3 - 8	2 - 6
18	Yishun Innova JC	5- 19	7 - 18

For Polytechnic Courses

CourseFinder

Explore courses based on aggregate type, score, type of institute and area of interest.

Select the institutions you want to explore:

**INSTITUTE OF TECHNICAL
EDUCATION**

**JUNIOR COLLEGES AND
MILLENNIA INSTITUTE**

POLYTECHNICS

UNIVERSITIES





BONUS POINTS FOR ADMISSION

JC Admission: Bonus Points (BP)

Categories	BP	Max BP	
CCA Excellent (A1 –A2)	2	Max of 4 BP	Max of 6 BP
CCA Good (B3 – C6)	1		
Both EL & HMT(A1-C6) for JC/MI	2		
3 rd Lang or MSP /CSP (A1 to C6) for JC/MI	2		
CLEP/MLEP/TLEP (applied & selected)	2	2BP	

To compute your **O-Level net aggregate score**, deduct bonus points from your gross aggregate score



JAE 2026

ADMIN PROCESSES & CONSIDERATIONS

From your FT, you will receive:

1. Result Slip
2. GCE O Level Certificate
 - Check your personal particulars like statutory name & Hanyu Pinyin name
 - Amendment of particulars will cost **~\$50** per certificate. Requests must be submitted **by 20 January 2026 (Tuesday), through the General Office**. Any requests received after this date will not be considered.

Appeal of Results

- Fee of \$125 per subject appeal
- Must be supported with strong reasons
- All requests should be made through the Principal (candidate will need to complete an appeal form), with the payment of the appeal fees made through the Candidates Portal by **20 January 2026** **(Tuesday)**.

Loss of Results Slips and/or GCE 'O' Level Certs

- School & MOE will **not** be able to replace the documents.
- You will have to request, at MOE, a statement of results. There will be a fee charged.
- You must bring your NRIC for the collection.

Early Admissions Exercise (EAE) - Poly

- Congratulations to students who accepted the conditioner offers and have eligible results!
- Students who accepted EAE-Poly conditional offers but do not meet the stated criteria for EAE must participate in JAE.

Direct School Admission (DSA) - JC

- Congratulations to students who have accepted offers and have met the JC eligibility criteria for admission based on their GCE O-Level examination results! (You will not need to participate in JAE and will not be eligible to do so)
- Students who do not meet the JC admission criteria must take part in the JAE to apply for eligible courses.

JOINT ADMISSION EXERCISE (JAE)

Registration Period:

6

Calendar
days

4pm on 14 Jan 2026 (Wed)

to

4.30pm on 19 Jan 2026 (Mon)

All applications must be submitted online through the JAE Internet System (JAE-IS) www.moe.gov.sg/jae

Technical Support

Internet and printing facilities are available in school daily during the registration period.

Approach General Office staff or look for our school's Tech Exec for assistance.



JAE 2026

JAE-INTERNET SYSTEM WALK THRU

JOINT ADMISSION EXERCISE (JAE)

**You will need the following before
registering online:**

1. Form A
2. JAE-PIN [Found in Form A] or SingPass
3. Completed course application worksheet

Ministry of Education
SINGAPORE

20XX Joint Admissions Exercise

Form A

Name : NAM SIL Address : 123 ANG MIO KIO STREET 123 #04-123 SINGAPORE 123456 School Code : 3001		000011-3001 JAE PIN : FCHCH1234567 Centre Index No. : 1820110001
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JAE PIN

Subject Code &
Grade based on
your exam results

Please register your course choices by DD/MM/YYYY, 04:00PM.

Your 20XX GCE 'O' Level Examination results:

ENGLISH LANGUAGE = B3, MALAY = A1, MATHEMATICS = A1, ADDITIONAL MATHEMATICS = A1, PHYSICS = A2,
 CHEMISTRY = A2, BIOLOGY = A2, HUMANITIES (SOCIAL STUDIES, HISTORY) = B4, GEOGRAPHY = B3
 CCA = EXCELLENT

Your aggregate scores:

JC	MI	Polytechnic				ITE		
L1R5	L1R4	ELR2B2-A	ELR2B2-B	ELR2B2-C	ELR2B2-D	ELB4-A	ELR1B3-B	ELR2B2-C
11	8	9	9	8	8	8	8	8

Aggregate
types

Your eligible courses:

- You meet the entry requirements for the below courses and are eligible to apply. However, a place in the course is not guaranteed as admission is based on merit, your choices and available vacancies.
- Course codes and descriptions can be found in the JAE Information Booklet.

JC/MI:

You are eligible for all JC/MI courses.

Polytechnic/ITE:

C33 C34 C35 C36 C38 C41 C42 C43 C45 C46 C47 C49 C50 C51 C52 C54 C59 C60 C62
 C63 C64 C65 C66 C67 C69 C70 C71 C72 C73 C75 C80 C81 C83 C85 C87 C89 C93 C94
 C96 C97 C98 N11 N12 N13 N40 N41 N42 N43 N44 N45 N48 N50 N51 N53 N54 N55 N56
 N57 N59 N60 N65 N67 N69 N71 N72 N73 N74 N81 N82 N83 N85 N91 N93 N94 N96 N97
 N98 R11 R12 R13 R14 R16 R17 R18 R19 R21 R22 R24 R25 R26 R28 R29 R32 R33 R34
 R35 R36 R37 R39 R40 R41 R42 R43 R45 R46 R47 R48 R49 R50 R52 R53 R54 R55 R56
 R57 R58 R59 R60 S30 S31 S32 S35 S38 S39 S40 S41 S42 S43 S47 S48 S50 S53 S54
 S56 S63 S64 S66 S67 S68 S69 S70 S71 S73 S74 S75 S76 S86 S88 S89 S90 S91 S93
 S94 S95 S97 S98 S99 T01 T02 T04 T07 T08 T09 T10 T13 T17 T18 T20 T22 T23 T25
 T26 T28 T29 T30 T33 T35 T38 T40 T43 T45 T48 T50 T51 T52 T53 T56 T58 T59 T60
 T62 T63 T64 T65 T66 T67 T68 V10 V11 V12 V13 V14 V15 V18 V19 V21 V26 V27 V28
 V29 V30 V35 V39 V40 V41 V42 V44 V45 V47 V49 V52 V54 V55 V56 V60 V61 V62 V63
 V64 V65 V66 V67 V68 V69 V70 V71 V72 V73 V74 V75 V77 V78 V80 V81 V82 V84 V85
 V86 V87 V88 V89 V90 V91 V92 V93 V94 V95 V96 V97 V98 V99

Eligible Courses
Code based on
your exam results

Note:

- You can also apply for Nitec courses in the Joint Intake Exercise (JIE) conducted by ITE. Please see ITE's admission booklet or www.ite.edu.sg.

20XX JOINT ADMISSIONS EXERCISE WORKSHEET

This JAE worksheet is provided to assist you before you do your online course registration.

(A) Personal Particulars

Please fill in your personal particulars and update them as necessary in the online system.

NRIC/FIN : _____
 Name : _____
 Mobile Number* : _____
 Contact Number : _____
 Email Address : _____

*Your posting result will be sent via SMS to a valid Singapore mobile number.

(B) Course Preference

You are only allowed to specify courses that you are eligible for, up to a maximum of 12 courses.

You are strongly advised to make full use of the 12 choices, where applicable.

Please refer to your Form A and Information Booklet for course eligibility details.

Choice Order	Course Code
1 st	
2 nd	
3 rd	
4 th	
5 th	
6 th	

Choice Order	Course Code
7 th	
8 th	
9 th	
10 th	
11 th	
12 th	

(C) Elective Programmes

This section only applies to students who are eligible for the following elective programmes.

If you qualify and wish to apply, you must select the JC(s) offering the programme as one of your choice(s) in (B) Course Preference.

Please note that you may apply for only **ONE** Programme.

<u>Chinese Language Elective Programme (CLEP)</u>	<u>Malay Language Elective Programme (MLEP)</u>	<u>Tamil Language Elective Programme (TLEP)</u>
I would like to apply for CLEP in the following JC(s): <input type="checkbox"/> Dunman High School <input type="checkbox"/> Hwa Chong Institution <input type="checkbox"/> Jurong Pioneer JC <input type="checkbox"/> Nanyang JC <input type="checkbox"/> Temasek JC	I would like to apply for MLEP in the following JC(s): <input type="checkbox"/> Jurong Pioneer JC <input type="checkbox"/> National JC <input type="checkbox"/> Raffles Institution <input type="checkbox"/> Tampines Meridian JC <input type="checkbox"/> Yishun Innova JC	I would like to apply for TLEP in the following JC(s): <input type="checkbox"/> Anderson Serangoon JC <input type="checkbox"/> National JC

After you have completed this JAE worksheet, please submit your application online at www.moe.gov.sg/jae

Where to get Form A?

1. Eligible school candidates will receive a digital copy of Form A via their **registered email addresses** from 2.45pm on 14 Jan 2026 (Wed).
2. Alternatively, all candidates eligible for JAE can **download a copy of the Form A from the JAE-Internet System (JAE-IS) using Singpass** during the application period.

Sample Form A

Sample of Form A (page 1)
20XX Joint Admissions Exercise

Ministry of Education
Singapore

Name: NAM SUI
Address: 123 ANG MO KIO STREET 123
School Code: #04-123 SINGAPORE 123456

Please register your course choices by DDMM/YYYY, 04:00PM.

Your 20XX GCE 'O' Level Examination results:
ENGLISH LANGUAGE = E3, MATHS = A1, ADDITIONAL MATHEMATICS = A1, PHYSICS = A2,
CHEMISTRY = A2, BIOLOGY = A2, ROBOTICS (SOCIAL STUDIES, HISTORY) = B4, GEOGRAPHY = B3

CCA = EXCELLENT

Your aggregate scores:

JC	ME	ELR2B2-A	ELR2B2-B	ELR2B2-C	ELR2B2-D	ELB4-A	ITE
L1R5	L1R4						

Your eligible courses:

- You meet the entry requirements for the below courses and are eligible to apply. However, a place in the course is not guaranteed as admission is based on merit, your choices and available vacancies.
- Course codes and descriptions can be found in the JAE Information Booklet.

JCM: You are eligible for all JCM courses.

PolyspecialITE:

C33	C34	C35	C36	C38	C41	C42	C43	C45	C46	C47	C49	C50	C51	C52	C54	C59	C60	C62

Note:

4pm on Wed, 14 Jan to 4.30pm on Mon, 19 Jan 2026

Apply

Before the JAE application period, [register for a Singpass](#). You can only submit your application through the JAE-IS using your Singpass.

The JAE application starts at 4pm on Wednesday, 14 January 2026 and ends at 4.30pm on Monday, 19 January 2026.

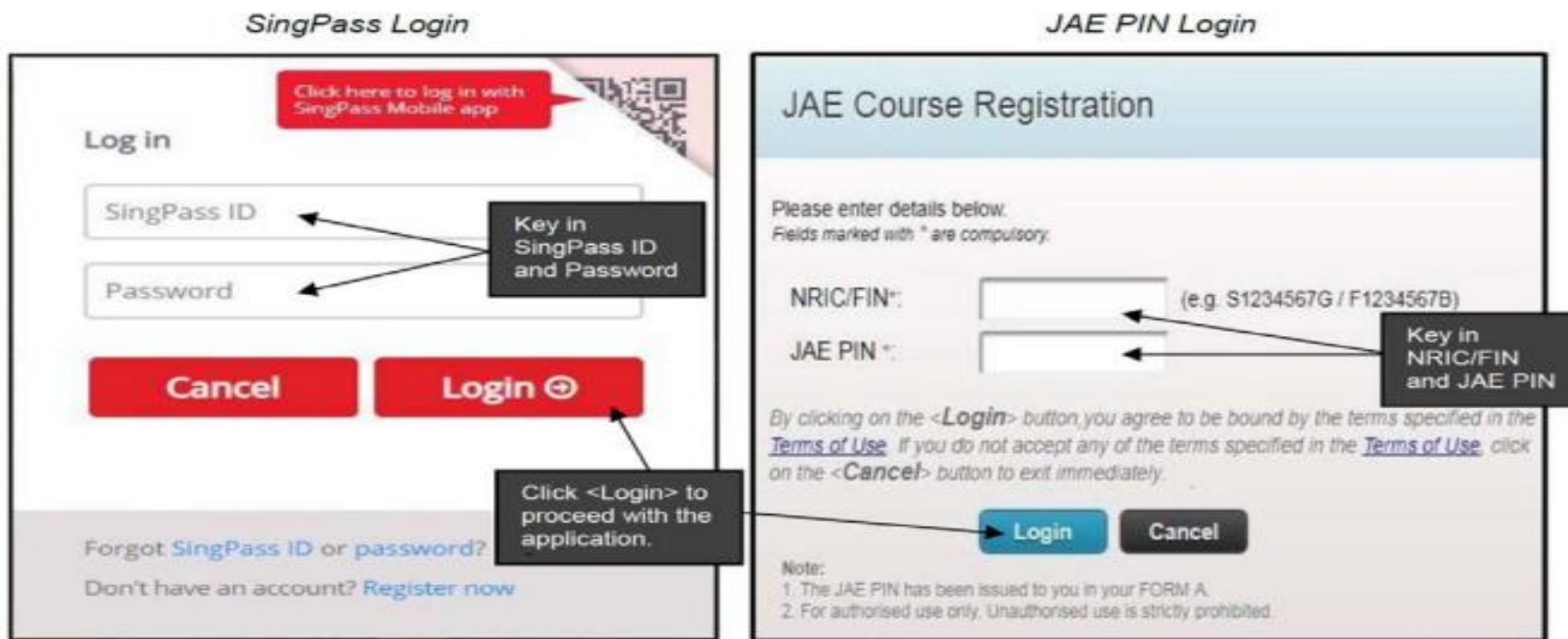
During this period, you must submit your application through the JAE-IS (available 24-hour). [Learn how to apply](#).

If you need help with any of the following, [learn how to request assistance](#):

- JAE-IS login and course compilation issues
- Personal details (residential address, CCA grade, citizenship)
- O-Level subject and grade enquiries
- Unable to submit application during this period and need a proxy to do so

Navigating the JAE-IS portal

Log in into JAE-IS portal



The image displays two login interfaces for the JAE-IS portal. The left interface is titled "SingPass Login" and features a "Log in" section with input fields for "SingPass ID" and "Password". A red button labeled "Login" with a shield icon is present, along with a "Cancel" button. A red callout box points to a QR code with the text "Click here to log in with SingPass Mobile app". A black callout box points to both input fields with the text "Key in SingPass ID and Password". Another black callout box points to the "Login" button with the text "Click <Login> to proceed with the application." Below the login fields, there are links for "Forgot SingPass ID or password?" and "Don't have an account? Register now".

The right interface is titled "JAE PIN Login" and features a "JAE Course Registration" section. It includes a prompt "Please enter details below. Fields marked with * are compulsory." and input fields for "NRIC/FIN*" and "JAE PIN *". A black callout box points to both fields with the text "Key in NRIC/FIN and JAE PIN". Below the input fields, there is a paragraph of text: "By clicking on the <Login> button, you agree to be bound by the terms specified in the [Terms of Use](#). If you do not accept any of the terms specified in the [Terms of Use](#), click on the <Cancel> button to exit immediately." At the bottom, there are "Login" and "Cancel" buttons. A "Note" section at the very bottom contains two points: "1. The JAE PIN has been issued to you in your FORM A." and "2. For authorised use only. Unauthorised use is strictly prohibited."

Figure 1: JAE Internet System (JAE-IS) Login Page

Navigating the JAE-IS portal

Screenshot 3 : Personal Particulars Page

1. Personal Particulars 2. Course Registration 3. Verify Information 4. Registration Completed

Notice

1. Please consider your choices carefully before submitting the application online and make full use of the 12 choices, where applicable.
2. You have 15 minutes to complete each page. After which, you will be automatically logged out from the system and any details entered will not be saved.
3. If your contact details are available in MyInfo, the information is pre-filled for you below.

Personal Particulars

Section A: Personal Particulars

Please check your personal particulars below and update where necessary.
Fields marked with * are compulsory.

NRIC/FIN: T0000000 Name: NAM S/L

Mobile No.: 90000000 (Your posting results will be sent via SMS to this Mobile No.)

Contact No. *: 61234567

Email Address: abc@abc.com.sg

Check your personal particulars and update as necessary.

Click <Next> to proceed with the application.

Next **Back** **Discard Changes and Logout**

Navigating the JAE-IS portal

Screenshot 4 : Course Registration Page

1. Personal Particulars 2. Course Registration 3. Verify Information 4. Registration Completed

Notice:

- Please consider your choices carefully before submitting the application online and make full use of the 12 choices, where applicable.
- You have 15 minutes to complete each page. After which, you will be automatically logged out from the system and any details entered will not be saved.
- If your contact details are available in MyInfo, the information is pre-filled for you below.

Course Registration

Section B: Choice of Courses

Year of Exam Sitting(s): You are currently using your results from **XXXX GCE 'O' Level** exam sitting.
CCA: Excellent

Note: You are only allowed to specify courses that you are eligible for, up to a maximum of 12 courses.
Fields marked with * are compulsory.

Choice Order	Course Code	Course Name	Institution Name
1st *	32S	SCIENCE	TEMASEK JUNIOR COLLEGE
2nd :	20S	SCIENCE	NANYANG JUNIOR COLLEGE
3rd :	20A	ARTS	NANYANG JUNIOR COLLEGE
4th :	24A	ARTS	HWA CHONG INSTITUTION
5th :	51I	INTERNATIONAL BACCALAUREATE	ANGLO-CHINESE SCHOOL (INDEPENDENT)
6th :	43S	SCIENCE	MILLENNIA INSTITUTE
7th :	N57	LANDSCAPE DESIGN & HORTICULTURE	NGEE ANN POLYTECHNIC
8th :	C38	ARCHITECTURE	NANYANG POLYTECHNIC
9th :	T20	APPAREL DESIGN & MERCHANDISING	TEMASEK POLYTECHNIC
10th :	S75	ACCOUNTANCY	SINGAPORE POLYTECHNIC
11th :	V40	EVENT MANAGEMENT	ITE COLLEGE CENTRAL
12th :	V35	MECHANICAL ENGINEERING	ITE COLLEGE EAST

Enter your choice of courses according to your preference.

Click <Next> to proceed with the application.

Next Back Discard Changes and Logout



IMPORTANT DATES

- A. JAE Posting Results
- B. PFP Application
- C. DPP Application

A) JAE Posting Results

Posting results of the JAE application will be released on **3 Feb 2026** through:

- JAE website (www.moe.gov.sg/jae)
- SMS to applicant's Singapore mobile number (provided during application)

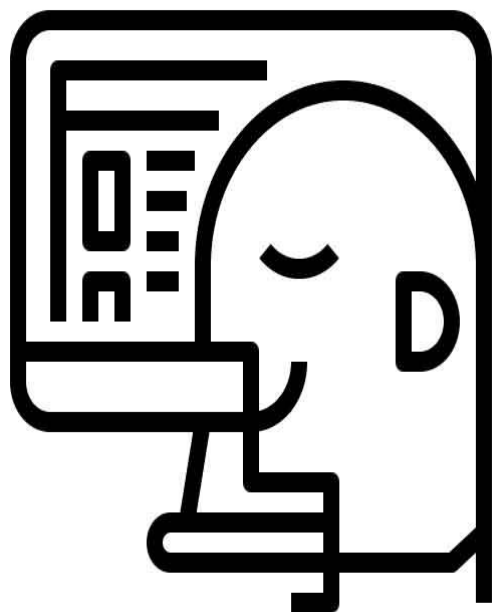
A) JAE Posting Results

Your posting results will indicate the reporting date:

Post-Secondary Institution	Reporting Dates
JC/MI	4 Feb 2026 Report in secondary school uniform
Poly	Respective institutions will notify students of reporting date
ITE	

Failure to report on the date stipulated in the JAE-IS/posting letter is an indication of forfeiture of place.

A) JAE Posting Results



- **How do I appeal for a course?**
 - Submit your appeal through the JAE appeals website:
<https://jaeappeal.edu.sg>
 - Utilise your **6 JAE appeals choices** wisely
 - For additional advice, you can approach your school teachers, ECG counsellor and parents, or visit the ECG centre at MOE Grange Road

B) PFP Application for 4NA students with O Level Results

- Students eligible for PFP will receive **Form P**
- Students are to submit their PFP application online via PFP portal
(<https://pfp.polytechnic.edu.sg/PFP/index.html>)

Application Period	14 Jan (Wed), 1.30 pm – 19 Jan (Mon), 4.30pm
Acceptance of Offer	26 Jan (Mon), 1.30pm – 29 Jan (Thur), 4.30pm



C) DPP Application for 4NA students with O Level Results

- This is the **last** admission window for the year
- Students to submit their DPP application online via DPP portal (<https://www.ite.edu.sg/apply-for-ITE-courses/dpp>)



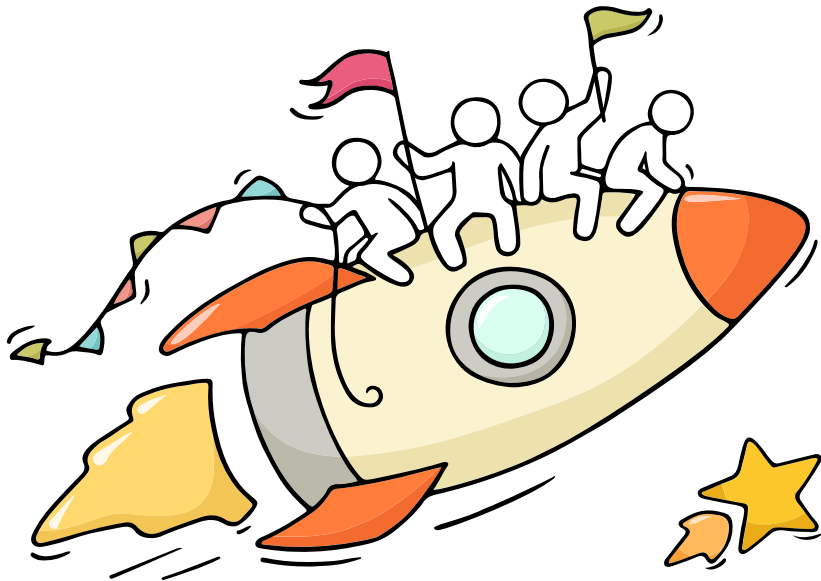
Application Period	14 Jan (Wed) – 19 Jan (Mon)
Acceptance of Offer	21 Jan (Wed), 9am – 26 Jan (Mon), 11.59pm



YEAR HEAD'S ADDRESS

Dear students,

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



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!

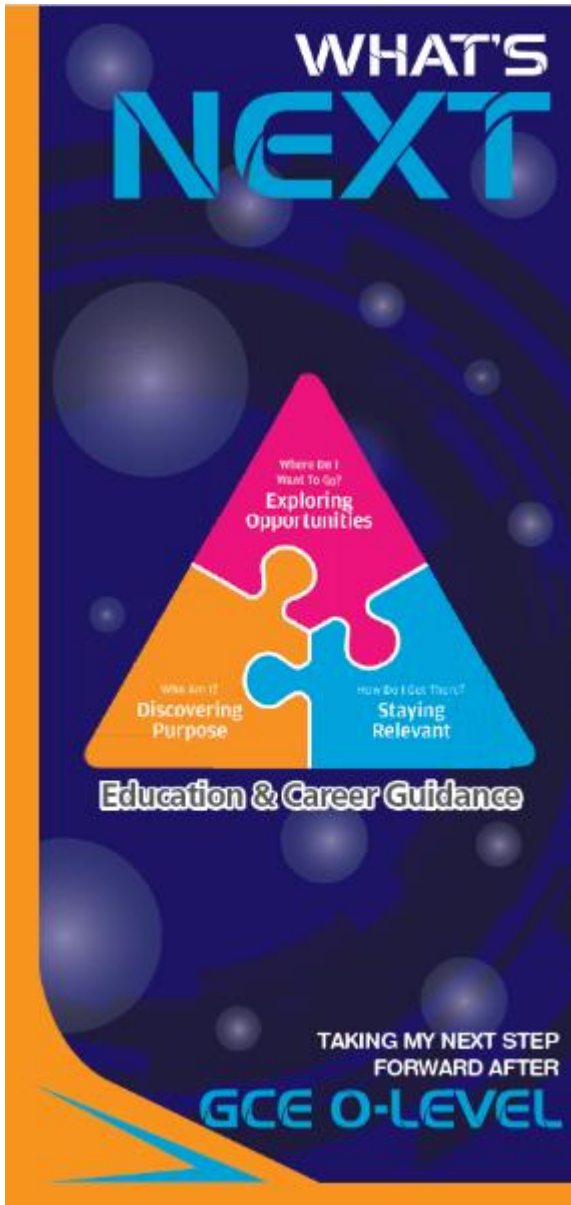
Where do I want to go?

Who am I?



How Do
I Get There?

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-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



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

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>

- Joint Admissions Exercise (JAE)
- Joint Intake Exercise (JIE) 'O'
- Nanyang Academy of Fine Arts (NAFA)
- LASALLE College of the Arts (LASALLE)



<https://go.gov.sg/moe-postsecadmissions>



Resources to help you make informed decisions

**Learn more about the
post-secondary education institutions**



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

1

Release of the O-Level Results

Think about:

- What are my strengths and interests?
- What types of jobs am I interested in?
- What are the courses that I can take to prepare for these jobs?

For example, if your interest is in service (e.g. helping others), you could consider a career in the hospitality sector.

Some of the courses that you can take to get started in the hospitality sector are:

- *Nitec* in Hospitality Operations (ITE)
- *Higher Nitec* in Hospitality Operations (ITE)
- Diploma in Hospitality & Tourism Management (NYP and TP)
- Diploma in Hotel & Hospitality Management (RP)



Applying for courses through JAE and JIE 'O'

2

Think about:

- What are the different types of courses and institutions I can apply for?
- How can I make the best use of my 12 choices?
- What happens if I do not receive a posting?

To make the best use of your 12 JAE/JIE 'O' choices, be sure to find out more on subject-specific minimum entry requirements (MERS) and last aggregate score (if available).

For more information on polytechnic and 2-year *Higher Nitec* courses, you can refer to the CourseFinder on MOE's website (<https://www.moe.gov.sg/coursefinder>). For more information on 2-year *Nitec* or the 3-year *Higher Nitec* courses, you can refer to the JIE 'O' Admission Booklet.

At the end of JAE, if you do not receive a posting, you can still appeal for one through the JAE Appeals website. You may also be given an alternative option, which is not one of your choices, and we encourage you to consider this option carefully while you are appealing for other courses through the JAE appeals.



Making the Right Choices

Think about:

- How should I make the best use of my 6 JAE Appeals choices?
- What should I do if I am undecided over what courses to choose?



3

During JAE Appeals

Think about:

- How do I know the outcome of my appeal?
- Can I still appeal for other courses after the JAE appeals?



After JAE Appeals

4

Concerned about your next steps?

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 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.

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

If you have any questions about your options or are not coping well, do reach out to someone you trust and speak with them. It could be a parent/guardian, teacher, ECG Counsellor, School Counsellor or a friend that you can talk to.



Make an appointment to speak with our
ECG Counsellor in JSS, Ms Ivy Nyam

OR

Make an ECG counselling appointment
via the **ECG Centre @ MOE**
<https://go.gov.sg/moe-ecg-centre>



Education & Career Guidance Appointment at JSS

Make an appointment by:

- 1) Clicking on this weblink
(<https://go.gov.sg/jss-ecg>)
- 2) Scanning this QR Code
- 3) Emailing to
ivy_nyam_lee_chin@schools.gov.sg



JSS ECG Counselor, Ms Ivy Nyam

Supporting Your Friend

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

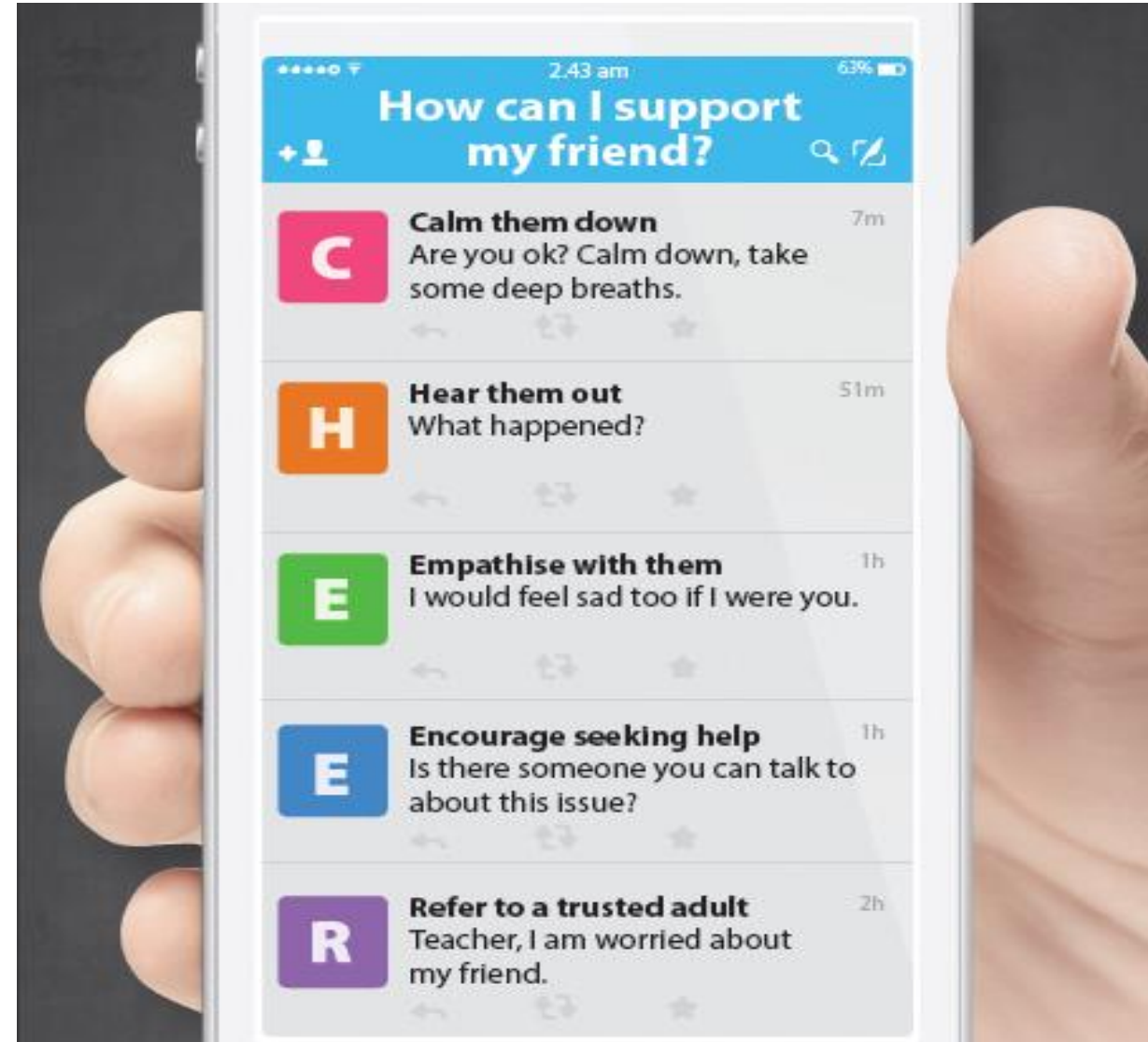
Having difficult emotions during a stressful and uncertain period is normal. Keep a look out for some of these signs:

- D** Deliberately avoiding others
- I** Increased irritability, restlessness, agitation, stress and anxiety
- S** Sending or posting moody messages on social media
- T** Talking about death or dying
- R** Reacting differently or gradually losing interest in things they used to like
- E** Eating more than usual or having a much reduced appetite
- S** Sleep pattern changes with difficulty falling asleep or oversleeping
- S** 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.



Support is readily available for you.

There are other hotlines and chats available if you are more comfortable seeking help using these platforms.

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)

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/>

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

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
Monday – Friday (Excluding Public Holidays): 10am – 12pm & 2pm – 5pm

Mindline is Singapore's national mental health helpline and textline service. The service is manned by trained counsellors who are ready to listen and support you.

Call: **1771**
(24-hour helpline)
WhatsApp: **6669 1771**
(24-Hour messaging service via WhatsApp)

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

Call: **1800 377 2252**
Monday- Friday (Excluding Public Holidays): 9am – 6pm

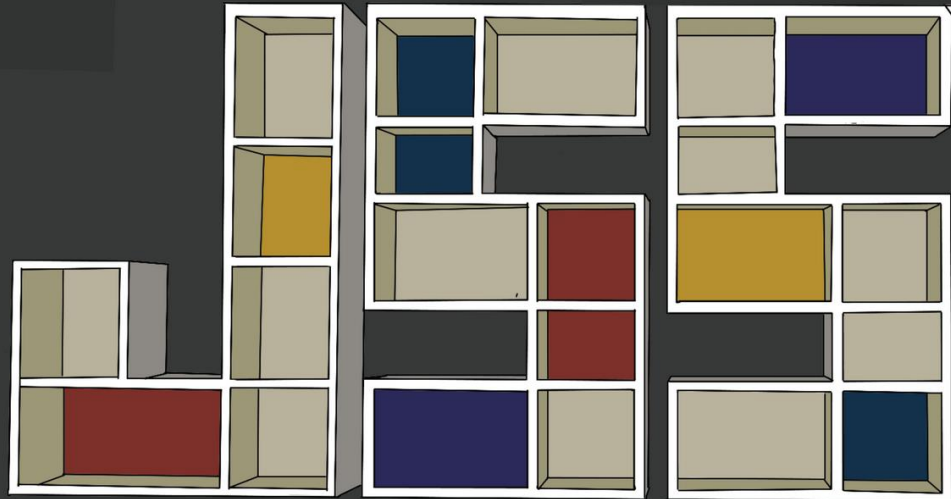




**The O-Level
examination is not
the destination.**

**It is part of your
education journey.**

RELEASE OF RESULTS



Every
Child a
Success
Story

