

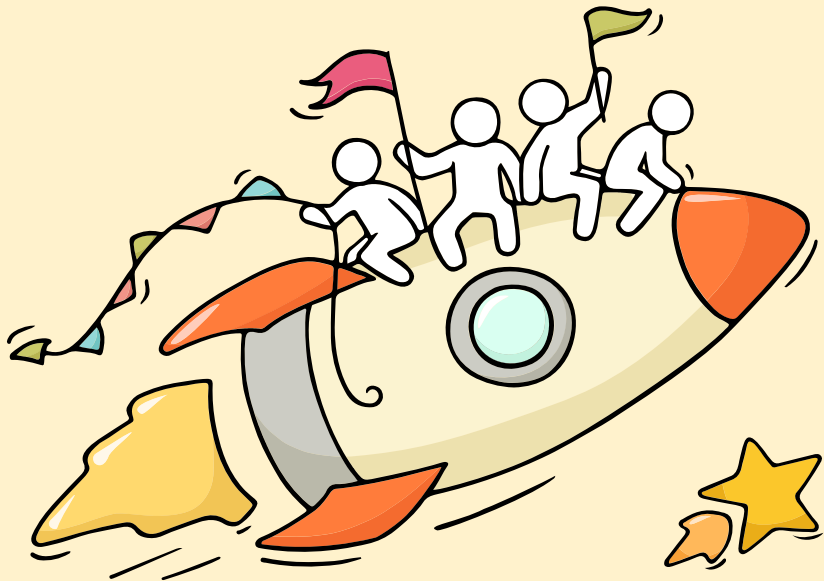
Welcome Back!

Briefing Slides for Release of 2023 N-Level Results



Dear students,

You have worked hard to reach this stage. Let's celebrate your efforts!



Finally, we are going to get our results!



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?

Who am I?



How Do
I Get There?

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.

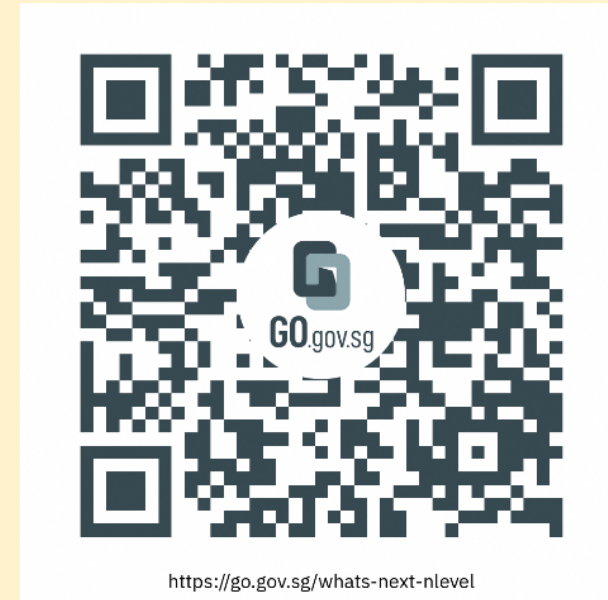
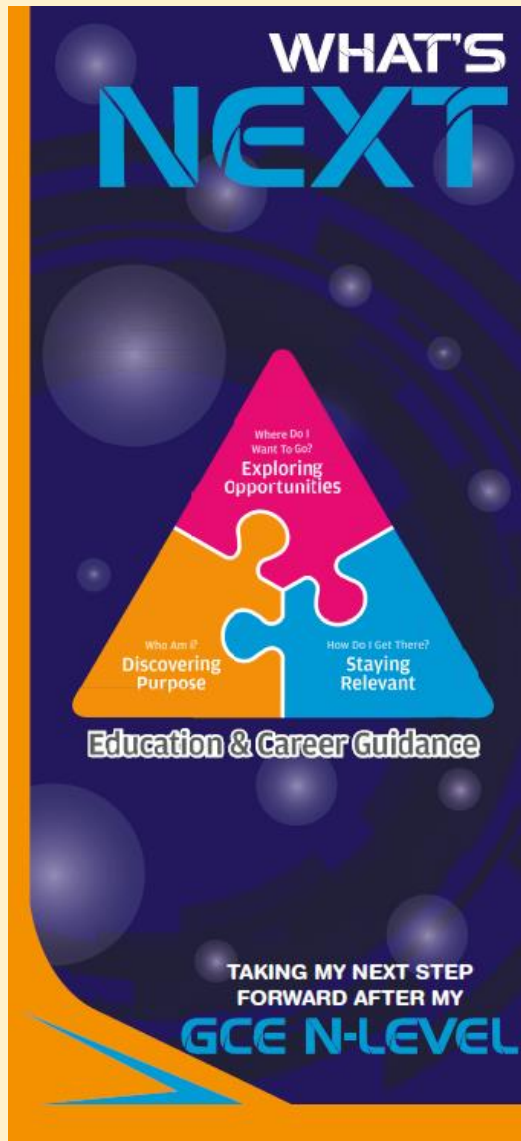
Where can we find more information?



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



Resources to help you make informed decisions



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

Resources to help you make informed decisions

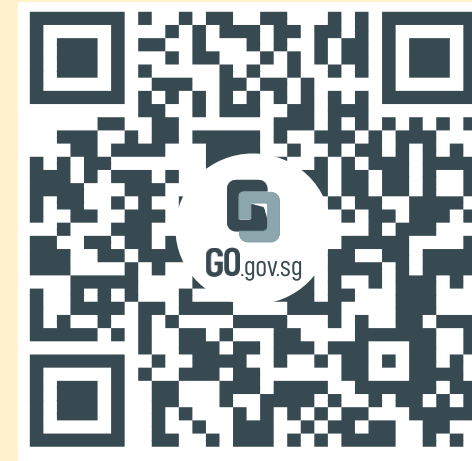
Post-Secondary Education

Learn more about the admissions exercises and programmes



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

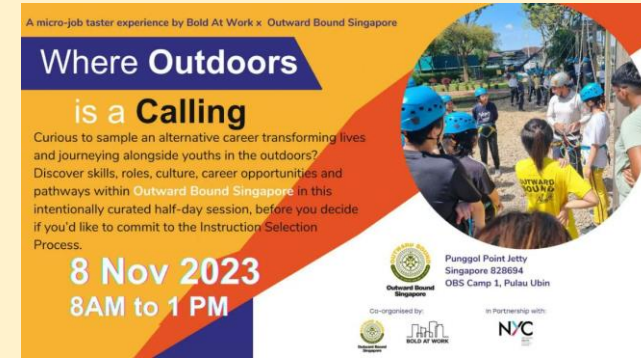
Learn more about the post-secondary education institutions



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

Resources to help you make informed decisions

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. <https://www.nyc.gov.sg/omw/home>



KNOW IT ALL

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

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 N-Level is 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 and take action based on your options.

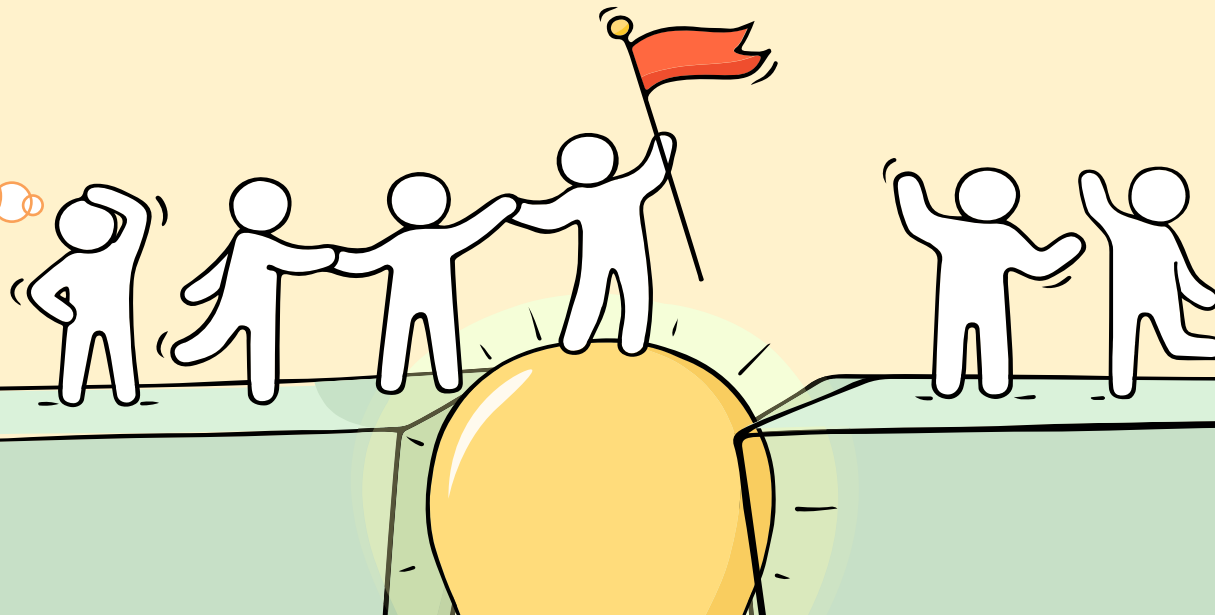
When you receive your results, you may experience a range of emotions.

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.

*Is there
someone we
can speak
with?*



Support is readily available for you.

Reach out to an ECG Counsellor!

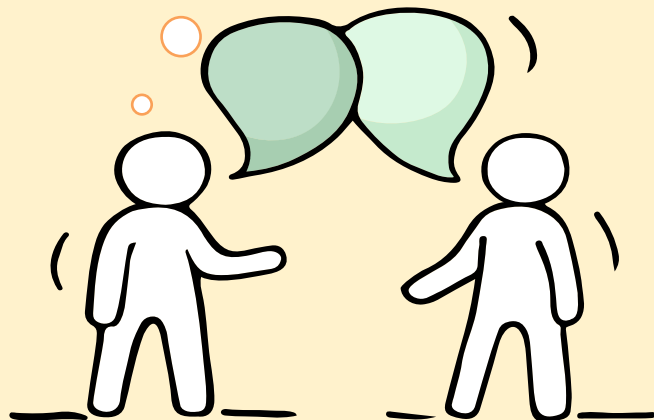
Who can we go to for ECG advice?

Make an appointment to speak with your ECG Counsellor in school.

OR

Make an ECG counselling appointment via the ECG Centre @ MOE (Grange Road) at

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



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

How can we support one another?



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 **1-767** or **1800-221-4444**

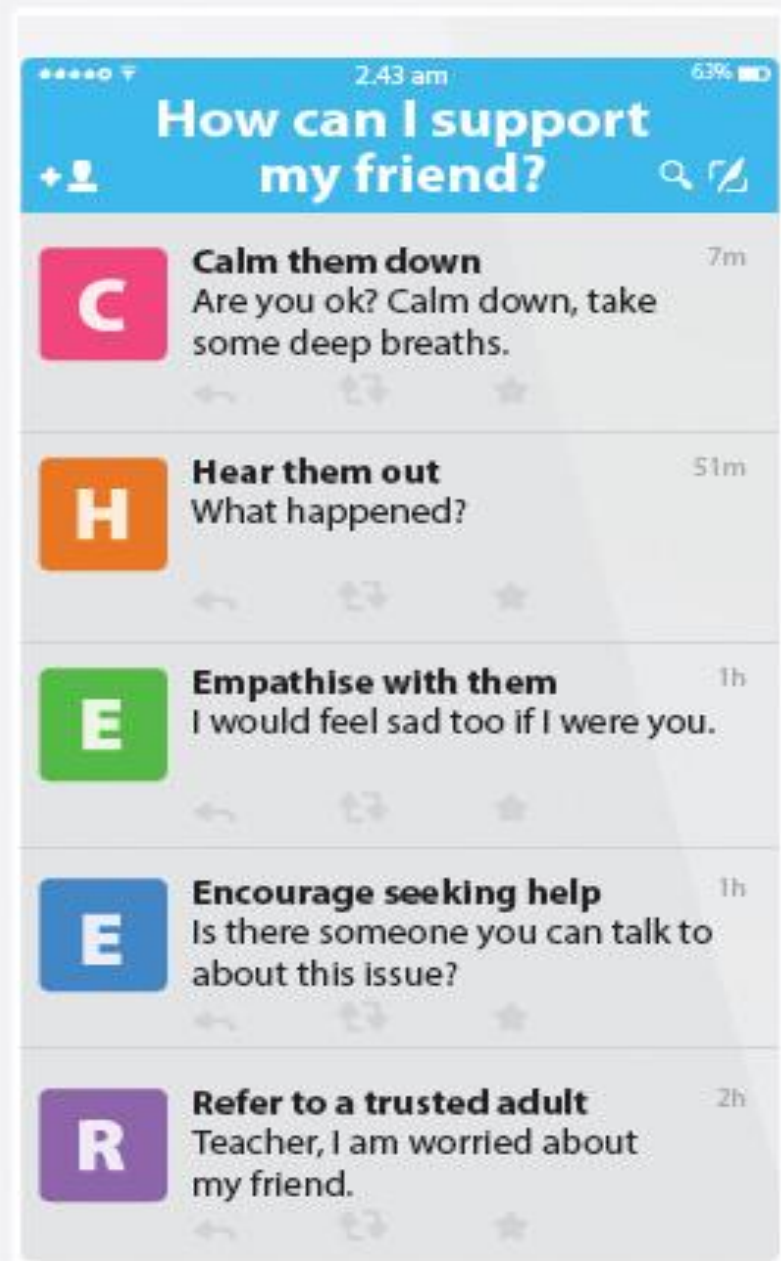


Supporting Your Friend

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:



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**
(24-hour helpline)

Whatsapp: **9151 1767**
(24-hour Care Text)

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

Call: **1800-377 2252**

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

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**

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/>

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

www.mindline.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*



**The N-Level
examination is not
the destination.**

**It is part of your
education journey.**