

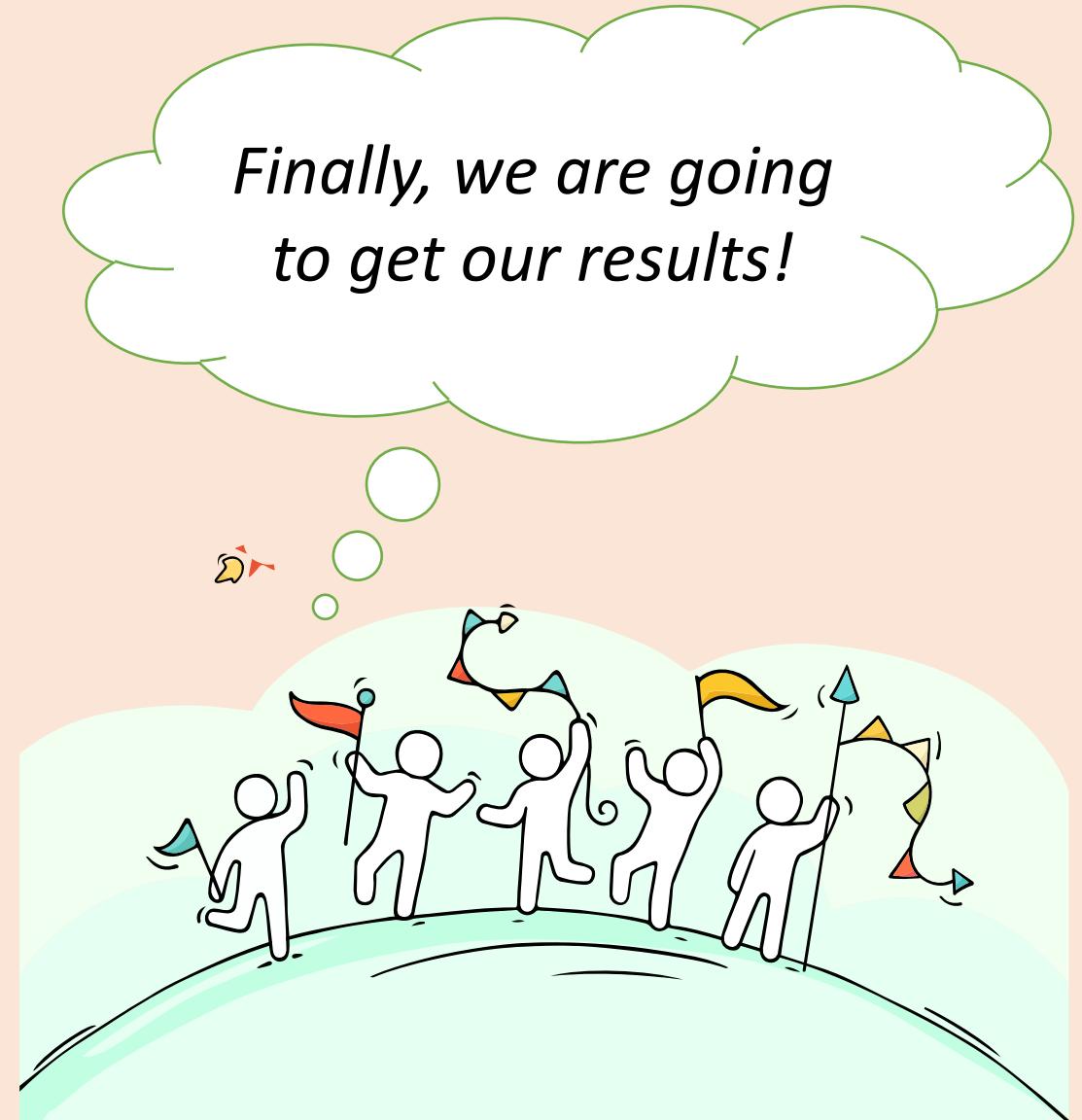
# Welcome Back!

Briefing Slides for Release of 2025 GCE O-Level Results



# 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...



In the infographic, you can find resources which can 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>



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

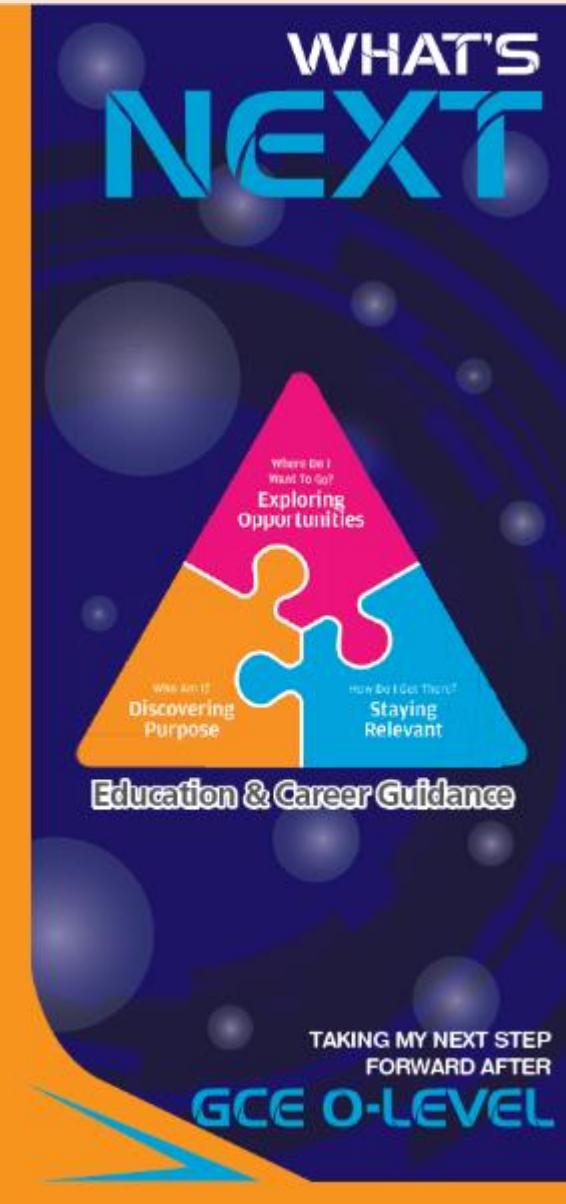


- Contact the ECG Centre @ MOE  
<https://go.gov.sg/moe-ecg-centre>



- Chat with your school's ECG Counsellor

# Resources to help you make informed decisions



## PLANNING YOUR NEXT STEP

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## MySkillsFuture Student Portal

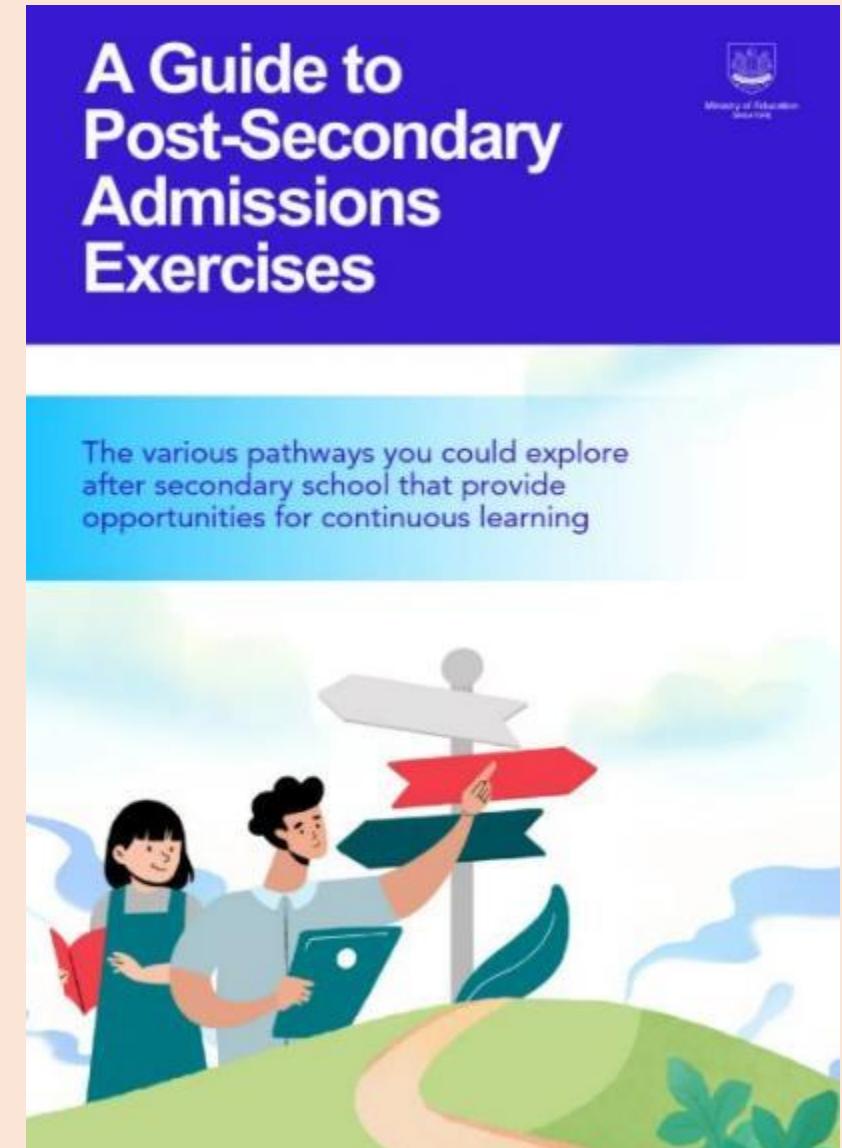
Use the information and tools to explore various education and career pathways and take charge of your future.

# 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)



# Resources to help students make informed decisions

Learn more about the  
post-secondary education institutions



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

# 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.
- Remember that the O-Level examination is not the end point and is only one part of your life journey.

Do

- Have conversations with trusted adults who know you well to advise and guide you (parents, teachers, ECG Counsellor).
- Decide and act based on your options.

**Managing your emotions**

**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 support is a sign of strength

If you have questions about your options or are not coping well, you can reach out to trusted adults such as your parent/guardian, teacher, School Counsellor or ECG Counsellor. You can also talk to a trusted friend.



*Who can we go to for ECG advice?*

Make an appointment to speak with your ECG Counsellor in school

OR

The ECG Centre @ MOE offers online or phone ECG counselling services. Make an appointment via [go.gov.sg/moe-ecg-centre](http://go.gov.sg/moe-ecg-centre)

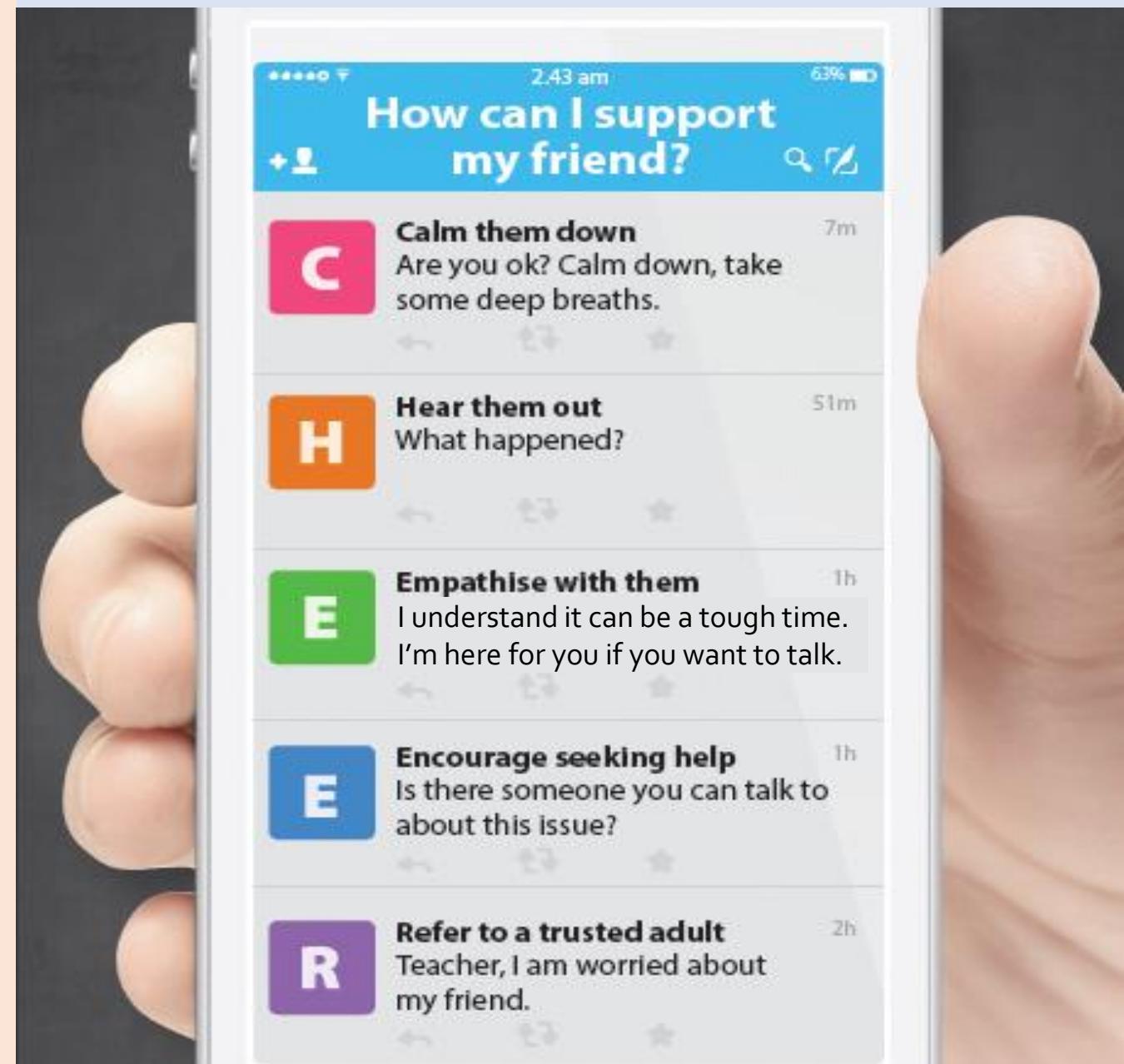


# Supporting Your Friend

- 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:



- C Calm them down**  
Are you ok? Calm down, take some deep breaths.  
7m
- H Hear them out**  
What happened?  
51m
- E Empathise with them**  
I understand it can be a tough time.  
I'm here for you if you want to talk.  
1h
- E Encourage seeking help**  
Is there someone you can talk to about this issue?  
1h
- R Refer to a trusted adult**  
Teacher, I am worried about my friend.  
2h

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

*How can we support one another?*



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

**D  
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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 **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, #04-07**

Call: **6493 6500 / 6501**

Email: [chat@mentalhealth.sg](mailto: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](http://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  
one milestone in your  
education journey, and  
there are many more  
exciting pathways ahead.**

**Your future holds many  
opportunities waiting to be  
discovered!**



**Ministry of Education  
SINGAPORE**