



PASIR RIS SECONDARY SCHOOL

Release of 2022 GCE O Level Results

12 Jan 2023



PASIR RIS SECONDARY SCHOOL



Welcome back!

Programme outline

- **Admin Brief**
 - *Admin* matters
 - *Documents* to collect today
 - Key info on *JAE*
 - *ECG counselling*
 - *Miscellaneous*
- **Release of results by Mrs Chua**

Admin Matters

- **Settle outstanding**
 - *School / examination fees*
 - *Library books / fines*

Documents to collect today

- **Result slip / GCE O Level Certificate**
 - *Check* that your *personal particulars* are correctly printed
 - Candidates may request for a *re-print* only if *names are misspelt*
 - Please *inform your HTs* if there are any *amendments required*
 - Note: There will be a *\$50 amendment fee* for each certificate
- **SGC** – to check & return to HTs
- **CCA record** – to check & keep
- **Form A**
- **JAE booklet** (already distributed in 2022)
- **Form J / ITE admission booklet** (where applicable)
- **ECG resources**

RADIANCE

Retrospect 2022

Principal's
Foreword

Trailblazers

Joy of learning

Radiance

Illumination

Class Photos

As *Pasirians*, our students have displayed a positive spirit and done well to shine and lead in their own ways in both academic and co-curricular areas. Just as the lava lamp which has the ability to add sparkle and radiate warmth, we will continue to be the beacon of light to help our students to be confident learners who will embrace new opportunities and continue to be a positive influence in the lives of others.



Celebrate Efforts

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

Let's celebrate our efforts regardless of the results.

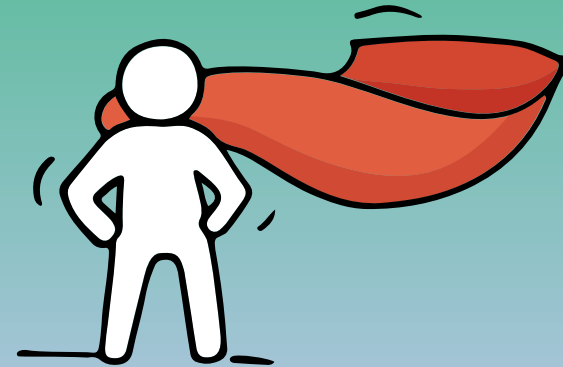


Think Opportunities

- As you await your GCE O-Level results, there are some possibilities:

- ☐ You are happy that your results meet your expectations,
- ☐ You are overjoyed that your results exceed your expectations, or
- ☐ You are worried/upset because your results fall short of your expectations.

Many pathways and opportunities!



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

- 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 O-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.

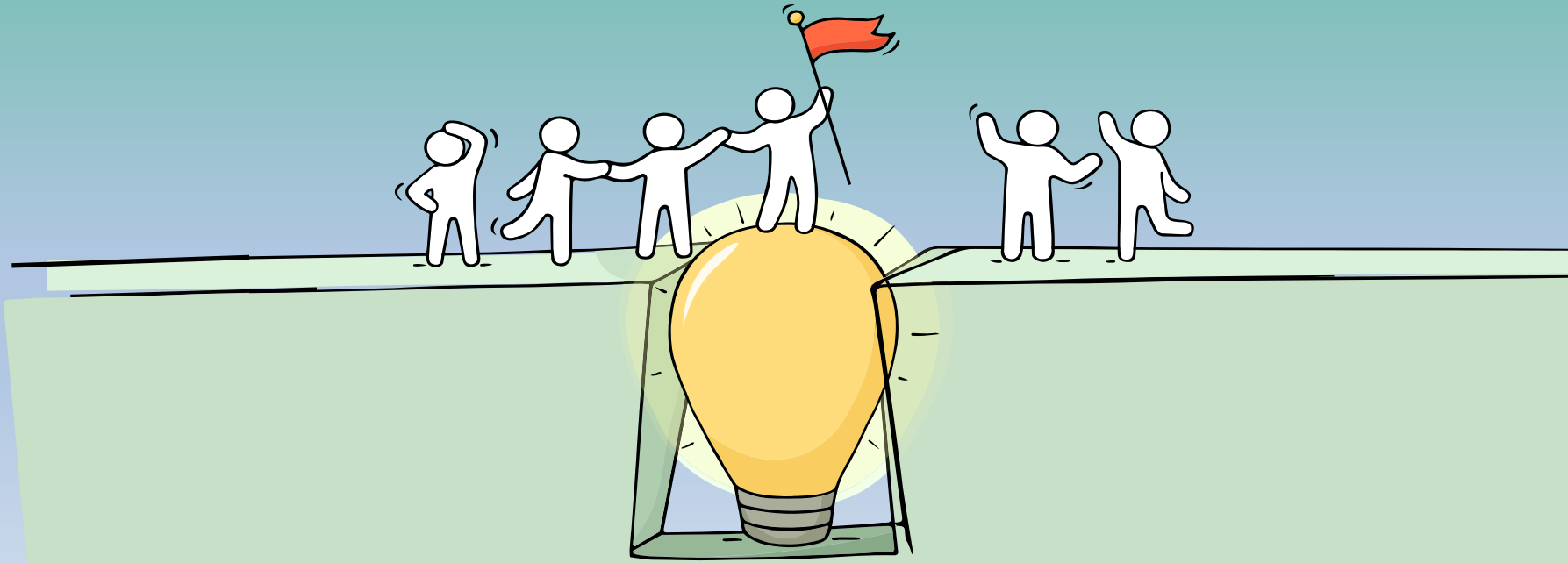
When you receive your results, you may feel overwhelmed by emotions.


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, 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.

- 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**



© 2020 Guidance Branch, Student Development Curriculum Division (SDCD), Ministry of Education, Singapore. No part of this final product may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any other information storage and retrieval system, without written permission from SDCCD, MOE.

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:

Calm them down

"Are you ok? Calm down, take a few deep breaths."

Hear them out

"I am here to listen to you." or "I am here for you."

Empathise with them

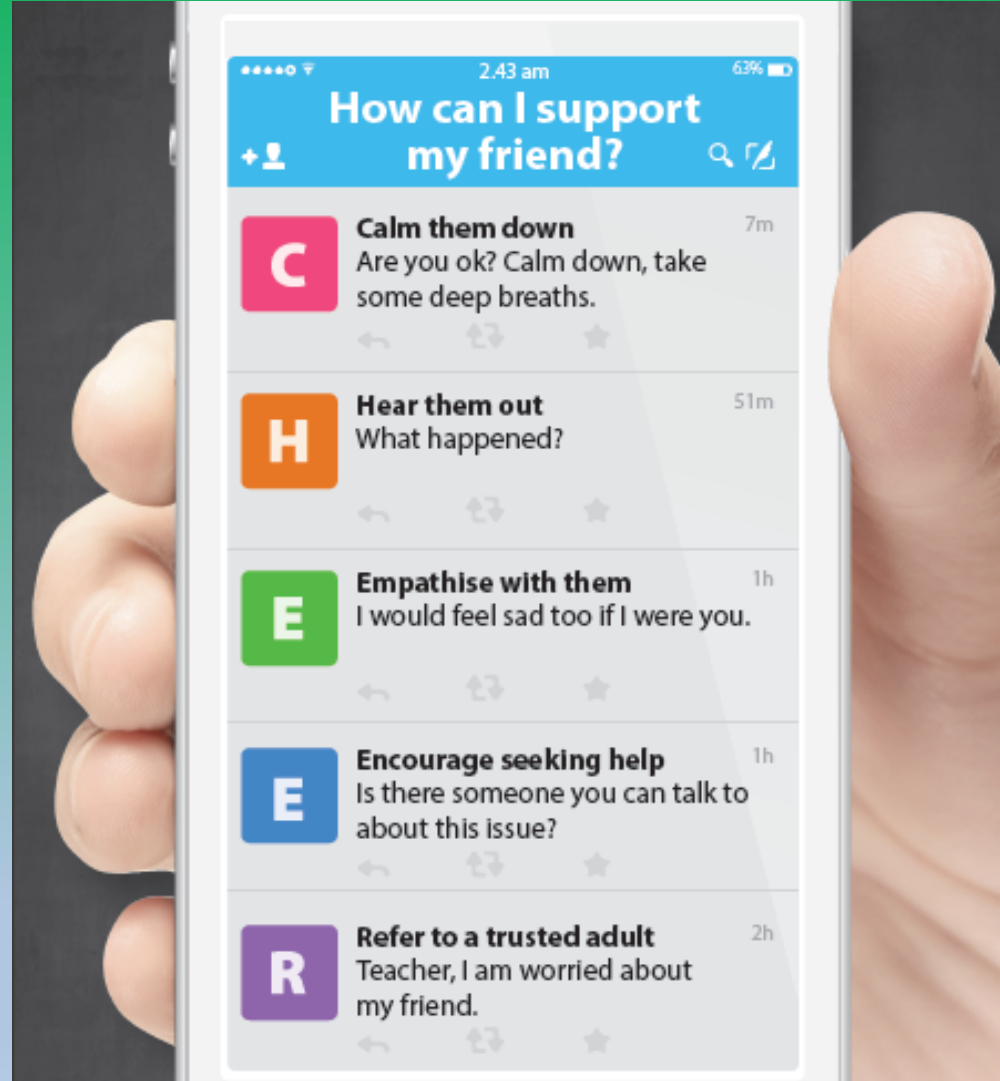
"It sounds like you are disappointed." or "It seems like this is a difficult time for you."


Encourage seeking help

"Thanks for sharing. Why don't we speak with a trusted adult who can help?"

Refer your friend to a trusted adult

"Let's talk to our teacher or our School Counsellor so they can better support you. Do share your feelings with your parents/guardians too. Would you like me to accompany you?"





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](tel:18003772252)

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

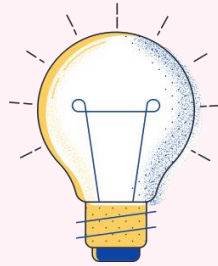
mindline.sg

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



**Use 3 Key ECG
Questions To Help
You Get Started**

Who am I?

The more I know about myself, the better my decisions.

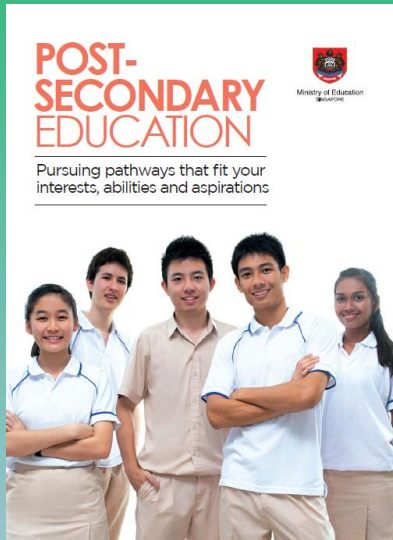
Where do I want to go?

There are many pathways with opportunities for continuous learning and recognition.

How do I get there?

Be resilient, explore various pathways and be open to possibilities.

Post- Secondary Education



Post-Secondary Education booklet
Learn more about the post-secondary landscape at

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



Post-Secondary Admissions Exercises booklet

A list of pathways you could consider after secondary school

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

Key Info on Joint Admission Exercise

JAE Registration Period: **12 Jan (3.00 PM) – 17 Jan (4.00 PM)**

Mode of Registration: **Via JAE-IS using SingPass or JAE PIN (in Form A)**

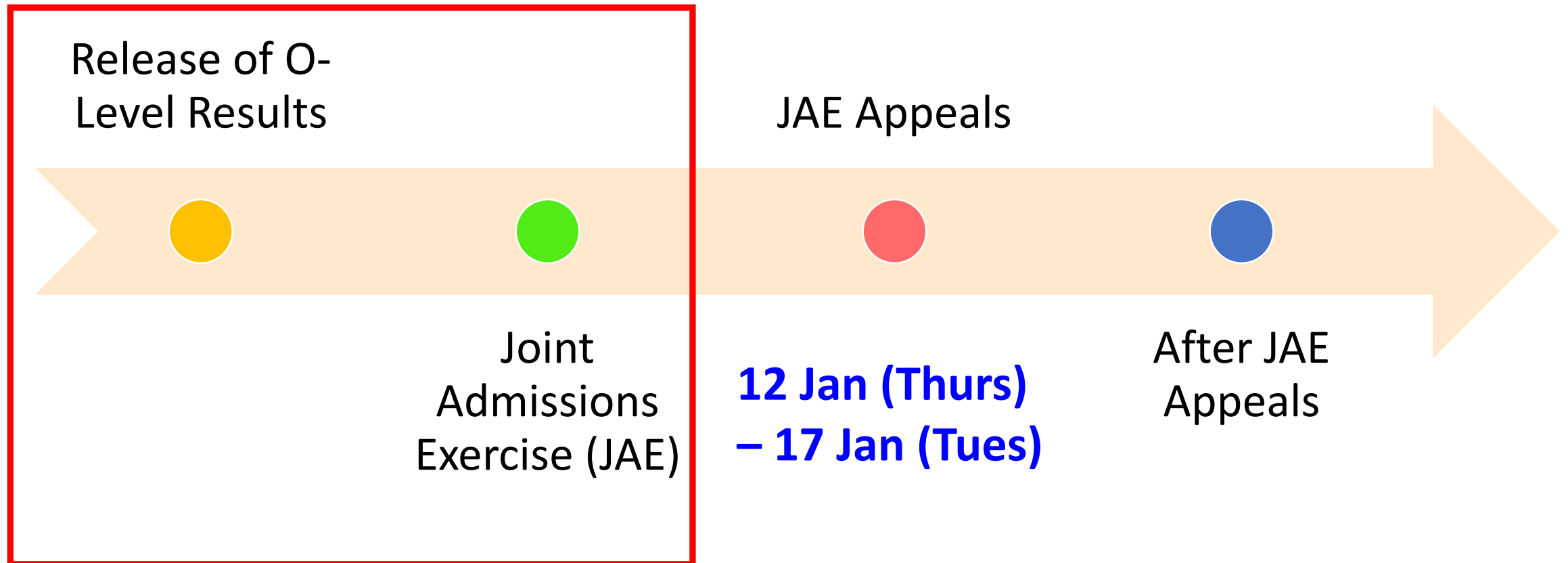


JAE Website



JAE Booklet

Joint Admissions Exercise (JAE)



Joint Admission Exercise – Making wise choices

- a. To consider all 12 course choices wisely and make full use of them, where applicable. The choices should be listed in the order of preference.

Find out more about the Arts, Science & Commerce subject combinations offered in JC / MI

- ***Look out for school-based criteria***
- ***Posting to an Arts, Science or Commerce course does not guarantee you will be able to offer your preferred subject combination***

Find out more about the non-academic requirements required by Polytechnic / ITE

Strongly encouraged to use JAE worksheet (found in Form A / JAE booklet)

Release of Joint Admission Exercise posting results

- On **2 Feb 2023 (Thurs)**, via
 - SMS
 - JAE website
- Students posted to **JC / MI – report** to posted schools on **7.30am on Friday, 3 February 2023**
- Students posted to **Polytechnic / ITE** – wait for **letter** on enrolment details **by end February**
- Students posted to **ITE** - You will receive an **enrolment email on the day of release of JAE posting results**

DSA / EAE

- Students who had ***accepted*** offers through DSA / EAE will be admitted to their respective JC / Polytechnic if they have ***met eligibility criteria***
 - EAE eligibility criteria:
 - Net ELR2B2 of 26 points or better
 - Minimum Entry Requirements for respective polytechnic courses
- Students ***admitted to JC / Polytechnic via DSA / EAE*** will not be eligible for JAE
- ***DSA / EAE students who do not meet the eligibility criteria may participate in JAE***

Booking of ECG Counselling Session with Mr Syahril

Scan the QR Code below



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

Link:

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

Email:

mohammed_syahril_samsudin@schools.gov.sg

Miscellaneous

- **Laptops** will be made available for use in **Library** on the following dates:
 - **12 Jan (3.00 PM) – 17 Jan (4.00 PM)**
- A **registration guide** will also be provided



Raffles Institution



<https://www.ri.edu.sg/highlights/story/year-5-6-open-house-2023-write-your-story>

**Friday, 13 Jan
10am - 2.30pm**



**Hwa Chong
Institution**



<https://hc-oh.com/>

Friday, 13 Jan



Victoria JC



<https://victoriajc.moe.edu.sg/>

**Saturday, 14 Jan
8.30 am – 4 pm**



Temasek JC



**Friday, 13 Jan
1.30 am – 4 pm**



Tampines Meridian JC



<https://tmjc.moe.edu.sg/about-us/announcements>

**Friday, 13 Jan
10.15 am – 4 pm**



Nanyang JC



<https://apps.nyjc.edu.sg/openhouse2023/>

**Friday, 13 Jan
9 am – 3 pm**



Eunoia JC



<https://eunoiajc.moe.edu.sg/oh2023/>

**Friday, 13 Jan
9 am – 4 pm**



Duman High School



<https://dunmanhigh.moe.edu.sg/jae-open-house-2023/>

**Saturday, 14 Jan
9 am – 1 pm**

Info on Open House



**River Valley High
School**



<https://rivervalleyhigh.moe.edu.sg/information/2023-jc-open-house-13-jan-9am-12pm>

**Friday, 13 Jan
9 am – 12 pm**



Jurong Pioneer JC



<https://www.jpjc.moe.edu.sg/about-jpjc/Admission-Matters/openhouse2023/>

**Friday, 13 Jan
9 am – 4 pm**



National Junior College



<https://nationaljc.moe.edu.sg/open-house-2023-jan/>

**Friday, 13 Jan
9 am – 1 pm**

*Will be made available to all
students after release of results*

Info on Open House