

Welcome Back Tampinesians!

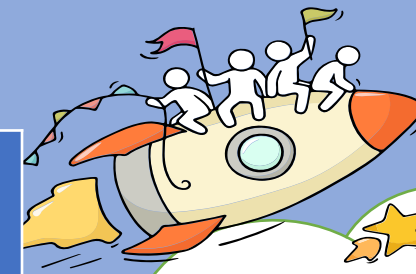
Briefing Slides for Release of O-Level Results 2022



12 Jan 2023

Sharing will cover:

1. Managing your feelings
2. ECG Counselling support
3. Resources
4. JC open house information



As we gather here today, let us all celebrate our efforts!



Think about your opportunities



*Are we all going to
be okay?*

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

The GCE 'O' Level is not the **destination**.
It is part of the **process of growing and learning**.

Happy
that your
results meet
your
expectations

Overjoyed
that your
results
exceed your
expectations

Worried / upset
because your
results fall short of
your expectations

Remember that **everyone's learning journey is**

different

but **we can have a fulfilling outcome!**

Many pathways and opportunities!

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 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.

*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.

Many sources of help- parent/guardian, teacher, School Counsellor or a friend that you can talk to.



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

*How can we
support one
another?*



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 **1800-221-4444**

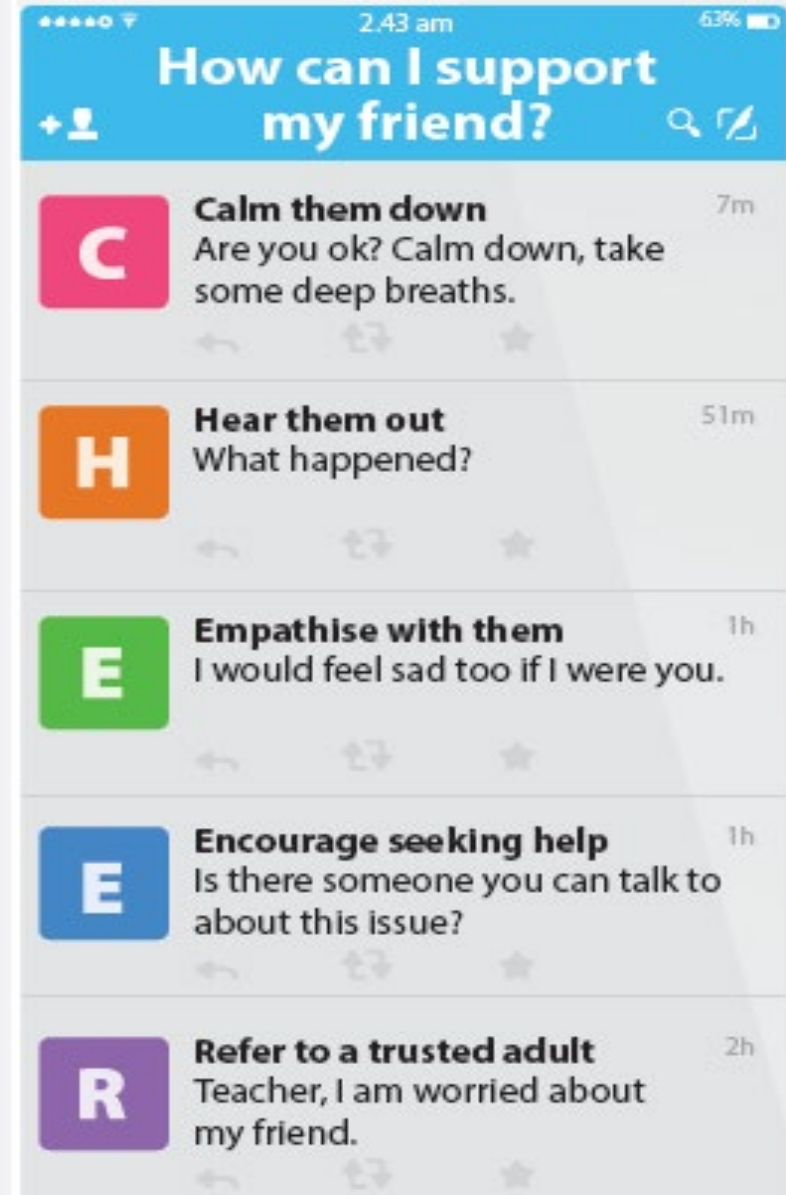


Supporting Your Friend

We may each experience different emotions upon receiving the results. You can share your friends' **joy** by congratulating them or **give words of encouragement** to friends who may be disappointed with their results.



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



Help is readily available for you.

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



SOS

SOS provides round the clock emotional support for those in distress, thinking of suicide or affected by suicide. This service is manned by trained volunteers.

Call: **1767** (24-hour helpline)

There are also alternative avenues for emotional support through email and text messaging.

Email: **pat@sos.org.sg**
(Response within 48 hours)

SOS Care Text: **www.sos.org.sg**
(6pm – 6am on Mon to Thu and 6pm to 11:59pm on Fri)

Community Health Assessment Team (CHAT)

If you experience prolonged difficulties, CHAT provides personalised and confidential mental health checks and face-to-face consultation for youth aged 16 to 30. To speak with a youth support worker, you can:

Visit: **CHAT Hub at *SCAPE, #05-05** or

Call: **6493 6500/ 6501** or

Email: **CHAT@mentalhealth.sg**

Help is readily available for you.

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

eC2

eC2 is an e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.

Youths may chat with a counsellor online at:
www.ec2.sg

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

TOUCHline

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

Call: **1800 3772252**

Monday – Friday
(Excluding Public Holidays): 9am – 6pm

mindline.sg

mindline.sg is an online platform that provides tools, tips and resources to help you manage your health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.

Find out more:
www.mindline.sg



Help is readily available for you.

Reach out to an ECG Counsellor!



ECG Counsellor in TPSS

Link: <https://go.gov.sg/ecgbooking-2023>

Email: mohammed_syahril_samsudin@schools.gov.sg



ECG Centre @ MOE (Grange Road)

Make an online or phone counselling appointment with the through
<https://go.gov.sg/moe-ecg-centre>



GCE O-Level Pathways session with ECG Counsellor

Topic: GCE O-Level Pathways session with ECG Counsellor

Time: Jan 13, 2023 11:30 AM Singapore

Join Zoom Meeting

<https://moe-singapore.zoom.us/j/83050854417>

Meeting ID: 830 5085 4417

Passcode: 299309



<https://go.gov.sg/pathway2023>

Thinking About Your Next Step?



3 key questions to help you get started



**Who am I?
Who do I want to be?**



**Where do I want to go?
Why?**



How do I get there?

Align your education choices and career goals

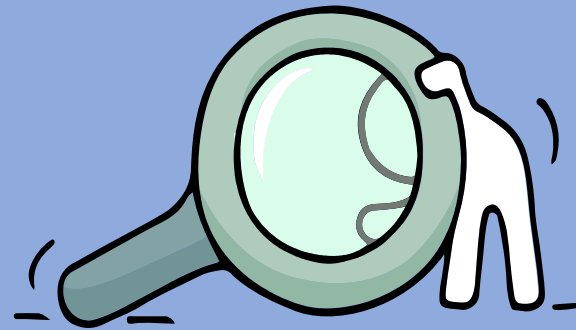
Multiple education and career pathways available- cater to different strengths/ interests

Seize learning opportunities that help you develop, as you think about what motivates you

Resources to help you make informed decisions



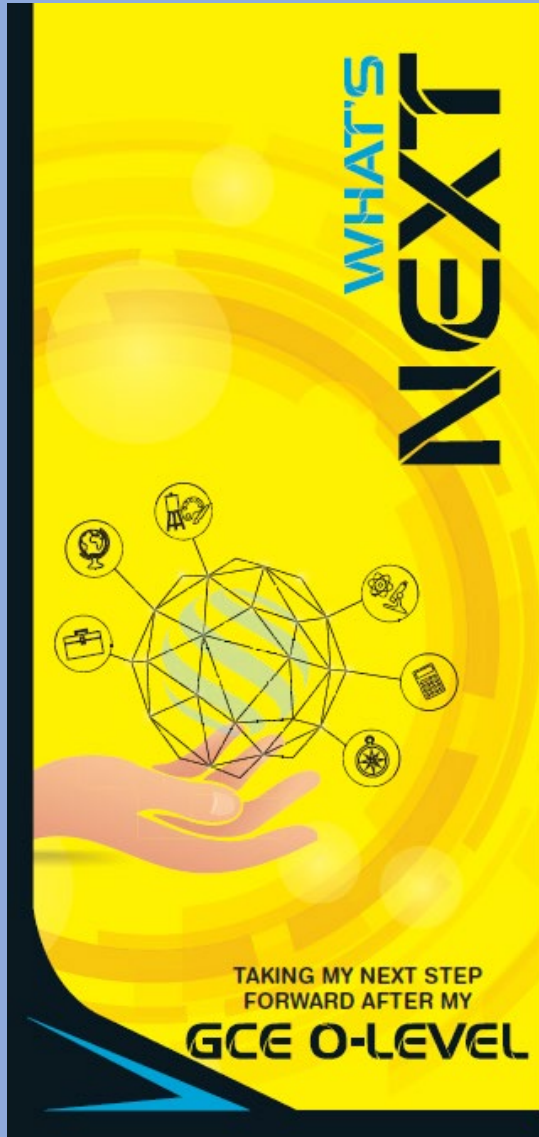
Where can we find more information?



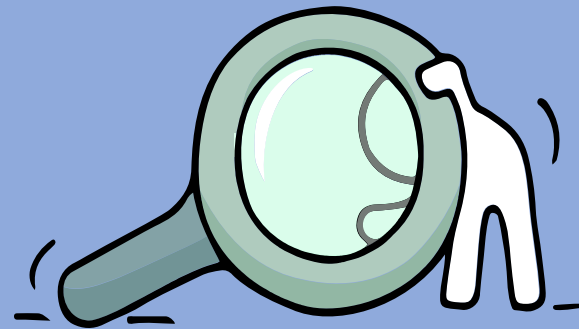
<https://go.gov.sg/mysfsec>

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

Resources to help you make informed decisions



Where can we find more information?



<https://go.gov.sg/whats-next-olevel>

<https://go.gov.sg/whats-next-olevel>

Post-Secondary Education

Learn more about the admissions exercises and programmes

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



Learn more about the post-secondary education institutions

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





Unsure of what's next?

Explore different jobs and industries with **On My Way (OMW)**. Find out if your career goal and educational pathway match your interests, values and ambitions.

Get key info on **jobs and industries** that you aspire to enter, with quick FAQs on **how to get there!**

KNOW IT ALL

COPY URL TO SHARE



INVESTMENT BANKER

Investment Bankers sell securities and provide strategic advice to their clients. They advise clients on raising funds from the equity/debt capital markets and merger and acquisitions (M&A).



RESPONSIBILITIES

Advise corporate clients on product offerings, private equity transactions, mergers and acquisitions, and valuations.

Determine the **best strategy** and place to **raise debt or equity capital**.

Prepare necessary documents to **protect the company and investor**.

Ensure all **government regulations have been adhered to**.

Perform financial modelling using valuation methods.

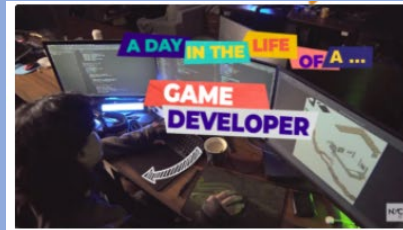
SKILLS NEEDED

HARD SKILLS

- Financial Modelling (e.g. DCF, Public Comps, M&A Comps)
- Data Analytics
- Strong Mathematical and Numerical Skills

SOFT SKILLS

- Influencing and negotiation skills
- Innovative Problem Solving
- Customer Orientation
- Communication



Peek into a **day in the life of professionals** from various fields with our video series.

Connect with schooling seniors, go on learning journeys, or tune in to our industry panels, we've got programmes planned from Nov 2022 to Feb 2023

Go to <https://go.gov.sg/omw-moerrp2023> and let's get you on your way!



<https://go.gov.sg/omw-moerrp2023>

omw
on my way

NYC
NATIONAL
YOUTH
COUNCIL
SINGAPORE

Junior College Open House

13 Jan 2023



Nanyang JC Open House 2023 (13 Jan, 9 – 3pm)

- Krispy Kreme donuts and goodie bags (while stocks last)
- Guided tours by our friendly student ambassadors
- Chit Chat sessions with teachers
- Performances by CCAs and SIGs
- Principal's Dialogue (14 Jan, 9am -10.30am)

Uniquely NYJC

- 4 dress-down days
- 8.30am starting time
- Flexible subject combinations
- Culture of care and empowerment



Junior College Open House

13 Jan 2023



Junior College Open House

13 Jan 2023



Junior College Open House

14 Jan 2023

DATE:
14 JAN 2023, SAT
0900-1300

dunmanhigh.moe.edu.sg



JAE
OPEN
HOUSE

10 Tanjong Rhu Rd S436895

Registration



Parking information: Guests who are driving could park at Blk 14A Kampong Arang Road (S432014)



TPSS Staff & Students
would like to wish
graduating Tampinesians
all the best in their
future endeavours.