

Welcome Back!

Serangoon Garden Secondary School
Class of 2023



Principal's Address

Mrs Patsy Ong

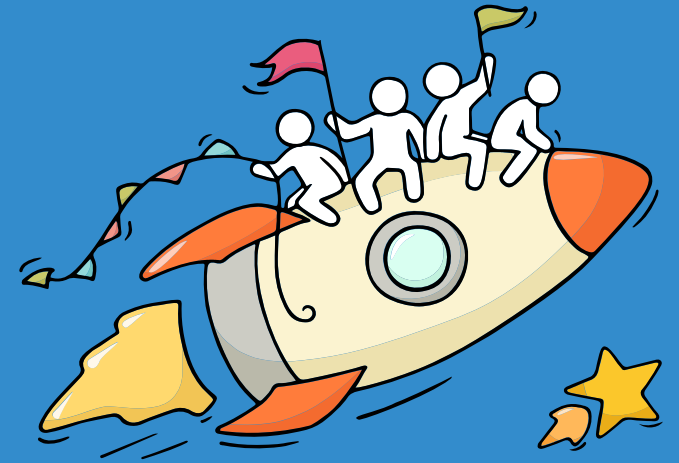
Celebrate Efforts

The 0-Level is a culmination of years of hard work and perseverance.

Let's celebrate our efforts regardless of the results.

Let's mark the end of the academic year by reflecting together on all our previous successes in school and the challenges we have overcome!

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



REALIZE THAT YOU
ARE NOT ALONE,
THAT WE ARE IN THIS
TOGETHER AND MOST
IMPORTANTLY THAT
THERE IS HOPE.

Deepika Padukone



No matter the circumstances, there is always a way forward.

Stop

- Stop any unhelpful thoughts or actions that would make you more upset.
- Inhale deeply and exhale slowly using 10 counts as you relax your muscles. Acknowledge your emotions.

Think

- Think through the different options that are available for you. Keep things in perspective.
- Remember that the N-Level is just one part of your life journey and not the destination.

Do

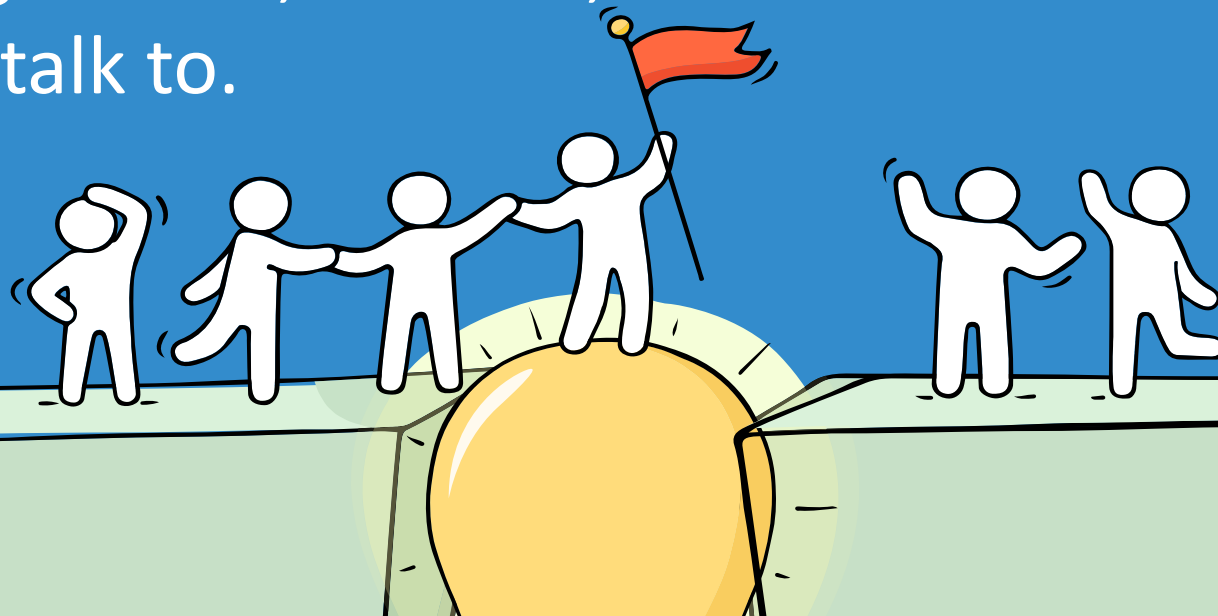
- Approach a trusted adult and seek his/her help. Have a conversation with this person about what would be best for you.
- Make a decision based on your options and take action.

When you receive your results, you may feel overwhelmed by 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 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.



Having difficult emotions during a stressful and uncertain period is normal.

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

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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**

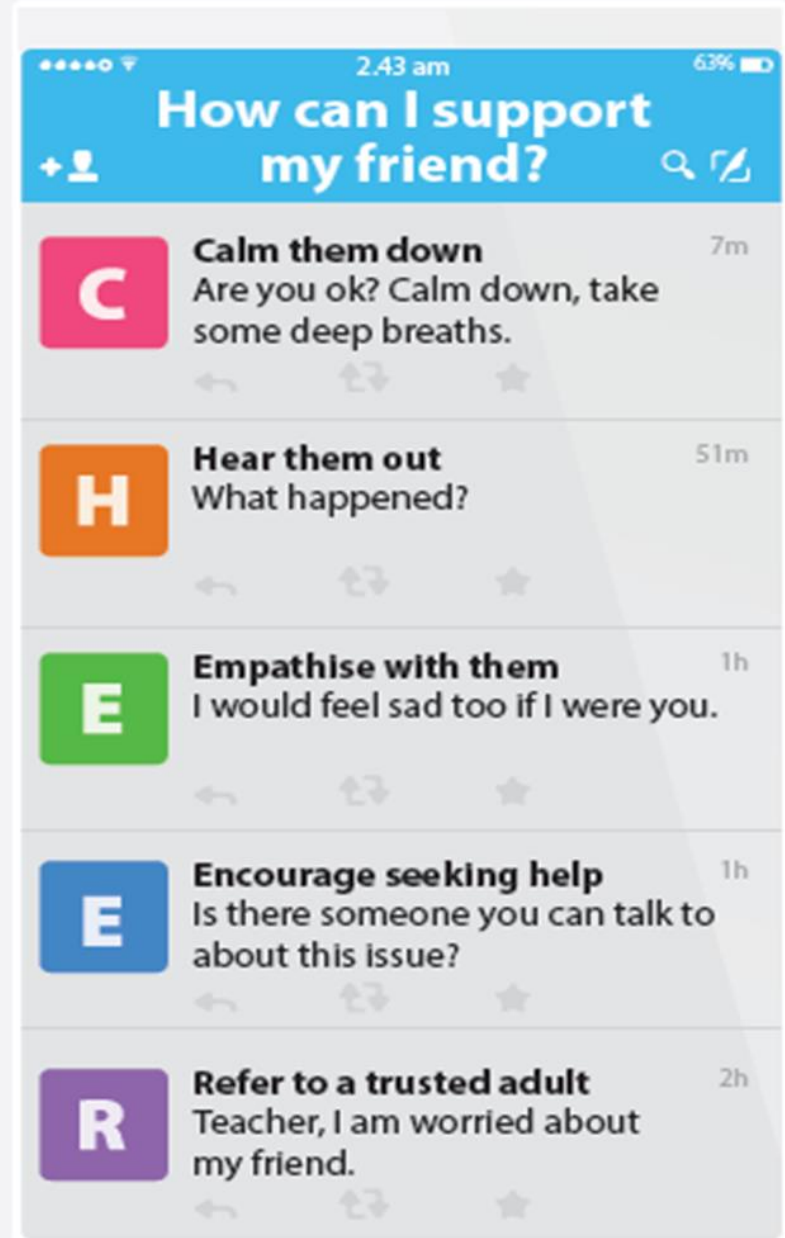


Supporting Your Friend

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:



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: **1-767 or 1800-221-444**
(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



Thinking about Your Next Step?

Consider these questions!

Where do I want to go?

Who am I?



How Do
I Get There?

POST-RESULTS RELEASE: HOW DO I CHOOSE COURSES WISELY?

STEP 1

Consider your Values, Interests, Personality & Skills (VIPS) and how they align with options or courses you are eligible for.

STEP 2

Explore and research on options:

- Subject contents & syllabus / course objectives & modules
- Progression opportunities
- Career prospects

STEP 3

Consider chances of being posted into desired courses in JCs/MI, Polytechnics and/or ITE, using the *last aggregate scores as a reference.

*For last aggregate scores, refer to JAE/JIE booklet

STEP 4

Shortlist up to 12 choices, ensuring that you include at least a few choices* where you stand a high chance of being posted to.

STEP 5

Rank your 12 choices according to your preferences.

**Align your
education choices
and career goals**

**There are
many options
to explore**

Resources to help you make informed decisions



MySkillsFuture Student Portal

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>



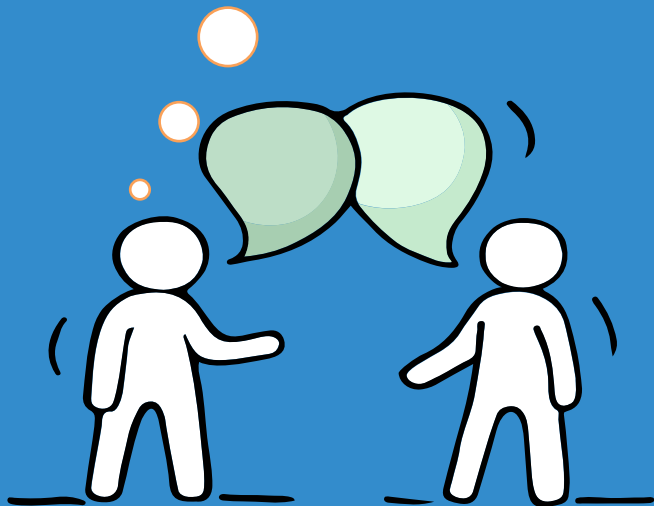
Support is readily available for you.

Reach out to an ECG Counsellor!

*Who can we go
to for ECG
advice?*

Make an ECG counselling appointment
via the
ECG Centre @ MOE (Grange Road) at
<https://go.gov.sg/moe-ecg-centre>

The MOE ECG Centre will offer
online or phone counselling from
Thursday, 4 January 2024 to
Thursday, 18 January 2024,
(Weekdays: 9.00am to 5.00pm;
Saturdays: 9.00am to 12.00pm).



Need help with your
course choices?
Chat with your
ECG Counsellor

Book an apt via
[Go.gov.sg/sgssecgc](https://go.gov.sg/sgssecgc)
Or scan QR code
Or email: loh_jun_lai_eugene@
moe.edu.sg



*Start your Education
and Career journey now!*

Chat with your

ECG COUNSELLOR



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

MR EUGENE LOH

Mon, Tue & Even Fri
8AM – 5PM, Library



Scan QR Code for
appointment booking



Or email
loh_jun_lai_eugene
@schools.gov.sg



JAE Application

Choose your courses wisely. Look at the cut-off points of the courses

The JAE-IS will be accessible from 4.00pm on Thursday, 11 January 2024, to 4.00pm on Tuesday, 16 January 2024 for students to submit their course choices through the JAE website at www.moe.gov.sg/jae.

Applicants are strongly encouraged to use the JAE worksheet (www.moe.gov.sg/jaeworksheet) before submitting their online application.

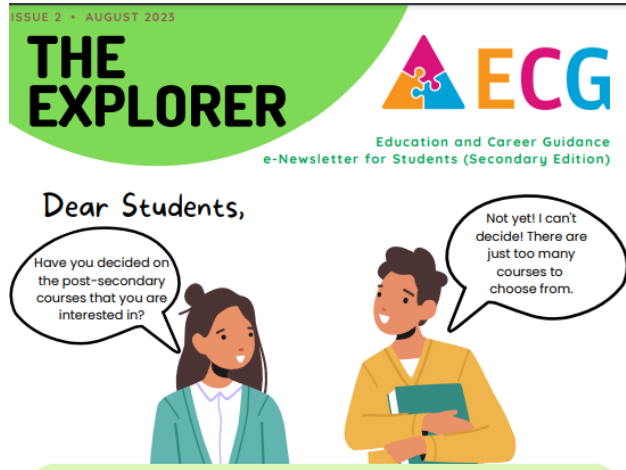
The JAE-IS can be accessed using Singpass.

Applicants can find more information on the following MOE websites:

- JAE website for more details on the JAE (www.moe.gov.sg/jae)
- SchoolFinder for details of the offerings by and previous entry score ranges for JCs and MI (www.moe.gov.sg/schoolfinder)
- CourseFinder for courses offered by the polytechnics and ITE, based on aggregate type and area of interest (www.moe.gov.sg/coursefinder)



How should you make your 12 choices for JAE



<https://file.gov.sg/2023-explorer-issue2-sec.pdf>



How should you make your 12 choices for the JAE/ JIE?

First 3 to 4 choices: Consider courses that most align with your Values, Interests, Personality and Skills (V.I.P.S) and strengths.




Next 3 to 4 choices: Choose what you are interested in and stand a good chance of getting into. Consider the last aggregate scores of the courses (where your net score is within the range of last year's aggregate score). You can use **Course Finder** or **School Finder** to find out the aggregate scores.

Last 3 to 4 choices: Include alternative courses and institutions where the last aggregate scores are higher than yours. With this, your chances of securing a place will be higher.

Be realistic, but still consider interests, strengths and career aspirations
Embrace lifelong learning to remain relevant



Some useful websites

<p>Joint Admissions Exercise (JAE)</p> <ul style="list-style-type: none">Through this exercise, eligible GCE O-Level certificate holders can apply online for admissions into junior colleges (JCs), Millennia Institute (MI), polytechnics, and Institute of Technical Education (ITE). Learn about the process, how to prepare and apply. https://www.moe.gov.sg/post-secondary/admissions/jae	
<p>MOE CourseFinder</p> <ul style="list-style-type: none">Explore courses based on aggregate type, score, type of institute and area of interest. https://www.moe.gov.sg/coursefinder	
<p>MOE SchoolFinder</p> <ul style="list-style-type: none">Explore schools based on their distance from your home, locations, CCAs, subjects and programmes offered. https://www.moe.gov.sg/schoolfinder	
<p>Courses Offered in 2024 JAE</p> <ul style="list-style-type: none">https://www.moe.gov.sg/-/media/files/post-secondary/2024-jae/2024-jae-courses.pdf	



JAE Application

Courses in Polytechnics



1 of 10



Showing 199 courses

AI & Data Engineering

Course code: C31

Admission Type: JAE, DAE, JPAE, Poly EAE, PFP



 Nanyang Polytechnic


2023 JAE ELR2B2-C aggregate : 3 - 10

Accountancy

Course code: N51

Admission Type: JAE, DAE, JPAE, Poly EAE, PFP



 Ngee Ann Polytechnic

2023 JAE ELR2B2-B aggregate : 4 - 12



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Established in 1959

Perseverance. Respect. Integrity. Diligence. Empathy

Release of JAE results

The posting results of the JAE application are scheduled for release on Thursday, 1 February 2024 through the following modes:

- a. Short Message Service (SMS) to the Singapore mobile phone number provided by the applicant during registration
- b. JAE-IS, which is accessible through the JAE website



Reporting to the next institution

Applicants posted to JCs and MI are to report to their posted institutions on Friday, 2 February 2024. If students are unable to report to their posted JC or MI on the first day of school due to valid reasons, they should contact their posted school directly to confirm that they are taking up the place, and the school will reserve the place for them.

Applicants posted to polytechnics or ITE will receive an email or package via mail on the enrolment details by end-February 2024.



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Appeal for review of results

1. The closing date for submission of appeal(s), including payment of appeal fees is **by Wednesday, 17 January 2023.**
2. The appeal fees (inclusive of GST) per subject is **\$114.45.**
3. Applications submitted after the closing date will not be considered.



Additional Support for Students

4E5NA Students	Who to meet
L1R4 22 points and above, with D7 and below for Maths	Mr Poh Wei Ren (AVA Room)



Additional Support for Students

Type	Notes
Computer access	V Hub Friday (12 Jan), Monday (15 Jan), Tuesday (16 Jan) from 9 am – 4 pm (Register with security guards first)
ECG Counsellor	V Hub Friday (12 Jan), Monday (15 Jan), Tuesday (16 Jan) from 8.30 am – 4.30 pm (Register with Mr Eugene Loh first)
Any other support required	Message FTs or Mr Wong first



The O-Level is not the destination.

It is part of your education journey.

No matter what the results are, you must remember that your results do not determine who you are or how successful you will be in the future!



**ALL THE BEST
FOR YOUR FUTURE!**



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