



Welcome Back!

Class of 2021

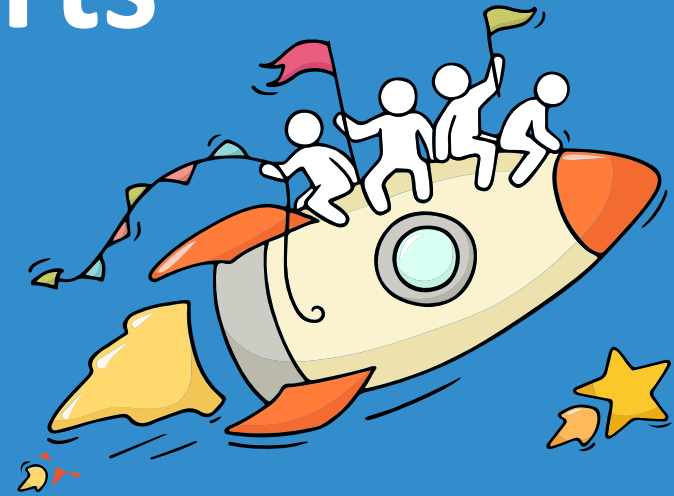


Celebrate Efforts

The N-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!



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

Deepika Padukone



Think Opportunities

As you await your GCE N-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 N-Level is just one part of your life journey and not the destination.

Do

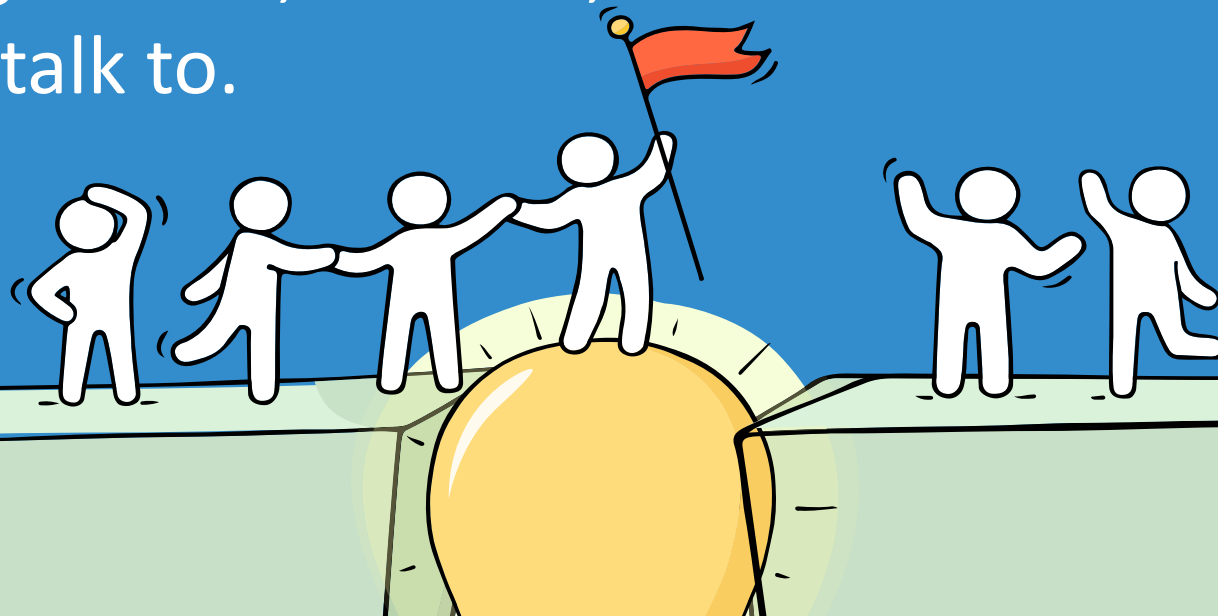
- Approach a trusted adult and seek his/her help. Have a conversation with this person about what would be best for you.
- Make a decision based on your options and take action.

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:

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?”

How can I support my friend?

C **Calm them down** 7m
Are you ok? Calm down, take some deep breaths.

H **Hear them out** 51m
What happened?

E **Empathise with them** 1h
I would feel sad too if I were you.

E **Encourage seeking help** 1h
Is there someone you can talk to about this issue?

R **Refer to a trusted adult** 2h
Teacher, I am worried about my friend.

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

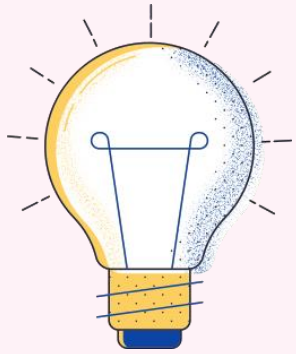
mindline.sg

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



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

Who am I?

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

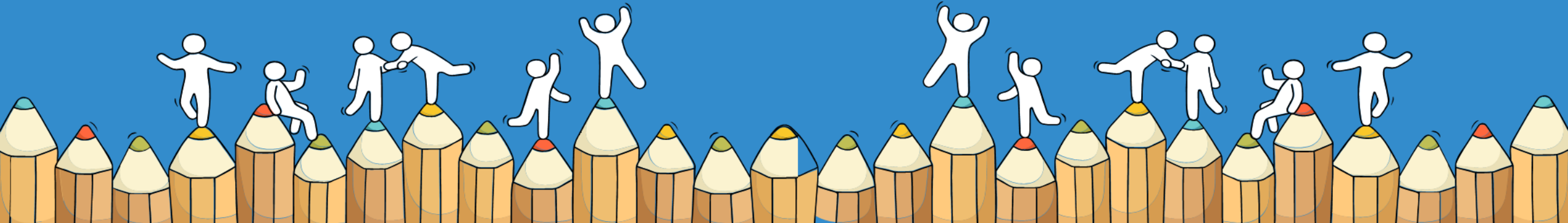
Where do I want to go?

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.

Sources of ECG Support



Speak to an ECG Counsellor

- Making informed decisions is important for successful transition from school to further education.
- Speak with your teachers and ECG Counsellor in school, besides your parents, on the possible pathways.
- MOE ECG Centre offers online or phone counselling services to GCE N-Level students from 13 – 24 December 2021 (Weekdays: 9.00 am to 5.00 pm; 18 December, Saturday & 24 December, Friday: 9.00 am to 12.30 pm).
- Details on how to make an appointment can be found in the What's Next pamphlet distributed to you.

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

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



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



MySkillsFuture Student Portal (Secondary)

Visit <https://go.gov.sg/MySFSec> for more information on post-GCE N-Level options

A Singapore Government Agency Website

MySKILLSFuture About Know Yourself World of Work Education Guide Help Feedback Login

What's new Events Useful links

- MOE Website
- Student Learning Space
- Early Admission Exercise
- Poly Foundation Programme
- NAFA Foundation Programme
- SP-CCA Athletics
- SP-CCA (Ethnic Dance)
- Art Elective Programme (AEP)
- Enhanced Art Programme (EAP)
- Music Elective Programme (MEP)
- Enhanced Music Programme (EMP)
- Applied Learning Programme (ALP)
- Learning for Life Programme (LLP)

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.

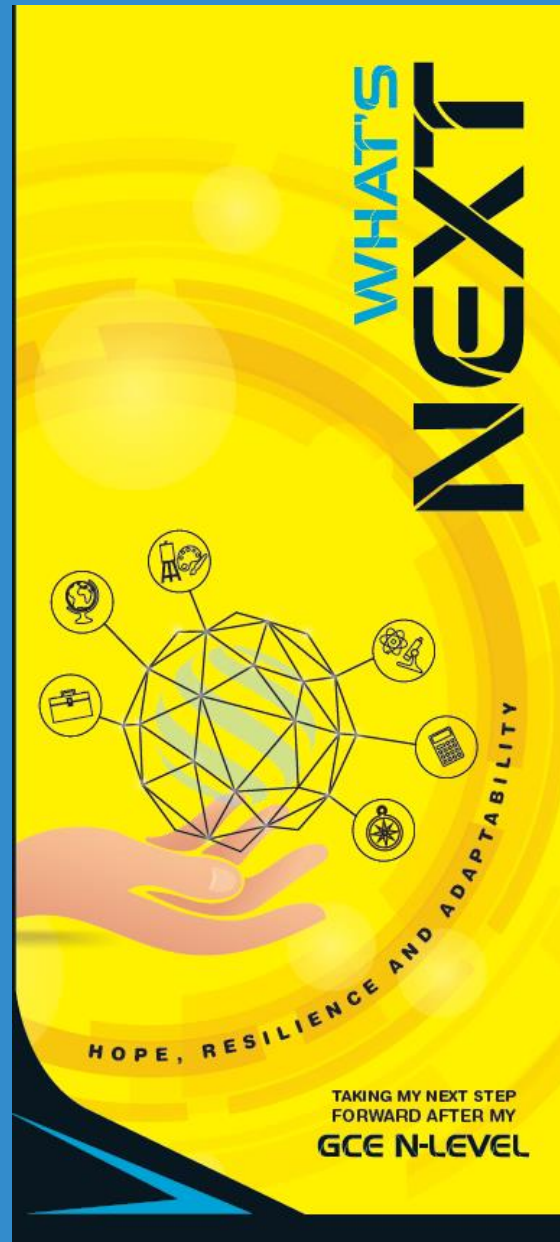
Find out more about yourself

Everyone has a set of unique attributes. The more you know about what you value, what you are interested in, and what you are good at, the more likely you will be able to make good choices in your education and career explorations.

[Discover Now](#)



What's Next – A Quick Guide



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



On My Way (OMW)



You can find articles, videos on different professions, and connect with tertiary seniors and young professionals through sharing sessions with National Youth Council's On My Way (OMW) website.

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).

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.

RESPONSIBILITIES

SKILLS NEEDED

HARD SKILLS	SOFT SKILLS
<ul style="list-style-type: none">Financial Modelling (e.g. DCF, Public Comps, M&A Comps)Data AnalyticsStrong Mathematical and Numerical Skills	<ul style="list-style-type: none">Influencing and negotiation skillsInnovative Problem SolvingCustomer OrientationCommunication

DAY IN THE LIFE

Explore our library of over 60 videos to get an intimate look into the daily lives of different professionals. Looking for a specific job? Use the category filter below to help you navigate the videos!

BROWSE ALL Filter By Category: #all

A Day in the Life of a Civil Engineer

Ever wondered what engineers do other than math? Join Yu Rou as she brings us into the world of a Civil Engineer!

By National Youth Council
#Engineering, #CivilEngineer

A Day in the Life of a Game Developer

What really goes on behind the scenes of games development? Learn more about what a Game Developer does!

By National Youth Council
#ComputerScience, #GamesDeveloper

A Day in the Life of a Public Relations Manager

Writing about hot topics isn't what Samantha does all the time. Let's see what she has to "highlight" to us!

By National Youth Council
#Communications&NewMedia, #PublicRelationOfficer

A Day in the Life of a Social Media Strategist

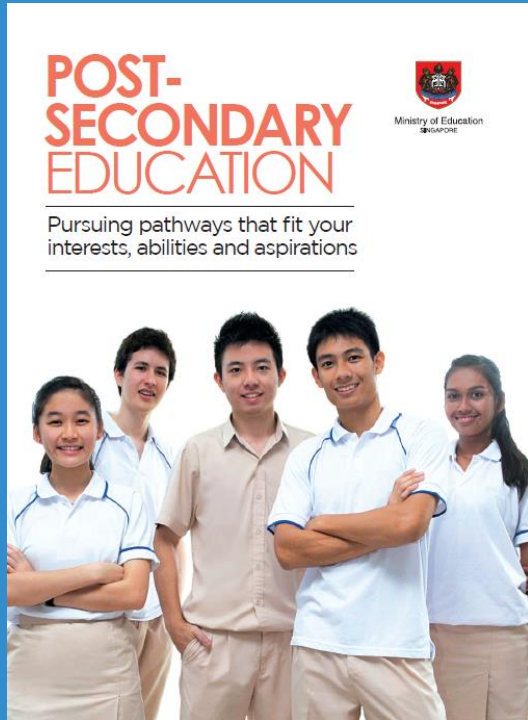
Social media all day every day? Find out what it's like to be a Social Media Strategist.

By National Youth Council
#Communications&NewMedia, #SocialMediaStrategist



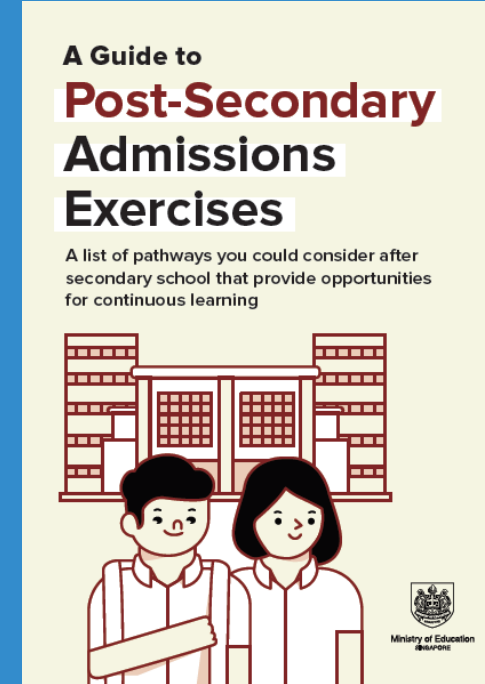
<https://go.gov.sg/omw2022>

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



School-Based Support

Domain	Remarks
Educational Career Guidance	<p>Please contact Mr Tan (ECG Counsellor) via:</p> <ul style="list-style-type: none">• Email: tan kok leong b@schools.gov.sg; or• Telegram: https://t.me/ECGC_Mr_Tan; or• Schedule an appointment with him at https://go.gov.sg/ecg-service-request 
Social-Emotional	<ul style="list-style-type: none">• Please contact the school counselling team at https://tinyurl.com/SSScounselling 
ICT (i.e. use of school device for application)	<ul style="list-style-type: none">• 17 Dec, please report to ICT personnel at the IT lab 2 (Level 3) from 2.30 pm to 4pm• 20 Dec & 21 Dec, IT lab is available from 9am to 4pm. Must inform FTs, prior to coming to school in school attire.

Key Dates for Jan 2022 Intake Exercise (Full-time *Nitec* Courses)

Key Activity	Period for 2-Year and 3-Year <i>Nitec</i> Courses, and 3-Year <i>Higher Nitec</i> courses	Remarks
1st Phase (Main Phase)		
Application	17 Dec 2021 (2.30pm) to 21 Dec 2021 (5pm)	Apply through the Internet at https://www.ite.edu.sg with NRIC / FIN and Date of Birth. You may also apply using SingPass.
Release of Results	30 Dec 2021 at 9am	Check results at https://istudent.ite.edu.sg with web ID and password
Acceptance of Course Offer Period	30 Dec 2021 to 4 Jan 2022	Accept course offer at https://istudent.ite.edu.sg with web ID and password
2nd Phase (Late Application/Appeal Phase)		
Application	30 Dec 2021 to 4 Jan 2022	Apply through the Internet at https://istudent.ite.edu.sg with NRIC / FIN and Date of Birth. You may also apply using SingPass.
Release of Results	11 Jan 2022 at 9am	Check results at https://istudent.ite.edu.sg with web ID and password
Acceptance of Course Offer Period	11 Jan 2022 to 13 Jan 2022	Accept course offer at https://istudent.ite.edu.sg with web ID and password
3rd Phase (Final Top-up Phase)		
Application	1 st Top-up Phase Application - 11 Jan to 20 Jan 2022 2 nd Top-up Phase Application - 26 Jan to 8 Feb 2022	Apply through the Internet at https://istudent.ite.edu.sg with NRIC / FIN and Date of Birth. You may also apply using SingPass.
Release of Results	1 st Top-up Phase - 14 Jan to 26 Jan 2022 2 nd Top-up Phase - 26 Jan to 15 Feb 2022	Check results at https://istudent.ite.edu.sg with web ID and password
Acceptance of Course Offer Period	1 st Top-up Phase - 14 Jan to 26 Jan 2022 2 nd Top-up Phase - 26 Jan to 15 Feb 2022	Accept course offer at https://istudent.ite.edu.sg with web ID and password

Jan 2022 Intake Term Commencement Date: **10 Jan 2022**

Information For Students on Key Dates for Jan 2022 intake

1. All N(A)* /N(T) school leavers are encouraged to put in an application during the **1st Phase (Main Phase)** between **17 Dec 2021 (2.30pm) to 21 Dec 2021 (5pm)**. Application results for the 1st Phase will be released on **30 Dec 2021 at 9am**.
2. If you wish to appeal, please accept the course offered **before** applying in the 2nd Phase (Late Application/Appeal Phase) between **30 Dec 2021 to 4 Jan 2022**. The application results for the 2nd Phase will be known on **11 Jan 2022 at 9am**.
3. Unsuccessful applicants can appeal under the **3rd Phase (Final Top-up Phase)** between **11 Jan to 20 Jan 2022 and 26 Jan to 8 Feb 2022** for courses with vacancies. The application results for the 3rd Phase will be known between **14 Jan to 26 Jan 2022** and **26 Jan to 15 Feb 2022**.

*N(A) school leavers who are not eligible to progress/repeat in MOE schools.

Key Pointers for Students on ITE's Joint Intake Exercise (JIE) for Admission to Nitec Courses

ALL N(T) students and N(A) students (who are not progressing to 5N(A) or repeating 4N(A)) are eligible for JIE.

Keen competition for *Nitec* and *Higher Nitec* courses, so use all 12 choices wisely!

Participation in Main Phase is key to secure a place in ITE!

If you are keen in the work & learn option, you may consider applying for the ITE Traineeship programme. Do apply in the Main Phase to avoid missing a place in ITE!

If you are unsuccessful in EAE, make sure you apply in Main Phase to avoid missing a place!

If you have received an additional letter, then you are eligible for the 3-year *Nitec* Programme (eNFP).

If you are eligible for eNFP, make sure you apply for the 2-year *Nitec* first before applying for eNFP!




The eNFP helps to build the necessary literacy and numeracy foundations that will enable you to successfully complete your *Nitec* course!

If you are counter-offered a course, accept it first before appealing to another course you may be more interested in!

Online Application for

2-Year *Nitec* and 3-Year
Higher Nitec Courses

3-Year *Nitec* Course with eNFP
(for N(T) courses with 0, 1 pass)

1. Go to https://www.ite.edu.sg .	
2. Click  icon.	
3. Under JIE 'N', click  icon to link to the application website	Under JIE 'E', click  icon to link to the application website
4. At the application website: a) Enter NRIC / FIN and Date of Birth to start application. b) Upon completion of application, applicants will receive their web ID and password.	

Checking of Posting Results/Accept Course Offer

2-Year *Nitec* and 3-Year
Higher Nitec Courses

3-Year *Nitec* Course with eNFP
(for N(T) courses with 0, 1 pass)

1. Go to <https://istudent.ite.edu.sg>.
2. Enter **web ID** and password.
3. Click '**Self-Service**' followed by '**Student Admission**' followed by '**View Application Results**' to view the application results and to accept course offer.

Please Note the Following:

1. Students who
 - **did not apply** during the 1st Phase (Main Phase) may be contacted by your teachers to understand your reasons and, where necessary, assist you to complete the ITE application online in the Appeal and Top-Up Phases.
 - applied in the 1st Phase (Main Phase) and were **counter-offered courses** may also be contacted by your teachers to advise/remind you to accept the counter-offer **before** submitting an appeal.
2. Students who are not enrolled in any course in secondary school or Post-Secondary Education Institutions (i.e. Poly/ITE/NAFA/LaSalle) by May 2022 may be contacted by MOE for further support and guidance.

Additional Information For Students

The information listed in the table below will help you to make an informed decision on which choice of courses you could consider applying at ITE.

S/N	Information	Attachment/Link
1	ITE Factsheet 2021	 ITE Factsheet 2021
2	ITE Course Booklet 2022	https://www.ite.edu.sg/docs/default-source/full-time-courses-doc/ite-course-booklet-2022
3	ITE Traineeship Course Booklet 2022	https://www.ite.edu.sg/docs/default-source/traineeship/ite-traineeship-e-booklet_2022.pdf
4	Information on Progression Opportunities (From <i>Nitec</i> Courses to <i>Higher Nitec</i> and Technical Diploma Courses)	https://www.ite.edu.sg/admissions/full-time-courses/nitec/progression-opportunities
5	Information on Graduate Employment Survey	https://www.ite.edu.sg/admissions/graduate-employment-survey

- For students who want to continue with 5NA to pursue 2021 GCE O-Level Examination
- Please submit the online form at go.gov.sg/sss5na by 21 Dec (Monday), 5pm.



Applying for PFP/DPP

- All PFP-bound students are required to:
 - attend Sec 5N(A) till 28 Jan 2022
 - apply for PFP in Jan 2022 upon release of GCE O-level results
- Students who are interested to apply for DPP only:
 - Apply from 17 Dec to 21 Dec 2021
 - If DPP application is successful, there is no need to return to Sec 5N(A)

Can students apply for both the PFP & DPP at the same time?

- Yes. However, if the student is offered a place in both the PFP and DPP, **he/she may only accept one course offer.** Students who accept both offers will have both offers voided.
- If the student has already accepted his/her DPP offer by 4 Jan 2022, the school will contact him/her if he/she is eligible for PFP and the collection of the PFP eligibility form, after the release of the GCE O-Level results. If the student decides to apply for and accepts his/her PFP offer in January, he/she will need to apply for withdrawal from the DPP course. **Applicant can apply for refund of his/her DPP enrolment fees, subject to ITE's approval.**

Can students apply for both the PFP & DPP at the same time?

One option for Secondary 4 Normal (Academic) students who are interested in both the PFP and DPP is to **first progress to Secondary 5 and then apply for both the PFP and DPP** upon release of the GCE O-Level examination results in January.

For Returning Sec 5

- The printed copies of 2022 Booklist for Sec 5NA are available in GO (with Miss Lee). PDF copy available on our school website.
- Students who are returning to SSS to continue their studies in 2022 may purchase their books from school bookshop on the day of results release on 17 Dec 2021 or when school re-opens. They are required to be properly attired (in half-school uniform with black shoes and socks). Students who are not properly-attired will be refused entry.
- For uniforms, they may purchase online at www.intrenduniforms.com or directly at vendor's retail store at Geylang Road or when school re-opens.

In-Trend Uniforms

729 Geylang Road

Singapore 389640

For Returning Sec 5

- Students who need to apply for 2022 MOE FAS may pick up a copy of the application form from GO or download a PDF copy from MOE's website. Please **submit** the MOE FAS application **latest by Monday, 27 December 2021, 12 pm** if students wish to be considered for financial assistance under MOE FAS for the **full year** from January to December 2022.
- **No reimbursement will be given** if payment has been made for any of the MOE FAS benefits (e.g. books and uniforms) **prior to receiving FAS approval**.

The N-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!





Ministry of Education
SINGAPORE