# Release of 2023 O Level Results (11 Jan 2024)

# Open Houses and Important Information



# 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!





# Thinking about Your Next Step?

Consider these questions!

Where do I want to go?



How Do
I Get There?







#### **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.

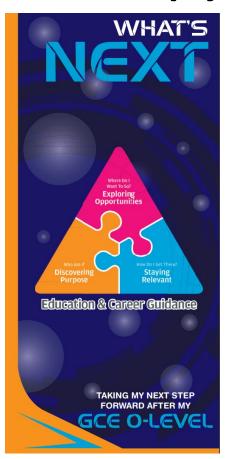
Where can we find more information?



https://go.gov.sg/mySFsec







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



#### **Post-Secondary Education**

Learn more about the admissions exercises and programmes

#### **JAE**



https://www.moe.gov.sg/postsecondary/admissions/jae

#### **Other Admissions Exercises and**

#### **Programmes**



https://www.moe.gov.sg/post-secondary/admissions#o-level



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. <a href="https://www.nyc.gov.sg/omw/home">https://www.nyc.gov.sg/omw/home</a>



#### KNOW IT ALL

provides consolidated information about different jobs and industries - key responsibilities, skills, career paths and more!



A Day in the Life of a Food Technologist

#### **DAY IN THE LIFE**

takes you into the lives of different professionals and give you a glimpse of their jobs and what it entails through the medium of videos.



#### **TASTER PROGRAMMES**

are micro-experiences of different job roles that allow you to get a taste of working life and help you decide what to study to achieve your career aspirations!









# 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. Keep things in perspective.
- Remember that the O-Level examination is 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.

If you have any questions about your options or are not coping well, do reach out to someone you trust and speak with them. It could be a parent/guardian, teacher, ECG Counsellor, School Counsellor or a friend that you can talk to.



Our Values: • Respect • Responsibility • Integrity • Service • Excellence

# Support is readily available for you.

#### Reach out to an ECG Counsellor!





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





#### STEP 1

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

# Post-Results Release: Choosing your courses wisely



Explore and research on options:

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



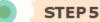
#### STEP3

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

#### STEP4

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



Rank your 12 choices according to your preferences.

#### NOTE

\*For Nitec & 3-year Higher Nitec courses that require interview, please note that shortlisted applicants who are not successful at course interview will be considered for their remaining choices without interview based on merit and choice.



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

How can we support one another?



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 1-767 or 1800-221-4444



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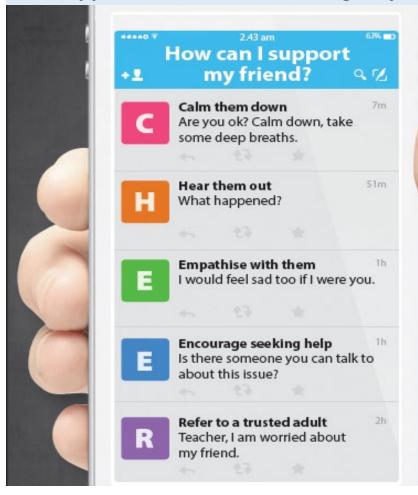


# Supporting Your Friend

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:





# Support is readily available for you.

There are other hotlines and chats available if you are more comfortable seeking help using these platforms. Scan the QR code below for a helpful resource.



**SOS** provides round-the-clock emotional support for those in distress, thinking of suicide or affected by suicide.

Call: 1767 Whatsapp: 9151 1767 (24-hour helpline) (24-hour Care Text)

#### **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, #05-05

Call: 6493 6500/ 6501

Email: CHAT@mentalhealth.sg

mindline.sg is an online platform that provides tools, tips and resources to help you manage your health and wellbeing. Find out more at:

www.mindline.sg



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

Call: 1800-377 2252

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

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/

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

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



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# SJI Open House 2024

(FOR JC ADMISSION)
SATURDAY, 13 JANUARY 2024









JAN 15 2024 | 12PM - 4PM





hc-oh.com

#### **Programmes**

- Live Performances
- Academic Booths
- Senior Sharings
- CCA Booths
- School Tours and so much more...

Let's venture towards Horizons New!

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# LET'S GO ASR

### OPEN HOUSE 2024 DETAILS

- 7 12 JANUARY 2024, FRIDAY
- 7 10AM 5PM
- 7 1033 UPPER SERANGOON RD. 5534768







- Campus tour (0900-1000, 1145-1245)
- Academic & subject combination info
- CCA booths and showcase
- Sharing by students (1030-1130)
- Publicity talk for CLEP (1145-1230)

#### Getting to Dunman High:

Alight at CC7 Mountbatten MRT Station. Take bus 158 from Exit B. Alight at the 3rd stop. Alternatively, walk from the MRT station to Gate 4 of our school along Kg Arang Rd.

Nearest parking for visitors who drive is at Blk 14A Kg Arang Rd S432014.

(b) dunmanhigh.moe.edu.sg





Designed by: Lum Yiun Shyn, 234201

# **TM SKYESCAPE**

WHERE LIMITLESS POSSIBILITIES AND OPPORTUNITIES AWAIT YOU!

12 Jan 2024 (Friday) 1030h - 1630h





### **2024 JC OPEN HOUSE**

12 JAN (FRI)

10:00A.M. - 2:00P.M.

Come visit us at our **Tampines** Campus!

Address: 2 Tampines Avenue 9, Singapore 529564.



Scan to find out more about our exciting programmes!





# We've Made Our Move, What's Yours?

