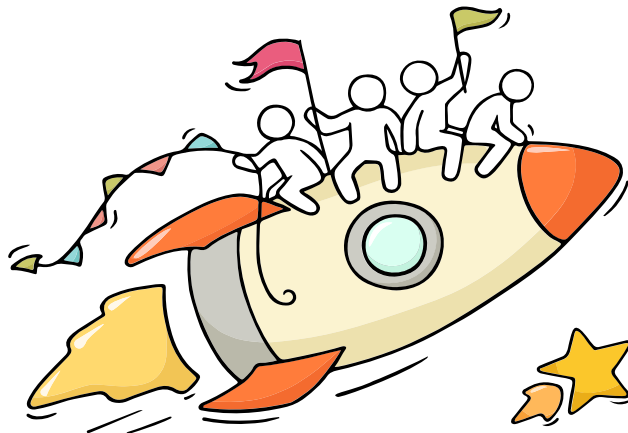


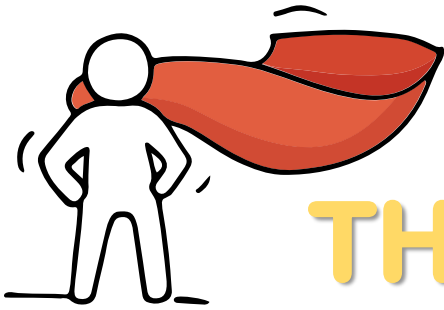
# Bedok South Secondary GCE O Level Results 2023



# 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 3 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.

Remember that **everyone's learning journey is different**  
but **we can each have a fulfilling outcome!**

*Many pathways and opportunities!*



# 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.**

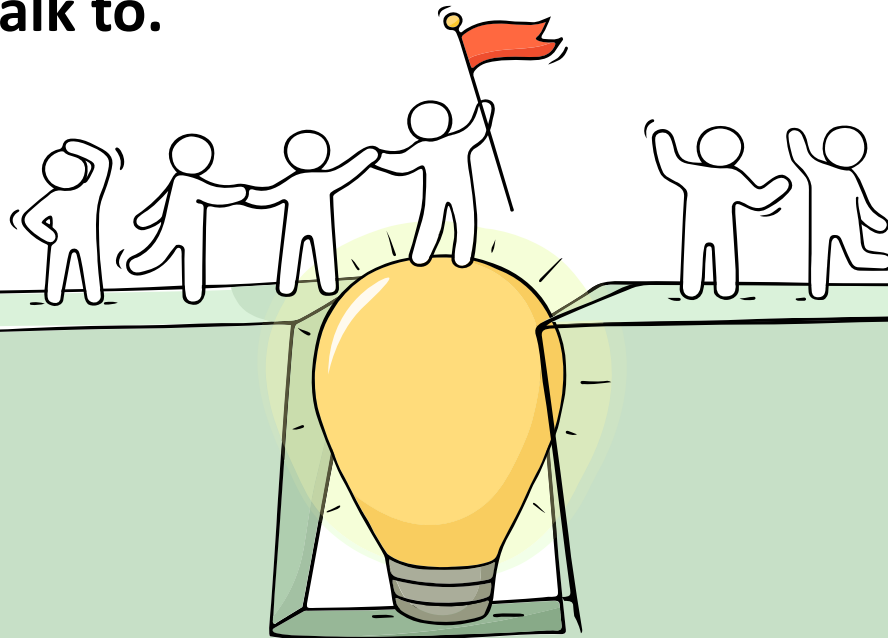
REALIZE THAT YOU  
ARE NOT ALONE,  
THAT WE ARE IN THIS  
TOGETHER AND MOST  
IMPORTANTLY THAT  
THERE IS HOPE.


Deepika Padukone



# 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.**

**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**

# 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](tel:1-767) or [1800-221-444](tel:1800-221-444)  
(24-hour helpline)

There are also alternative avenues for emotional support through email and text messaging.

Email: [pat@sos.org.sg](mailto:pat@sos.org.sg)  
(Response within 48 hours)

SOS Care Text: [www.sos.org.sg](http://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](tel:64936500)/ [6501](tel:6501) or  
Email: [CHAT@mentalhealth.sg](mailto: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:  
<https://www.ec2.sg>

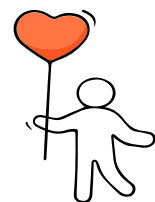
Monday – Friday  
(Excluding Public Holidays): 10am – 12pm  
& 2pm – 5pm

## 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: <https://www.mindline.sg>

# Resources

2024 JAE Booklet  
(<https://go.gov.sg/2024jae>)



<https://go.gov.sg/2024jae>

# Information on Open Houses

A levels	2024 Open House dates	Time	Links
ASRJC	12 Jan	10am - 5pm	<a href="https://www.asrjc.moe.edu.sg/open-house-2024/welcome/">https://www.asrjc.moe.edu.sg/open-house-2024/welcome/</a>
ACJC	10 Jan	12pm - 5pm	<a href="https://www.acjc.moe.edu.sg/events/open-house/">https://www.acjc.moe.edu.sg/events/open-house/</a>
CJC	12 Jan	10am - 4pm	<a href="#">CJC OPEN HOUSE 2024</a>
DHS	13 Jan	9am - 1pm	
EJC	12 Jan	9am - 4pm	<a href="https://www.eunioiajc.moe.edu.sg/oh/">https://www.eunioiajc.moe.edu.sg/oh/</a>
HCI	15 Jan	12pm - 4pm	<a href="https://hc-oh.com/">https://hc-oh.com/</a>
JPJC	12 Jan	9am - 4pm	<a href="https://www.ipjc.moe.edu.sg/about-ipjc/open-house-2024/">https://www.ipjc.moe.edu.sg/about-ipjc/open-house-2024/</a>
MI (3 year programme)	12 Jan	12pm - 5pm	<a href="https://www.millennia institute.moe.edu.sg/openhouse2024/">https://www.millennia institute.moe.edu.sg/openhouse2024/</a>
NYJC	12 Jan	TBC	<a href="https://apps.nyjc.edu.sg/openhouse2024/">https://apps.nyjc.edu.sg/openhouse2024/</a>
NJC	12 Jan	9am - 2pm	<a href="https://nationalic.moe.edu.sg/">https://nationalic.moe.edu.sg/</a>
RI	12 Jan	10am - 2.30pm	<a href="https://www.ri-open-house-2024.com/">https://www.ri-open-house-2024.com/</a>
RVHS	12 Jan	9am - 12pm	<a href="https://www.rivervalleyhigh.moe.edu.sg/">https://www.rivervalleyhigh.moe.edu.sg/</a>
SAJC	12 Jan	9am - 4pm	
TMJC	12 Jan	TBC	<a href="https://tmjc.moe.edu.sg/">https://tmjc.moe.edu.sg/</a>
TJC	12 Jan	10am - 2pm	<a href="https://www.temasekjc.moe.edu.sg/">https://www.temasekjc.moe.edu.sg/</a>
VJC	13 Jan	9am - 1pm	<a href="https://victoriajc.moe.edu.sg/">https://victoriajc.moe.edu.sg/</a>
YIJC	12 Jan	10am - 5pm	<a href="https://www.yijc.moe.edu.sg/">https://www.yijc.moe.edu.sg/</a>

IB	Open House dates	Time	Links
ACSI	12 Jan (JAE briefing session)	10am - 11.30am	<a href="https://www.acsindp.moe.edu.sg/announcements/announcements/jae2024/">https://www.acsindp.moe.edu.sg/announcements/announcements/jae2024/</a>
SJI	13 Jan	9am-11.30am	<a href="https://www.sji.edu.sg/news-and-events/announcements/2024/">https://www.sji.edu.sg/news-and-events/announcements/2024/</a>

# Information on Open Houses

Polytechnic*	Open House dates (completed)	Time	Links
SP	4 - 6 Jan	10am - 6pm	<a href="https://www.sp.edu.sg/openhouse">https://www.sp.edu.sg/openhouse</a>
TP	4 - 6 Jan	10am - 6pm (until 8pm on 5 Jan)	<a href="https://www.tp.edu.sg/openhouse/index.html">https://www.tp.edu.sg/openhouse/index.html</a>
NP	4 - 6 Jan	10am - 6pm	<a href="https://www.np.edu.sg/openhouse">https://www.np.edu.sg/openhouse</a>
NYP	4 - 6 Jan	10am - 6pm 12pm - 10pm (5 Jan)	<a href="https://openhouse.nyp.edu.sg/">https://openhouse.nyp.edu.sg/</a>
RP	4 - 6 Jan		<a href="https://www.rp.edu.sg/discover/openhouse">https://www.rp.edu.sg/discover/openhouse</a>

*\*Interested students can still visit the respective websites of the Polytechnics for information.*

Arts Colleges	Dates	Time	Links
LASALLE College of the Arts	19 - 20 Jan		<a href="https://www.lasalle.edu.sg/experience/open-house-info-days/openhouse">https://www.lasalle.edu.sg/experience/open-house-info-days/openhouse</a>
Nanyang Academy of Fine Arts (NAFA)	19 - 20 Jan		<a href="https://enrol.nafa.edu.sg/openhouse">https://enrol.nafa.edu.sg/openhouse</a>



# (DSA) Direct School Admission- JC

## (EAE) Early Admission Exercise - Polytechnic

Students who had **accepted conditional offers** through the 2023 Direct School Admission – Junior Colleges (DSA-JC) / EAE POLYTECHNIC will be admitted to their chosen JC/ Poly if they have **met the eligibility criteria for admission** based on their GCE O-Level examination results. Students admitted to a JC through DSA-JC or Poly through EAE **will not be eligible to participate in the JAE.**

**Please wait for the enrolment package from the respective institutions**

## PFP for Secondary 4NA Students

PFP-eligible students who have taken O-Level subjects will receive a copy of **Form P**. Each copy of Form P contains a unique password. **Students should use the respective passwords to submit their applications online via the PFP website at <https://pfp.polytechnic.edu.sg/PFP/index.html>.**

	Application	Release of Results	Appeal Dates	Report to school by
<b>JCs / Millennia Institute</b>  <b>Poly</b>  <b>ITE</b>	11 Jan 2024 (4pm) to 16 Jan 2024 (4pm)  <b>JAE website</b> <a href="http://www.moe.gov.sg/jae">www.moe.gov.sg/jae</a>  Applicants are strongly encouraged to use the JAE worksheet before submitting their online application	Thursday, 1 February 2024	Please refer to the Combined Polytechnic/ITE JAE appeal portal: <a href="https://jaeappeal.edu.sg">https://jaeappeal.edu.sg</a> for appeal dates	<b>JC/MI:</b> Friday, 2 February 2024  <b>Poly/ITE:</b> Refer to the letter from the respective institutions on the enrolment details.
<b>PFP</b>	11 Jan 2024 <sup>3</sup> (2pm) to 16 Jan 2024 (4pm)	Tuesday, 23 Jan 2024, 2pm	<b>By</b> Friday, 26 Jan 2024, 4pm	<b>PFP:</b> Monday, 22 Jan 2024

**IMPORTANT:** During the JAE registration period, students who are unable to submit their choices via the JAE-IS should not visit MOE Customer Service Centre in person. Instead, you can seek assistance using the online JAE Request Form found at [www.moe.gov.sg/jaerequestform](http://www.moe.gov.sg/jaerequestform). (The form will only be activated during the registration period.)

# Resources to help you make informed decisions

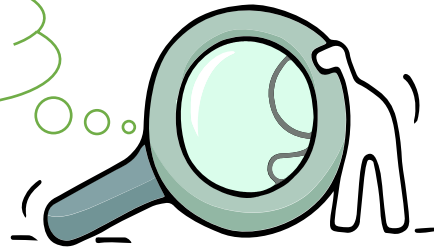


## MySkillsFuture Student Portal

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?*

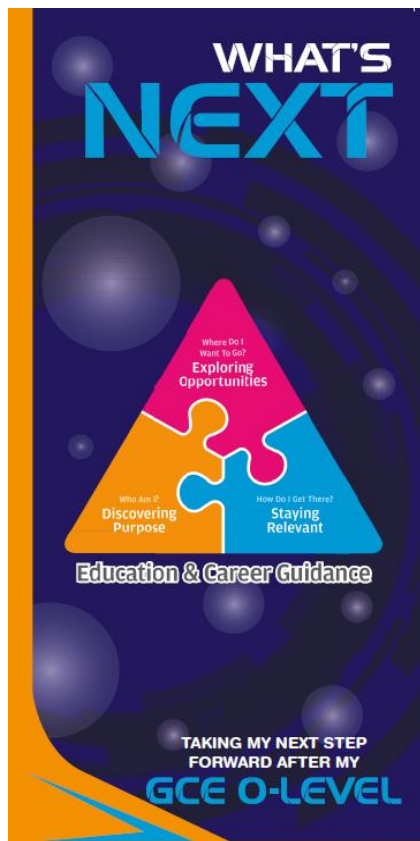


<https://go.gov.sg/mySFse>  
c





# Resources to help you make informed decisions



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



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

# Resources to help you make informed decisions

## Information on 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

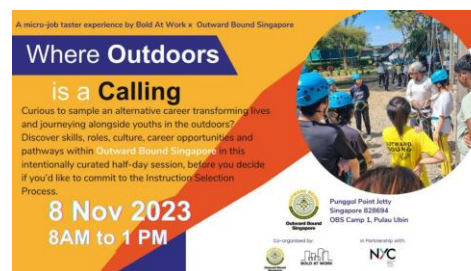
provides consolidated information about different jobs and industries - key responsibilities, skills, career paths and more!



## 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!





# **‘O’-Level Online ECG Counselling**

- 12 Jan (Fri)**
- 15 Jan (Mon)**
- 16 Jan (Tue)**

**Supported by :  
Ms Samantha Woo  
ECG Counsellor**

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## To book an online ECG Counselling Session for 12 Jan (Fri), 15 Jan (Mon) & 16 Jan (Tue)

1. Scan the QR Code below or

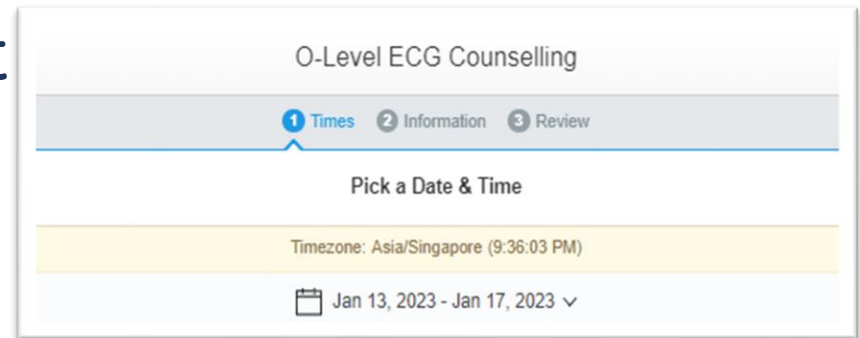


<https://go.gov.sg/ecg-bookappt-gceo>

<https://go.gov.sg/ecg-bookappt-gceo>

To book an online ECG Counselling Session for  
12 Jan (Fri), 15 Jan (Mon) & 16 Jan (Tue)

2. Select an appointment date and time. Each session is about 40mins.



O-Level ECG Counselling

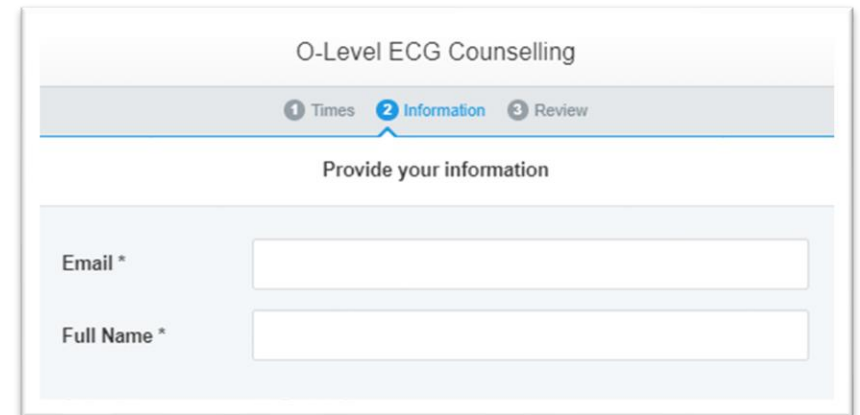
1 Times 2 Information 3 Review

Pick a Date & Time

Timezone: Asia/Singapore (9:36:03 PM)

Jan 13, 2023 - Jan 17, 2023 ▾

3. Provide the required information and complete the form.



O-Level ECG Counselling

1 Times 2 Information 3 Review

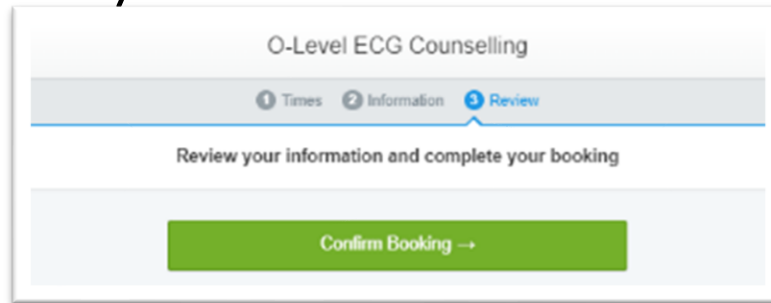
Provide your information

Email \*

Full Name \*

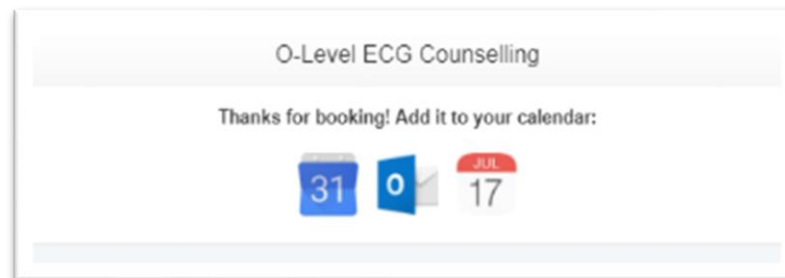
## To book an online ECG Counselling Session for 12 Jan (Fri), 15 Jan (Mon) & 16 Jan (Tue)

4. Check your information and click “Confirm Booking”.



The screenshot shows a web interface for 'O-Level ECG Counselling'. At the top, there are three tabs: 'Times', 'Information', and 'Review', with 'Review' being the active tab. Below the tabs, the text reads 'Review your information and complete your booking'. At the bottom, there is a large green button labeled 'Confirm Booking →'.

5. You will see the message below after you have confirmed your booking.



The screenshot shows a confirmation message from 'O-Level ECG Counselling'. The text reads 'Thanks for booking! Add it to your calendar:'. Below this text are three calendar icons: a blue one with '31', a blue one with '0', and a red one with 'JUL 17'.

6. You will also receive a confirmation email for the appointment. If not, please check you spam or junk email.



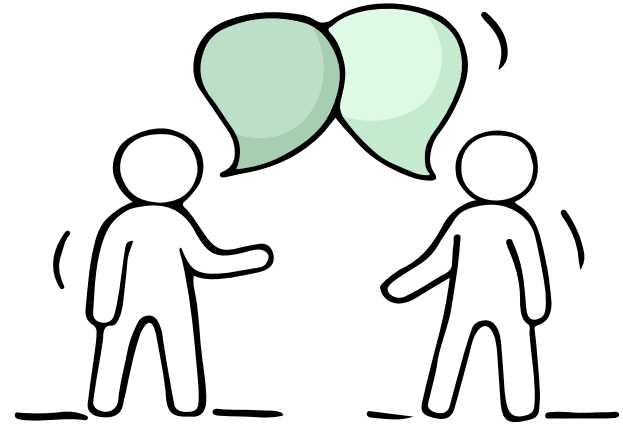
## Things to note

- a. **Zoom details** will be sent to you before the session.
  - It will be sent to you via **WhatsApp**
  - IMPORTANT: To be admitted to the Zoom session, please indicate your name and school in the following format :  
“<school short form> - <name>” e.g. BDS - Jay Ong
- b. **Have your results slip, Form A and JAE/JIE “O” information ready.**



# ECG Support

Students can make an ECG Counselling appointment with the ECG Centre @ MOE (Grange Road) through <https://go.gov.sg/moe-ecg-centre>.



The MOE ECG Centre offers online or phone counselling services to GCE O-Level students from 4 - 18 January 2024 (Weekdays: 9.00 am to 5.00 pm; 6 & 13 January (Saturdays: 9.00 am to 12.00 pm)).



We wish you all the best  
in your future  
endeavours!