

JOINT INTAKE EXERCISE (JIE) 2021

17 Dec 2020 (2.30pm) – 21 Dec 2020 (5pm)

Managing Your Emotions and Making Your Decisions

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.



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

DO

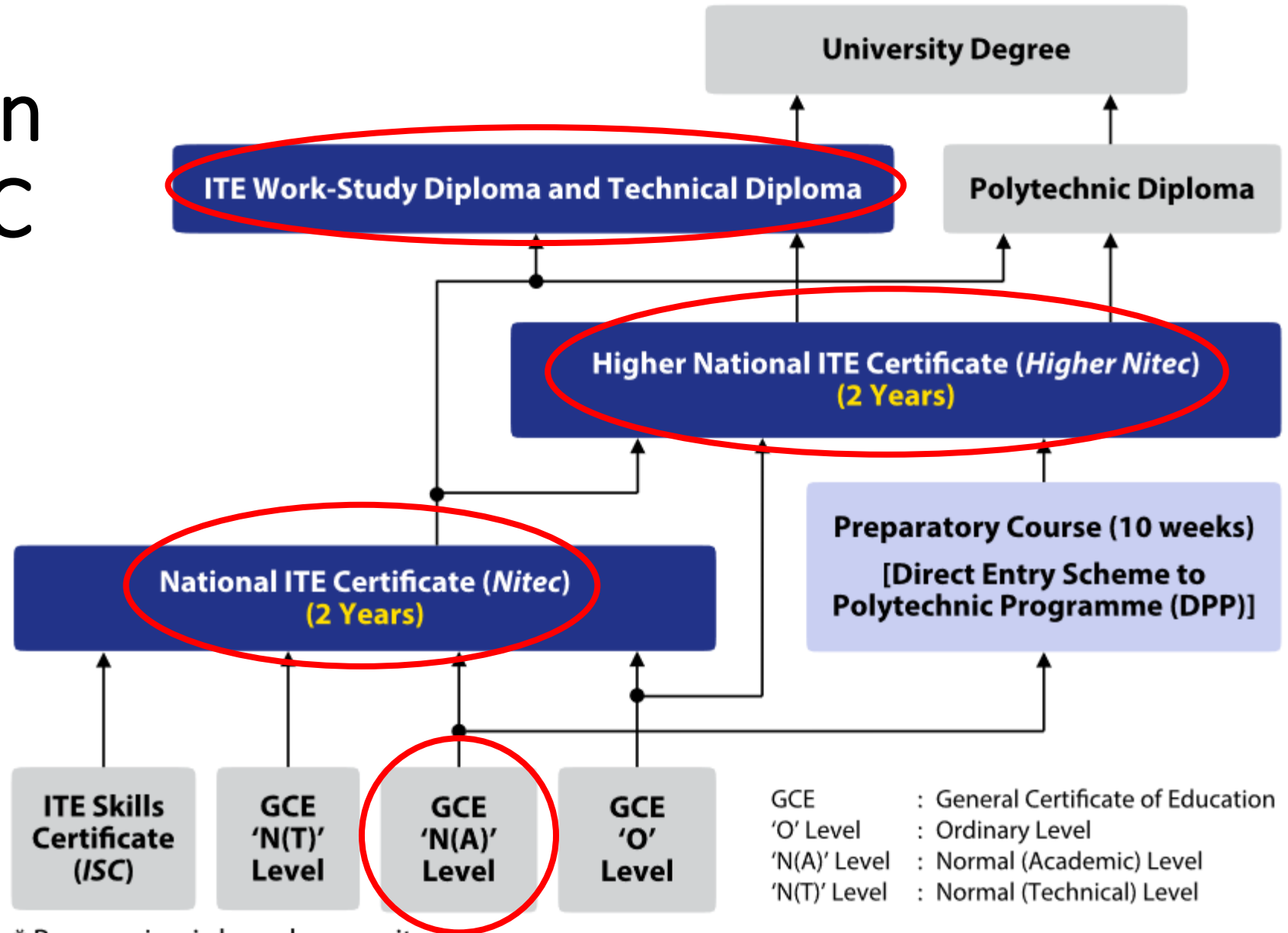
Approach a trusted adult and seek his/her help. Have a conversation with this person about what would be best for you. Make a decision based on your options and take action.

What are the *PATHWAYS*
available to me?

JIE 'N' – Nitec Course (2 Years)

- Read the JIE booklet and shortlist the courses you are ELIGIBLE for (check Form N) and INTERESTED in. Check if your options offer you a progression from Nitec to a relevant course in Higher Nitec or Polytechnic.
- **Some Nitec courses require you to attend an interview.** If you are applying for such a course and are shortlisted for interview, the **interview date will be Wed 23 Dec 2020, Thur 24 Dec 2020 (morning), and Mon 28 Dec 2020.**
- Some interviews are conducted online while the rest are conducted on-campus. **You must check on Tue 22 Dec 2020 (from 2pm) to see if you are shortlisted for an admission interview, and if so, to note your interview slot and mode.**
- Some Nitec Courses are also available as Traineeship.

Academic Progression from NITEC



* Progression is based on merit

<https://www.ite.edu.sg/admissions/full-time-courses/nitec/academic-progression>

Academic Progression from NITEC

Progression to Technical Diploma Courses

Minimum GPA from relevant Nitec course (including CCA bonus points) **3.0**

<https://www.ite.edu.sg/admissions/full-time-courses/technical-diploma/entry-requirements>

Progression to Work-Study Diploma Courses

Minimum GPA from relevant Nitec course (including CCA bonus points) **2.0**

<https://www.ite.edu.sg/courses/work-study-diploma>

Progression to Higher Nitec Courses

<https://www.ite.edu.sg/admissions/full-time-courses/nitec/progression-opportunities>

Minimum GPA from relevant Nitec course (including CCA bonus points) **3.0**

Required for:

- 2nd year of related *Higher Nitec* courses

Minimum GPA from relevant Nitec course (including CCA bonus points) **2.3**

Required for:

- 1st year of *Higher Nitec* Technical courses
- *Higher Nitec* in Paramedic & Emergency Care course

Minimum GPA from relevant Nitec course (including CCA bonus points) **2.8**

Required for:

- 2nd year of *Higher Nitec* in Automotive Engineering course
- 1st year of *Higher Nitec* Business courses
- *Higher Nitec* in Culinary Arts course
- *Higher Nitec* in Early Childhood Education course*
- *Higher Nitec* in Pastry & Baking course
- *Higher Nitec* in Precision Engineering course

* Applicants for *Higher Nitec* in Early Childhood Education must also have obtained Grade 1 or 2 for GCE 'N' (Academic) English Language, OR Grade A1 to C6 for GCE 'O' Level English Language. Please click [here](#) for details.

Progression to Polytechnic Diploma Courses

<https://jpae.polytechnic.edu.sg/app>

Nitec (in technical areas) graduates with a GPA ≥ 3.5 may also apply for admission to a related diploma course at the polytechnics. Please refer to [JPAE website](#) for more information on progression to diploma courses.

Example:



Progression Opportunities

Nitec in Infocomm Technology graduates with a Grade Point Average (GPA) of 3.5 and above may apply for progression to the first year of a [related diploma course at the Polytechnics](#). For more details on diploma courses for progression, please refer to the [Joint Polytechnic Admissions website](#).

Nitec in Infocomm Technology graduates with a GPA of 2.3 and above may also apply for progression to [related Higher Nitec courses offered by ITE](#). For more information on progression, please click [here](#).



Traineeship Courses (booklet)

Students interested in Traineeship courses are highly encouraged to apply for JIE 'N' as well.

<https://www.ite.edu.sg/docs/default-source/traineeship/ite-traineeship-2021-course-booklet.pdf>

<https://www.ite.edu.sg/admissions/traineeship>

JIE(H) – Direct Entry Scheme to Polytechnic Programme (DPP)

Instead of progressing to Sec 5N(A), students may consider enrolling directly into **two-year *Higher Nitec* courses at ITE** through the Direct-Entry-Scheme to Polytechnic Programme (DPP).

ITE offers 18 full-time *Higher Nitec* courses under DPP.

DPP students who **successfully complete their *Higher Nitec* courses and attain the minimum qualifying Grade Point Average (GPA)** are subsequently guaranteed a place in a polytechnic diploma course **mapped to their *Higher Nitec* course.**

JIE(H) – Direct Entry Scheme to Polytechnic Programme (DPP)

- Following the release of the GCE N(A)-Level results in December 2020, DPP-eligible students may submit an application online via the DPP application portal (<https://www.ite.edu.sg/admissions/full-time-courses/higher-nitec/application-for-higher-nitec>).
- Successful applicants will be required to attend a 10-week preparatory course prior to commencing their *Higher Nitec* courses.
- More information can be found at <https://www.ite.edu.sg/admissions/full-time-courses/higher-nitec/direct-entry-scheme-to-polytechnic-programme>.

Eligibility

Secondary 4N(A) students who sat for their GCE N-Level examinations in 2020 as a school candidate and have met the following requirements are eligible to apply:

- ★ a. Obtained an ELMAB3 aggregate of 19 points or better (excluding CCA bonus points); **and**
- ★ b. Met the following course-specific entry requirements:

For Applied Sciences, Engineering and Info-Communications Technology courses:

GCE N-Level subjects	Minimum Required Grades
English Language Syllabus A	4
Mathematics (Syllabus A/ Additional)	4
Any three other subjects excluding CCA	5

For Business & Services courses:

GCE N-Level subjects	Minimum Required Grades
English Language Syllabus A	3
Mathematics (Syllabus A/ Additional)	4
Any three other subjects excluding CCA	5

Continuation of DPP eligibility

In addition, Secondary 4N(A) students who offered **GCE O-Level examination subjects** in 2020 (and those who offered GCE O-Level Mother Tongue in Secondary 3 in 2019) may combine their grades from these examinations with their N(A)-Level results to apply for the DPP. In doing so, they may use the following grade conversion table for computation of their ELMAB3 aggregates:

GCE O-Level Grade	Converted Grade
A1-B3	1
B4-C6	2
D7-E8	3

The GCE O-Level grade of 9 and GCE N(A) grade of U will not be considered for computation of the ELMAB3 aggregate score. If a student has taken the same subject at both the GCE N- and GCE O-Level examinations, only the better of the two grades will be used in the computation of his/her ELMAB3 aggregate to determine DPP eligibility.

Eligibility does not guarantee placement in a DPP course. More information on eligibility requirements for the DPP can be found at <https://www.ite.edu.sg/admissions/full-time-courses/higher-nitec/direct-entry-scheme-to-polytechnic-programme>.

Students who had accepted an offer through the ITE Early Admissions Exercise (EAE) are eligible to apply for the DPP, should they have met the requirements outlined above.

JIE(H) – Direct Entry Scheme to Polytechnic Programme (DPP)

- **Students who have sat for both GCE N- and GCE O-Level examination subjects can apply for the DPP prior to the release of their GCE O-Level results.** They may submit an application in December using both their GCE N-Level results, and results from their school-based preliminary examinations for O-level subjects. Students who are successful in their DPP application will receive an offer for a DPP course. **Upon the release of the O-Level examination results, ITE will verify if applicants who had used school-based preliminary examination results for admission have fulfilled the criteria for admission to the DPP.**
- Students who are newly-eligible for the DPP after the release of the O-Level results in 2021 may also apply in January 2021.
- When submitting their applications online, students will be able to select up to twelve course choices. Students are also advised to provide updated contact details in their applications so that ITE and/or schools can contact them if necessary.

Polytechnic Foundation Programme (PFP)

The PFP is a diploma-specific foundation programme conducted over two academic semesters at the polytechnics by polytechnic staff. Students who successfully complete the PFP will progress to the first year of their chosen diploma course in the same polytechnic.

Eligibility

Sec 4N(A) students who have sat for their GCE N-Level examinations in 2020 as a school candidate are eligible to apply for the PFP if they:

- ★ a. Obtain an ELMAB3 aggregate **not** exceeding **12** points **prior to** deducting CCA bonus points; **and**
- ★ b. Meet the following subject-specific requirements of the courses¹ they are applying for:

For Courses featured in Group 1	Minimum Required Grades
English Language Syllabus A	3
Mathematics (Syllabus A / Additional)	3
One of the following relevant subjects: <ul style="list-style-type: none">• Science (Physics, Chemistry)• Science (Physics, Biology)• Science (Chemistry, Biology)• Food and Nutrition• Design and Technology	3
Any two other subjects excluding CCA	3

For Courses featured in Group 2	Minimum Required Grades
English Language Syllabus A	2
Mathematics (Syllabus A / Additional)	3
One of the following relevant subjects: <ul style="list-style-type: none">• Principles of Accounts• Literature in English• History• Humanities (Social Studies, Geography)• Humanities (Social Studies, History)• Humanities (Social Studies, Literature in English)• Geography• Art	3
Any two other subjects excluding CCA	3

Sec 4N(A) students who have sat for GCE O-Level examination subjects in 2020 (and those who sat for GCE O-Level Mother Tongue in 2019) may use the following grade conversion table for computation of their ELMAB3 aggregates:

GCE 'O' Level Grade	Converted Grade
A1-B3	1
B4-C6	2
D7	3

The O-Level grades of E8 and 9 will not be considered for computation of the ELMAB3 aggregate score. If a student has taken the same subject at both the GCE N- and GCE O-Level examinations, only the better grade will be computed towards his/her ELMAB3 aggregate to determine PFP eligibility.

Eligibility does not guarantee placement in a PFP course. Placement is subject to the availability of vacancies and in open competition with other eligible applicants based on merit.

More information on eligibility requirements for the PFP can be found at the following URL:

https://pfp.polytechnic.edu.sg/PFP/pfp_eligibility.html.

Application

Upon release of the GCE O-Level results in January 2021, all PFP-eligible students may submit an application online via the PFP portal at <https://pfp.polytechnic.edu.sg/PFP/index.html>. The application window for PFP will open at 2.00 pm on the day the GCE O-Level results are released (Day 1) and will remain open for five days thereafter (at 4.00 pm on Day 5 as the last day for application). During this period, Sec 4N(A) students will have time to consult their teachers, parents and friends, as well as to visit the polytechnics to obtain more information on courses that they may be interested in. More details on the PFP application dates will be made available on the PFP portal following the release of the GCE O-Level results.

More information can be found at <https://pfp.polytechnic.edu.sg/PFP/index.html>.

Students interested in PFP & DPP:

4N(A) students have the following options in applying for the PFP and DPP:-

- (a) Students who are **only interested in applying for the PFP** should first **progress to Sec 5N(A)**, even if they meet the PFP eligibility criteria based on their GCE N(A)-Level results in December 2020. They may then **apply for the PFP upon release of the GCE O-Level results in January 2021**. If their application is successful, they will withdraw from Sec 5N(A) by the end of January 2021. All PFP-bound students are required to attend Sec 5N(A) classes in their secondary schools up till the last Friday of January 2021, i.e. 29 January 2021.

- (b) Students who are **only interested in applying for the DPP** should do so **once they receive their GCE N(A)-Level results in December 2020**. Should they accept a DPP offer, they will not be required to return to their secondary schools for Sec 5N(A).

Students interested in PFP & DPP (con't):

(c) **Students who are interested in applying for both the PFP and DPP** are encouraged to consider carefully their interests and strengths, as well as the courses offered under both programmes.

For more information on the PFP and DPP, as well as the courses offered, students may refer to the PFP website (<https://pfp.polytechnic.edu.sg/PFP/index.html>) or the DPP website (<https://www.ite.edu.sg/admissions/full-time-courses/higher-nitec/direct-entry-scheme-to-polytechnic-programme>).

One option for students who are interested in both the PFP and DPP is to first progress to Sec 5N(A) and then apply for both the PFP and DPP upon release of the GCE O-Level examination results in January 2021. **Students who are offered a place in both the PFP and DPP may only accept one course offer. Students who accept both offers will have both offers voided.** If their application to either the PFP or DPP is successful, they will withdraw from Sec 5N(A) by the end of January 2021.

For students who have already applied for and accepted their DPP offer prior to the release of the GCE O-Level examination results, their secondary school will contact them to collect the PFP eligibility form (Form P) if they are eligible for PFP after the release of the GCE O-Level results. For students who decide to apply for and accept their PFP offer in January, they will need to apply for withdrawal from the DPP course. **Applicants can apply for a refund of his/her DPP enrolment fees, subject to ITE's approval.**

Progression to Sec 5NA

Sec 4N(A) students can be promoted to Sec 5N(A) if they satisfy **all** the following criteria:-

(a) Obtained an ELMAB3 (EL, Mathematics (MA) and best three other subjects) aggregate score of 19 points or less; and

(b) Obtained at least an N(A)-Level Grade 5 for all subjects used in the computation of ELMAB3.

Apply at the General Office in person by 21 Dec 2020 (12pm).

*Students who sat for O-Level subjects may use their preliminary examination results to compute for eligibility for now.

For students to note:

All Sec 4N(A) students who **do not have a confirmed place** in the DPP or *Nitec* programme at ITE following the release of the GCE N-Level results in December 2020, but are **eligible for progression to Sec 5**, should **report to their secondary schools on 4 January 2021 (Mon) to continue with Sec 5**.

Retention at 4NA

4N(A) students who wish to repeat their GCE N(A)-Level Examination will need to satisfy a set of criteria.

For more information, please speak to Ms Ong.

Summary of Pathways

1. EAE (if you have previously accepted the offer, double check with your teacher if you are admitted into the course based on your results)
2. JIE 'N' (2 year nitec)
3. Traineeship
4. DPP (higher nitec)
5. PFP
6. Sec 5A
7. NFP (NAFA)
8. Retain at 4NA
9. Private School

Administrative Instructions

What you will receive:

1. N Level Result slip
2. N Level Certificate
3. Personalised Form N* (**must open to check for course eligibility**)
4. 2021 ITE Admission Booklet with scholarship brochure inserted (JIE booklet)
5. ITE Traineeship booklet
6. What's Next brochure
7. Post-Secondary Education booklet
8. (NA only) Sec 5NA Booklist (if applicable)
9. (NA only) DPP brochure + DPP/PFP fact sheet
10. School magazine
11. Receipts

Important pages to note in JIE booklet

Course	Who to note	Pages to note
JIE 'N' (Nitec 2-year course)	All NA and NT students	3-4, 6-17, 20-44, 50-64
JIE 'H'	NA students who qualify for DPP	3, 5-6, 66-105
Traineeship	All interested NA and NT students	JIE 'N' pages + 119-131

Key Dates for Jan 2021 Intake Exercise (Full-time *Nitec* Courses)

Key Activity	Period for 2-Year and 3-Year <i>Nitec</i> Courses	Remarks
1st Phase (Main Phase)		
Application	17 Dec 2020 (2.30pm) to 21 Dec 2020 (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 2020 at 9am	Check results at https://istudent.ite.edu.sg with web ID and password
Acceptance of Course Offer Period	30 Dec 2020 to 4 Jan 2021	Accept course offer at https://istudent.ite.edu.sg with web ID and password
2nd Phase (Late Application/Appeal Phase)		
Application	30 Dec 2020 to 4 Jan 2021	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 2021 at 9am	Check results at https://istudent.ite.edu.sg with web ID and password
Acceptance of Course Offer Period	11 Jan 2021 to 13 Jan 2021	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 21 Jan 2021 2 nd Top-up Phase Application - 27 Jan to 8 Feb 2021	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 27 Jan 2021 2 nd Top-up Phase - 27 Jan to 15 Feb 2021	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 27 Jan 2020 2 nd Top-up Phase - 27 Jan to 15 Feb 2021	Accept course offer at https://istudent.ite.edu.sg with web ID and password

Key Dates for Jan 2021 Intake Exercise (Full-time *Nitec* Courses)

Key Activity	Period for 2-Year and 3-Year <i>Nitec</i> Courses	Remarks
1st Phase (Main Phase)		
Application	17 Dec 2020 (2.30pm) to 21 Dec 2020 (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 2020 at 9am	Check results at https://istudent.ite.edu.sg with web ID and password
Acceptance of Course Offer Period	30 Dec 2020 to 4 Jan 2021	Accept course offer at https://istudent.ite.edu.sg with web ID and password

Important: Refer to JIE booklet [page 6](#) for details

Note (JIE 'N' and 'E'):

Release of Course Interview Details: 22 Dec 2020 (2pm) - JIE booklet page 50

Interview for Courses with Interview Requirement: 23 Dec, 24 Dec (morning) or 28 Dec 2020

Note (DPP):

Application: 17 Dec 2020 (2.30pm) to 21 Dec 2020 (5pm)

Release of results for DPP – 23 Dec (9am)

Acceptance of course period: Wed 23 Dec (9am) to Mon 28 Dec 2020

For ALL:

Matters pertaining to appeals – JIE booklet page 6

Information For Students on Key Dates for Jan 2021 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 2020 (2.30pm) to 21 Dec 2020 (5pm)**. Application results for the 1st Phase will be released on **30 Dec 2020 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 2020 to 4 Jan 2021**. The application results for the 2nd Phase will be known on **11 Jan 2021 at 9am**.
3. Unsuccessful applicants can appeal under the **3rd Phase (Final Top-up Phase)** between **11 Jan to 21 Jan 2021 and 27 Jan to 8 Feb 2021** for courses with vacancies. The application results for the 3rd Phase will be known between **14 Jan to 27 Jan 2021** and **27 Jan to 15 Feb 2021**.

*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* 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* Programme (eNFP) first before applying for eNFP!



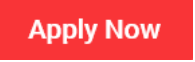
The eNFP helps to build the necessary literacy and numeracy foundations that will enable you to successfully complete your *Nitec* course!

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

STEP-BY-STEP INFORMATION FOR JIE APPLICATION

Online Application for

2-Year *Nitec* Courses3-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: <ul style="list-style-type: none"> a) Enter NRIC / FIN and Date of Birth to start application. b) Upon completion of application, applicants will receive their web ID and password. 	

Ensure that you use your PERSONAL email for application purposes. Do not the school's email.

STEP-BY-STEP INFORMATION FOR JIE APPLICATION

Checking of Posting Results/Accept Course Offer

2-Year *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.

The above steps applies to all phases (refer to [Slide 10](#) for dates).
For more details, please refer to ITE Admission Booklet.

For students to take note:

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 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 2021 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 2020	 ITE Factsheet 2020
2	ITE Course Booklet 2021	https://www.ite.edu.sg/docs/default-source/full-time-courses-doc/ite-course-booklet-2021.pdf
3	ITE Traineeship Course Booklet 2021	https://www.ite.edu.sg/docs/default-source/traineeship/ite-traineeship-2021-course-booklet.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 Deployment Survey	https://www.ite.edu.sg/admissions/graduate-employment-survey

Support from BSS



Education and Career Guidance (ECG) Support for 'N' Level Students

Our ECG Counsellor, Ms Valerie, will be in Bartley on:

Date: 18 Dec 2020 (Friday) and 21 Dec 2020 (Monday)

Time : 8am to 12pm

Venue: ECG Room, Level 3

Students and parents who wish to have a consultation session with Ms Valerie may make an appointment at:

<https://go.gov.sg/bartley-ecg>

Or scan the QR Code

Please bring along 'N' Level Results Slip, Form N and JIE Booklet for the consultation.



School's Support

The school will open Computer Lab 3 with internet access & printer.

- Dates: 18 Dec and 21 Dec 2020
- Time: 9am – 3pm
- Staff: Ms Nilar (for assistance)

YH 4/5, Ms Charissa Ong, is contactable via Whatsapp @ 91279253

External Support

Students may also contact the ECG Centre @ MOE (Grange Road) for online or phone counselling appointments between 10 to 23 December 2020 via

- ✓ email: moe_ecg@moe.gov.sg,
- ✓ the appointment booking form: <https://go.gov.sg/moe-ecg-centre> or
- ✓ phone: 68311420 (operating hours are 9.00 am to 5.00 pm on weekdays and 9.00 am to 12.30 pm on Saturdays).

Please have your 'N' Level Results Slip, Form N and JIE Booklet ready.

Useful Resources for Students

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 10 – 23 December 2020 (Weekdays: 9.00 am to 5.00 pm; Saturdays: 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>.

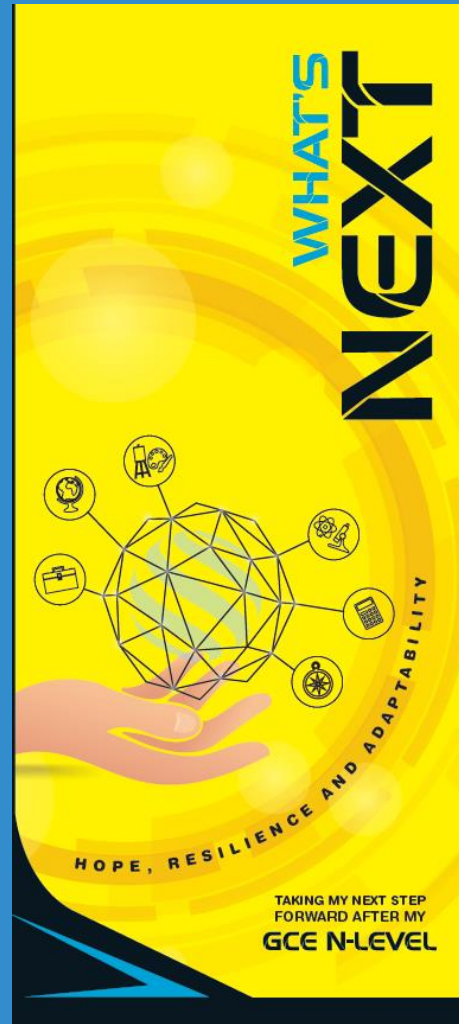


MySkillsFuture Student Portal (Secondary)

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



What's Next – A Quick Guide



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

Reach out for support

- 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.
- If you experience prolonged difficulties, the Community Health Assessment Team (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. You can also call 6493 6500/ 6501 or email CHAT@mentalhealth.sg.
- Alternatively, you may also call the Samaritans of Singapore's 24 hour hotline at 1800-221-4444 to speak with someone.

How am I doing? Sec/JCCJ

I'm doing great!
I'm doing pretty good.
I'm doing okay, i guess.
I'm starting to struggle.
I'm having a really bad time.
I need to reach out for support.

Having difficult emotions during a stressful and uncertain period is normal. Keep a look out for some of these signs:

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**

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