

# Welcome Back!

Briefing Slides for Release of O-Level Results



# Dear students,

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



*Finally, we are going to  
get our results!*



# 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!**

# 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.

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

*How can we support one another?*



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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 **1800-221-4444**

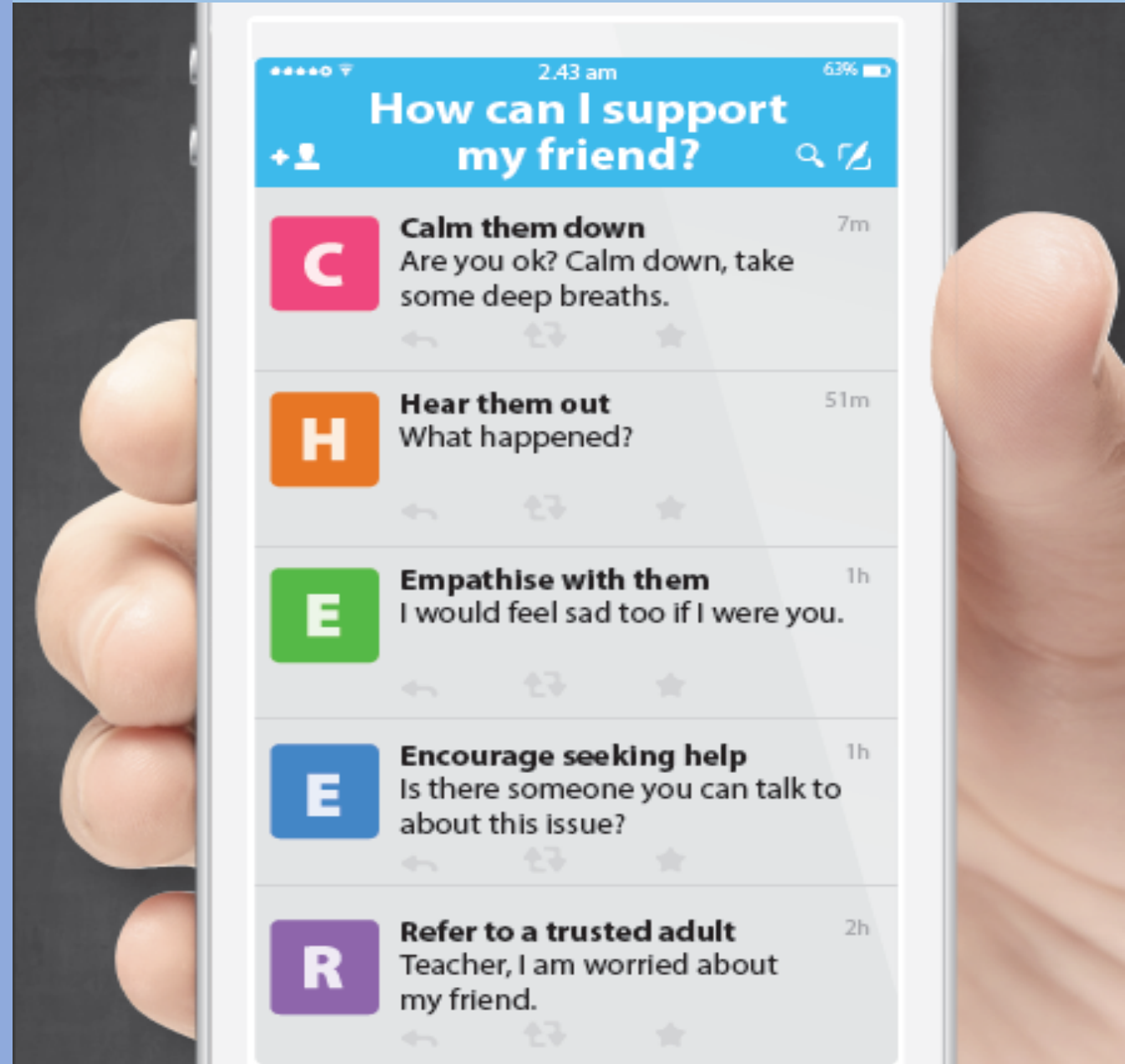


# Supporting Your Friend

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.



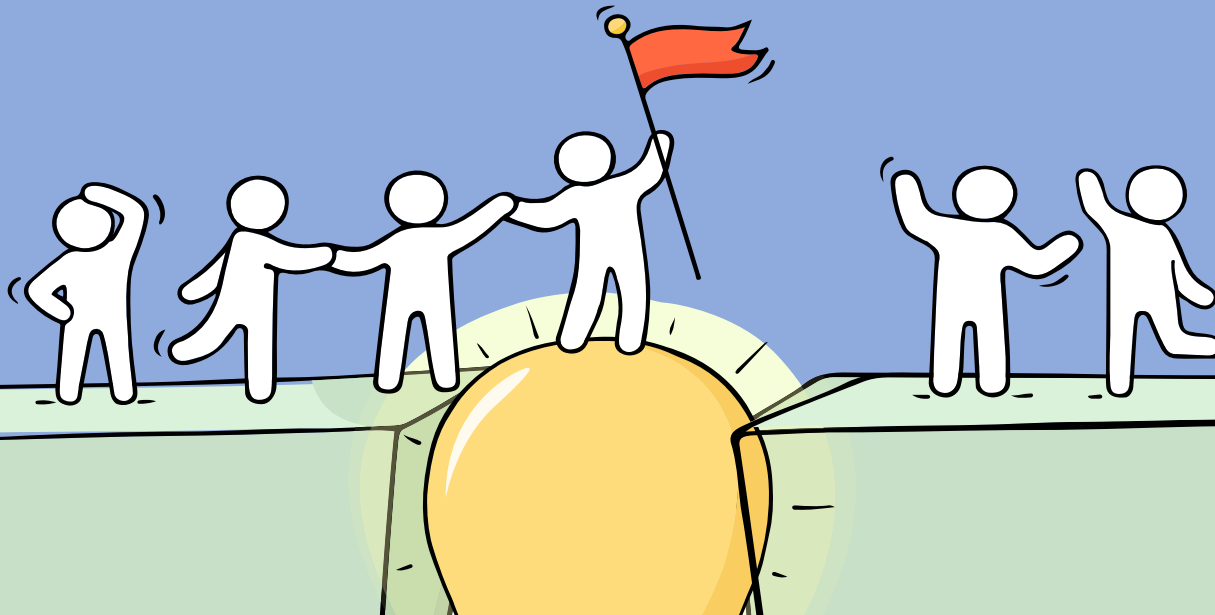
Keep a lookout for your friends in distress. You can support them in the following ways:



# 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. It could be a parent/guardian, teacher, School Counsellor or a friend that you can talk to.



# 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**



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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](http://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](http://www.mindline.sg)



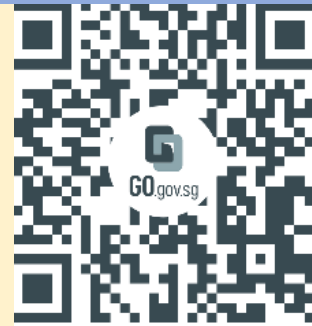
# Help is readily available for you.

## Reach out to an ECG Counsellor!

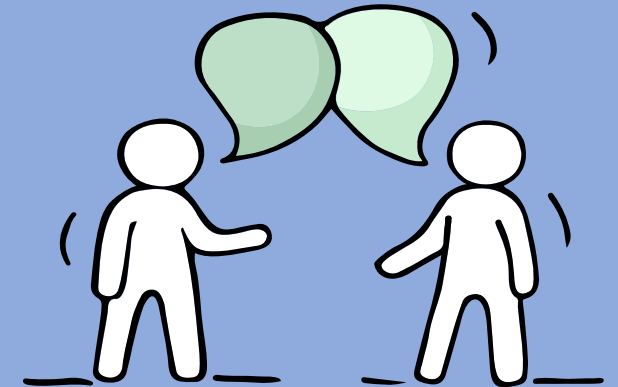
Make an appointment to speak with your ECG Counsellor in school.

Make an online or phone counselling appointment with the ECG Centre @ MOE (Grange Road) through

<https://go.gov.sg/moe-ecg-centre>



*Is there  
someone we  
can speak with?*



# Thinking About Your Next Step?



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Who am I?

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Where do I want to go?

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How do I get there?

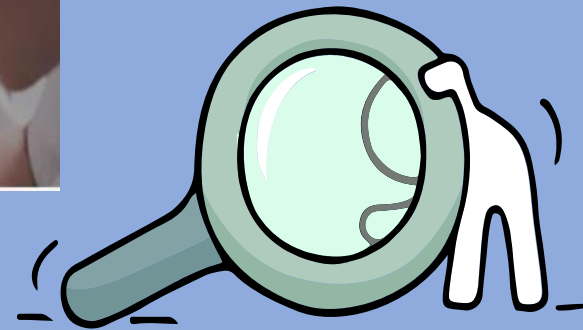
# Resources to help you make informed decisions



## About MySkillsFuture

A one-stop portal that empowers you to embark on a journey of self-discovery and make informed education and career choices. Use the information and tools to explore various education and career pathways, and take charge of your future.

*Where can we find more information?*

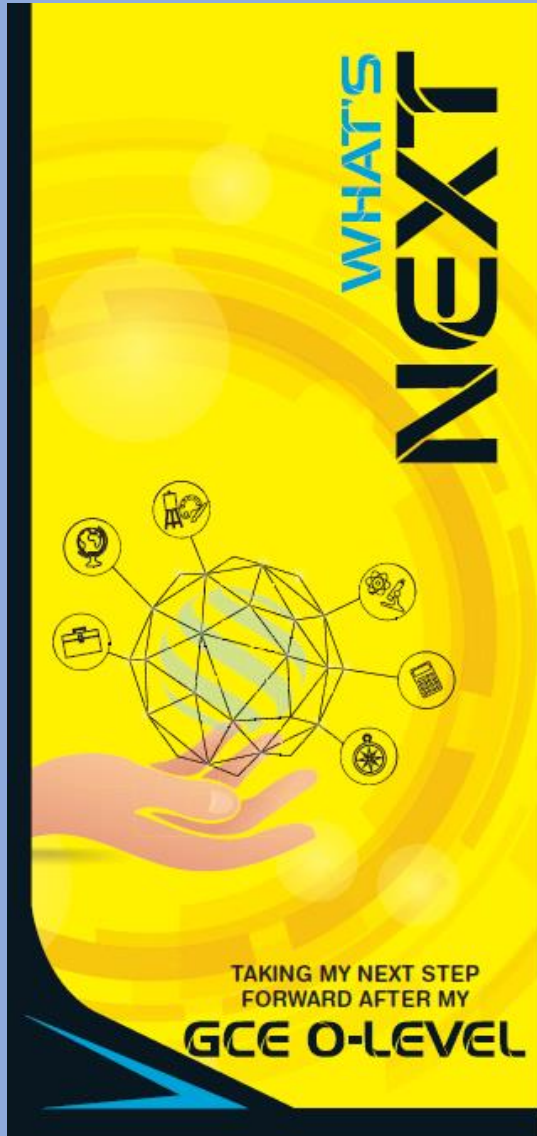


<https://go.gov.sg/mySFsec>

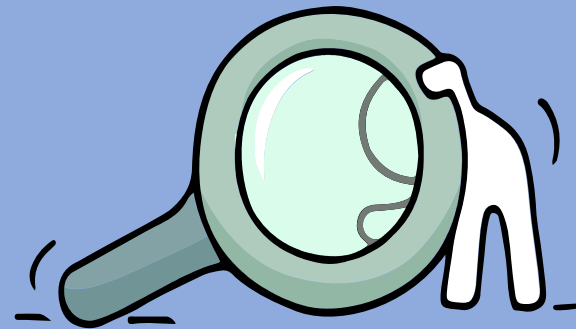


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# Resources to help you make informed decisions



*Where can we find more information?*



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

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# Post-Secondary Education

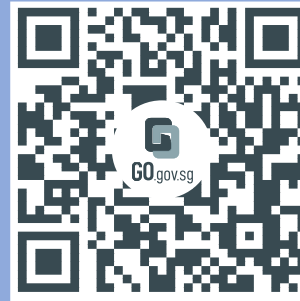
Learn more about the admissions exercises and programmes

<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!**



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>

**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.

### 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

The O-Level is not  
the destination.

It is part of your  
education journey.







Ministry of Education  
SINGAPORE