

HOW TO PREPARE YOUR CHILD FOR MAJOR EXAMS

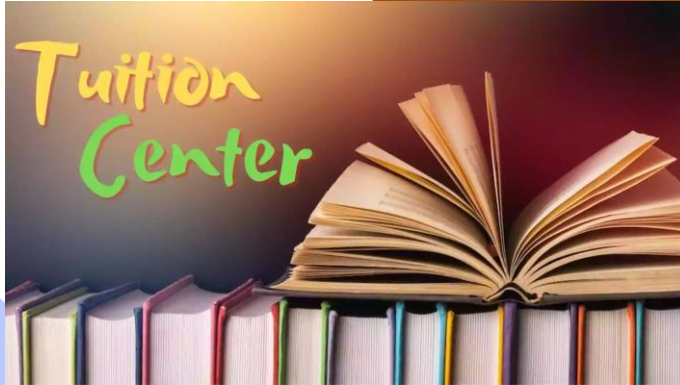


Lilian Hor



- Current Chairperson of FMS(S) PiE committee
- Sec 4 Mom
- Parent volunteer for almost 10 years
 - 6 years in FMS(P)
 - 3 yearst+ in FMS(S)

Parenting woes



#1

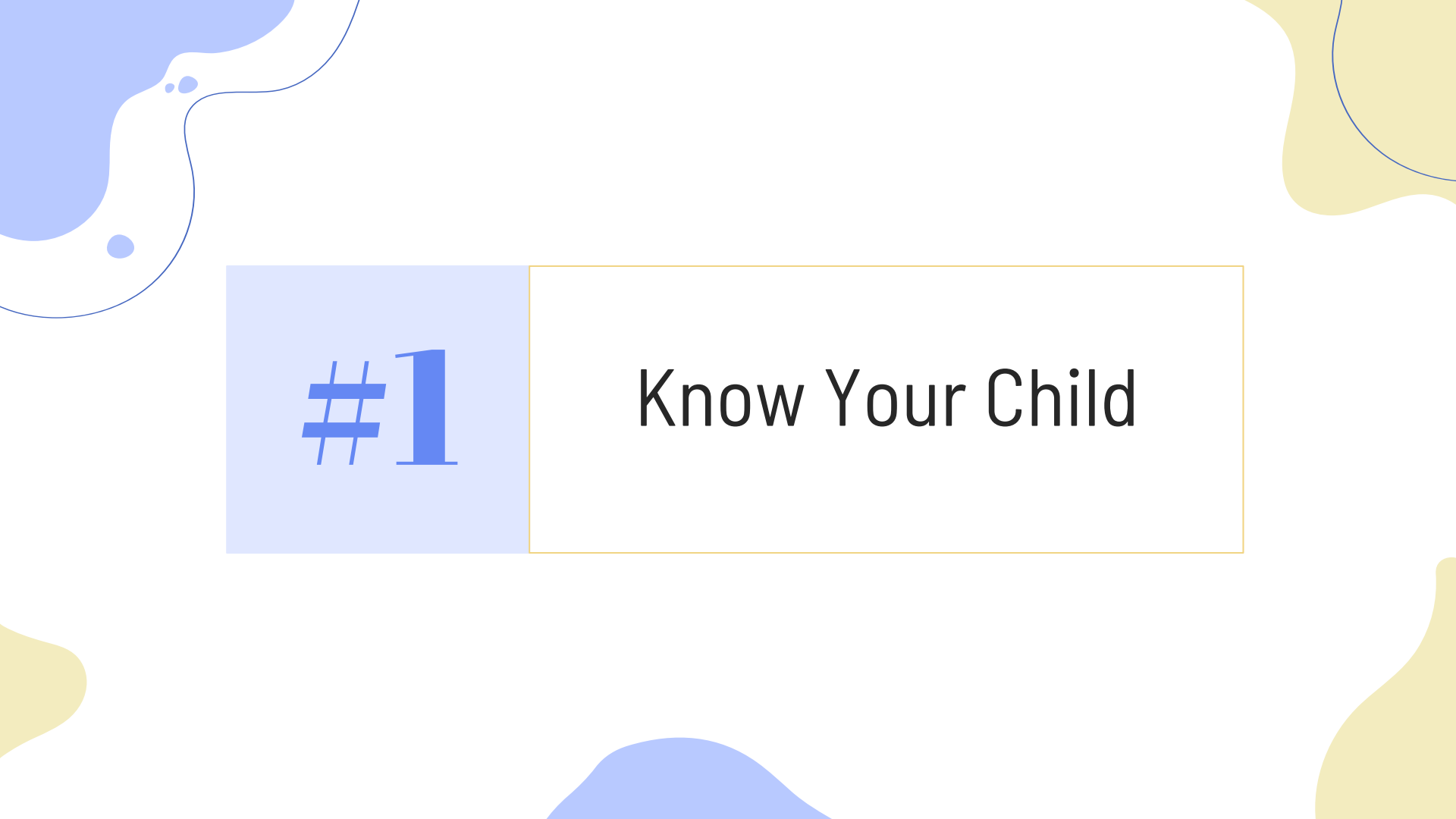
Know Your Child

#2

Manage Expectations

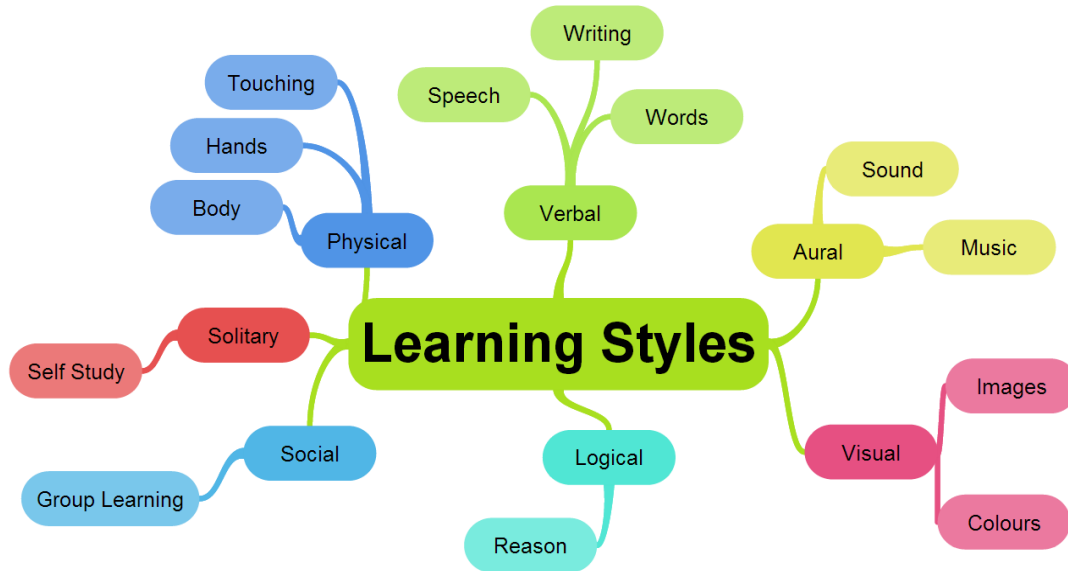
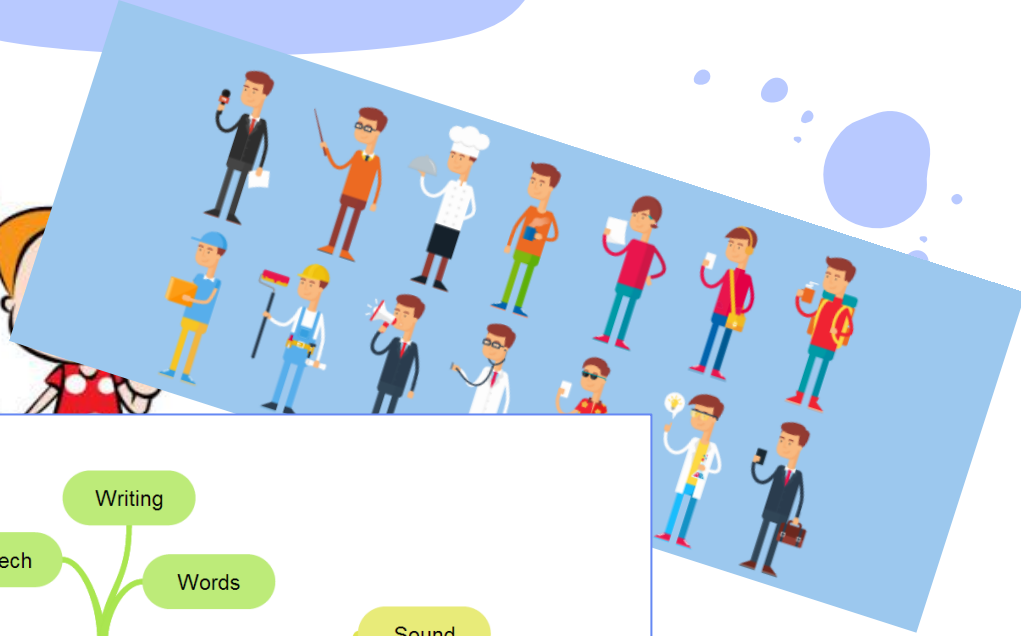
#3

Pillar of Support



#1

Know Your Child





Co-Curriculum

[Overview](#)[Sophia Blackmore Leadership
Programme](#)[CCA](#)[Character & Citizenship
Education](#)[Discipline & Guidance](#)[Student Well-being](#)

Character & Citizenship Education

(b) Career Guidance

All students go through a Career Guidance module as part of the CCE Curriculum. A Career Guidance Day is also organised to prepare Secondary 4/5 pupils for life beyond secondary school. The programme includes dialogue sessions with Former Fairsians who have established their careers in different industries, as well as talks by representatives from Institutes of Higher Learning. Differentiated talks across the streams and visits to several polytechnics also help pupils to understand the criteria and content for various courses and make more informed choices in their post-Secondary education endeavours.



Video : MySkillsFuture: Know Yourself (For Secondary / Pre-U)

MySkillsFuture for Students

Ask your child to
log in to show you

A Singapore Government Agency Website



About ▾

Know Yourself

World of Work ▾

Education Guide ▾

Help ▾

Feedback



Login 🔒

🏠 / About > MySkillsFuture for Students

About MySkillsFuture

MySkillsFuture for students is a one-stop platform to help you better understand yourself, your interests and strengths. You can use relevant information and tools to explore different education and career pathways! This portal will help you identify career goals and make informed education and career choices.

Discover more about yourself, explore the different education and career pathways and start planning for your future!





Co-Curriculum

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Character & Citizenship Education

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ECG: Education & Career Guidance

Handbook for parents



MOE website

<https://www.moe.gov.sg/microsites/ecg-parent-guide/index.html>

Tips for parents

- Parents role
- Tips on what to do

Your Role in Education and Career Guidance (ECG)

~~What are some ways through which you can support your children as they discover and pursue their education and career aspirations?~~

Take some time to think about your personal beliefs and thoughts on how to support your children and the possible ways to get started. Here are some prompts to guide you.

Questions	Yes	Not really, but I hope/try to
I see myself as a facilitator and supporter instead of the "director" of my children's decisions.		
I recognise that all children are unique with their own values, interests, personality and skills.		
I believe that my children's abilities can grow through dedication and hard work.		
I try to appreciate all professions and acknowledge their respective contributions to Singapore.		

Where do you go from here?

Now that you have thought about your own beliefs, it is time to get to know your children better too.

This means talking to them about their values, interests, personality, skills, education opportunities.

Not Sure

3 Tips to Support Your Children's Education and Career Journey

1

Guide your children to make informed decisions and own them

Pay attention to the values, interests, personality and skills your children display in various activities and interactions and affirm them to build their confidence. Discuss important considerations with your children when they are making education and career decisions. Empower them to take ownership of their goals.

I can speak

☐ Aspiration

☐ Interest

☐ Are

☐ Those

☐ Known

☐ Known

☐ Good

☐ Cor

Not man

When co

▶

▶

▶

▶

Read on



2

Encourage your children to explore the world of work

Encourage and support your children in exploring different industries and careers by allowing them to be exposed to a broad spectrum of industries and careers. This supports them in navigating future opportunities and gaining a better understanding of their values, interests, personality and skills.

When you encourage your children to take ownership of their goals and plans, they will be empowered to chart out their career aspirations.

3

Embrace lifelong learning and develop your children's future-ready skills

Learning does not occur only in school, but throughout life. Journey with your children through challenges and triumphs in their education and career journey. Celebrate their efforts and encourage them to reframe setbacks as opportunities.

Help them practise adaptability when facing changes. Encourage them to keep their minds open to new options and think of alternative plans, instead of being fixated on one option.

Help your children see that they can grow and improve with effort and perseverance, and that they can build on opportunities for them to develop themselves as a lifelong learner, as they move towards living a purposeful life.

Education and Career Guidance in school

JIE

PFP

Open house

DSA

Poly

ECG workshops

EAE

JAE

ITE

Career talks

DPP

JC

MI





Video : Where To After Secondary School?

Resource: Post-Secondary Admissions Exercises

A Guide to **Post-Secondary Admissions Exercises**

A list of pathways that you could
consider after secondary school



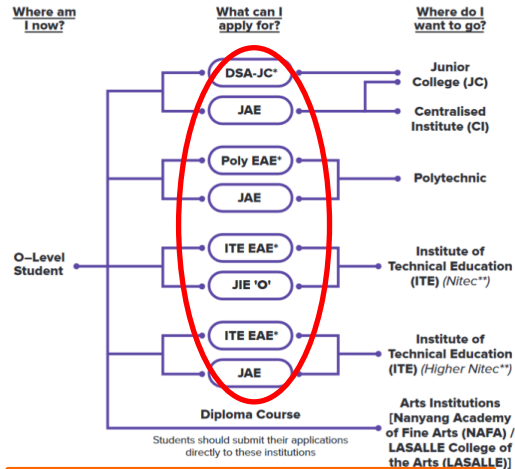
Ministry of Education
SINGAPORE

You would have received it via PG in
May this year

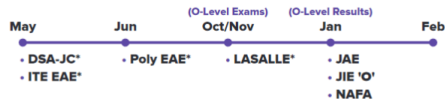
Website to download :
<https://www.moe.gov.sg/post-secondary/admissions>

Resource: Post-Secondary Admissions Exercises

Admissions Exercises for O-Level Students



When can I apply?



Students can apply through these admissions exercises before their O-Level examinations.

**Certain Nitec and Higher Nitec courses are available in traineeship mode. For more information on applying to these courses, you can visit <https://www.ite.edu.sg/admissions/traineeship>

Details of Admissions Exercises

Arts Institutions – NAFA/ LASALLE

GCE O-Level holders with the aptitude and interest to pursue the creative arts at the tertiary level may apply for diploma programmes at the Arts Institutions (AIs). Each AI runs its own admissions exercise, and interested students should apply directly to the institution.

NAFA: www.nafa.edu.sg
LASALLE: www.lasalle.edu.sg

ITE EAE – ITE Early Admissions Exercise

ITE EAE is an aptitude-based admissions exercise that allows students to apply and receive conditional offers for admission to ITE based on their aptitude and interests, prior to receiving their final O-Level examination results. It allows students to demonstrate their aptitudes and interests apart from academic grades, thus allowing a wider range of talents to be recognised.



go.gov.sg/iteeae

JIE 'O' – Joint Intake Exercise 'O'

The JIE 'O' is conducted to enable GCE O-Level holders to apply for the two-year Nitec courses conducted by ITE.



go.gov.sg/applyjie

DSA-JC – Direct School Admission for Junior Colleges

DSA provides students with the opportunity to seek admission to JCs based on a broader range of talents and achievements.



go.gov.sg/applyjcda

JAE – Joint Admissions Exercise

JAE enables GCE O-Level holders to apply for admission to courses offered by JC, MI, Polytechnics and ITE Higher Nitec courses.



go.gov.sg/applyjae

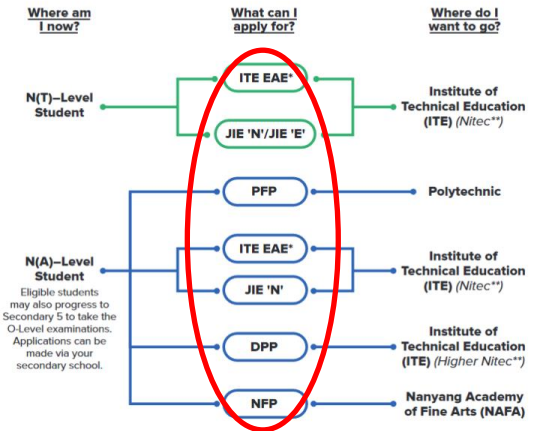
Poly EAE – Polytechnic Early Admissions Exercise

Poly EAE is an aptitude-based admissions exercise that allows students to apply for and receive conditional offers for admission to polytechnics prior to receiving their final grades. It allows students to demonstrate their aptitudes and interests apart from academic grades, thus allowing a wider range of talents to be recognised.



go.gov.sg/polyeae

Admissions Exercises for N-Level Students



When can I apply?



*Students can apply through these admissions exercises before their examinations.

Why Go Through DSA, EAE, PFP or DPP?

- Aptitudes instead of grades
- ITE and Polys offer places based on aptitudes, interests and skills
- Students are chosen based on portfolios, panel interviews, group activities, Applied Learning programmes in schools, work attachment etc
- Minimum entry requirement to ensure students don't struggle later on
- Students can excel when given a chance to pursue their interests
- Passion and potential can open doors too
- EAE students make up 15% of the intake at ITE and Polys

Source:

Video - [Learn for Life] Early Admissions Exercise by MOE Singapore

<https://www.youtube.com/watch?v=zypGcQU0JkM>

School website :

<https://fairfieldmethodistsec.moe.edu.sg/parents/resources-for-parents/education-and-career-guidance>



FAIRFIELD METHODIST SCHOOL
(SECONDARY)

  [About Us](#)[Curriculum](#)[Co-Curriculum](#)[Parents](#)[Prospective Students](#)[Highlights](#)

Home / Parents / Resources for Parents / Education and Career Guidance

Parents

[Partners-in-Education](#)[School Leaders' Updates](#)[Principal's Dialogue with Parents](#)[Form Teachers](#)[Assessment Matters](#)[Administrative Matters](#)[School Rules](#)[School Calendar](#)[Resources for Parents](#)[Education and Career Guidance](#)[Information on Digital Literacy](#)

Education and Career Guidance

Education and Career Guidance (ECG) facilitates the acquisition of necessary knowledge, skills and attitude that will enable students to gain a better self-awareness; explore viable educational and career pathways; make informed decisions and to develop an action plan to achieve their career aspirations.

[ECG Key Messages](#)[ECG Counselling](#)[MOE ECG Resources](#)[Scholarships & Awards](#)[Online Resource](#)

General Information

- ECG Website: www.moe.gov.sg/ECG
- Singapore's Education System: www.moe.gov.sg/SG-edu-system
- Schoolbag Website: Schoolbag.sg
- MOE Financial Assistance Scheme: www.moe.gov.sg/FAS
- The Next Step Forward (ebook): www.moe.gov.sg/the-next-step-forward
- ECG Parent Guide – Journeying with Our Children, Achieving Their Aspirations: www.moe.gov.sg/ECG-parent-guide

School website :

For Teachers

Assessment Matters

Administrative Matters

School Rules

School Calendar

Resources for Parents

Education and Career Guidance

Information on Digital Literacy

Information on Sexuality Education
2021

MOE Guide on Transition to
Secondary School

Personalised Digital Literacy Programme
(PDLP)

Vendors & Services

ECG Key Messages

ECG Counselling

MOE ECG Resources

Scholarships & Awards

Online Resource

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- Schoolbag Website: Schoolbag.sg
- MOE Financial Assistance Scheme: www.moe.gov.sg/FAS
- The Next Step Forward (ebook): www.moe.gov.sg/the-next-step-forward
- ECG Parent Guide – Journeying with Our Children, Achieving Their Aspirations: www.moe.gov.sg/ECG-parent-guide

Information on Secondary Education

- About Secondary Education: www.moe.gov.sg/Sec-Edu
- Secondary School Education Booklet (in 4 languages): www.moe.gov.sg/Sec-Sch-Edu-Booklet
- Considerations when choosing Schools and Making Secondary One Options: www.moe.gov.sg/Sec1-Options

Information on Post-Secondary Education

- Post-Secondary Education Options: www.moe.gov.sg/post-sec
- Post-Secondary School Brochure: www.moe.gov.sg/post-sec-brochure
- Direct School Admission – Junior Colleges: www.moe.gov.sg/DSA-JC
- Early Admissions Exercise: www.moe.gov.sg/early-admission-exercise
- Joint Admissions Exercise: www.moe.gov.sg/JAE
- What's Next (After O-Level): www.moe.gov.sg/what's-next
- Through-train Pathways for N(A) Students: [https://www.moe.gov.sg/education/post-secondary/through-train-pathways-for-normal-\(academic\)students](https://www.moe.gov.sg/education/post-secondary/through-train-pathways-for-normal-(academic)students)
- Polytechnic Foundation Programme: <https://pfp.polytechnic.edu.sg/PFP/index.html>
- Direct Entry Scheme to Polytechnic Programme: <https://www.ite.edu.sg/wps/portal/definitely-des/>
- What's Next (After N-Level): www.moe.gov.sg/what's-next
- ITE Early Admissions Exercise: <https://www.ite.edu.sg/wps/portal/fts.admission.ft>

How Does It Help?

Strengths, Interest , Passion

- figure out what area of studies to pursue



Learning styles, Mode of assessment

- shortlist the type of qualifications and institutions to choose

Weaknesses, Fears

- identify avenues to reduce the fears
- use their strengths to boost their weaknesses



Summary

If they make the choice, they are more likely to work for it.






#2

Managing Expectations

Who's expectations? : You (Parent)



Parent

-  Impose your set of standards and expectations on your child
-  Acknowledge your child's strengths, weaknesses, interests and passion
-  Accept your children's choices
-  Be ready for any outcomes







Who's expectations? : Your Child

Parent

-  Impose your set of standards and expectations on your child
-  Acknowledge your child's strengths, weaknesses, interests and passion
-  Accept your children's choices
-  Be ready for any outcomes







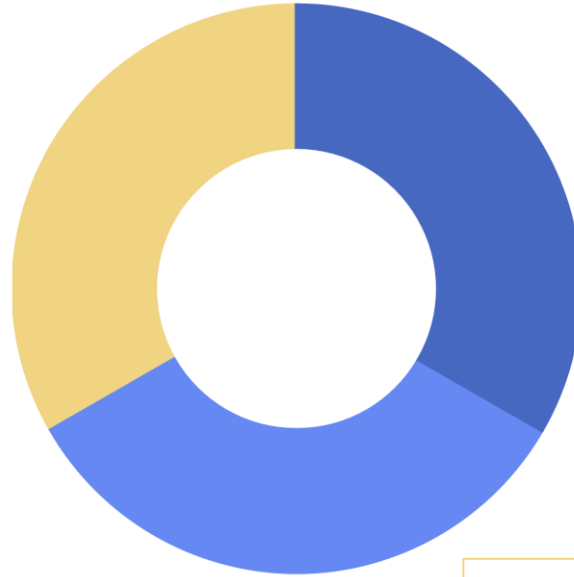
Your Child

-  Embrace their strengths, interests and passion
-  Be brave
-  Accept all outcomes
-  Focus on the end goal




Who's expectations? : Other Family Members

Parent





-  Impose your set of standards and expectations on your child
-  Acknowledge your child's strengths, weaknesses, interests and passion
-  Accept your children's choices
-  Be ready for any outcomes



Other Family Members

-  Acceptance
-  Be supportive
-  Be considerate

Your Child

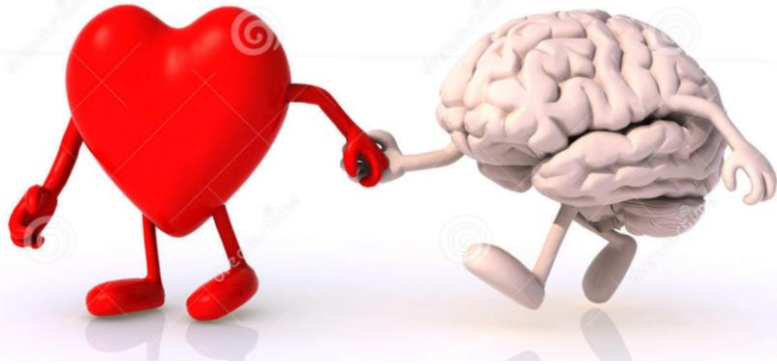
-  Embrace their strengths, interests and passion
-  Be brave
-  Accept all outcomes
-  Focus on the end goal



#3 Pillar of Support



Pillar of Support : Areas to Focus



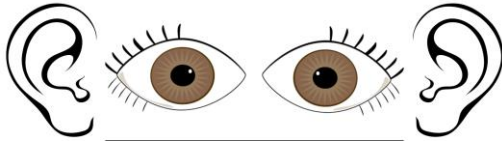
Mental & Emotional Well Being

Physical Well Being



Emotional & Mental Well Being

Keep Eyes and Ears Open



WHY DO I EVEN BOTHER TO "SPEAK"
WHEN NO ONE WOULD LISTEN?



Observe for signs of stress

- Physical: headaches, stomach pain, decrease in appetite or poor sleep
- Emotional: feelings of despair, anxiety/worry, irritability, feelings of overwhelmed, breaks down easily
- Behavioural: lack of motivation or focus, gives up easily
- Social: become withdrawn, does not interact with anyone



Listen to what they saying or not saying!

- Complain or whine a lot
- Become withdrawn and doesn't want to talk to anyone

Establishing a dialogue is key!

Three core principles when it comes to communication with teens:

- **EMPATHY** – Whether the problem is small (to you) or big, show them that it is important to you and that you recognize that it's worrying them. I understand that would make you feel upset/stressed/worried
- **EXPLORE** – What happened? How did that make you feel?
- **EMPOWER** – Try to be the 'guide on the side' and help them find their own solutions to things when possible. Share that it happens to other people, too, that it might have even happened to you.

(Source: <https://www.sassymamasg.com/experts-teen-parenting-advice-check-support-mental-emotional-health/>)



Tips on How To Help Your Child to Feel Good about Themselves

- Learn from experience (failure is not fatal)
- Stop negative self-talk
- Praise oneself (acknowledge all the achievements)
- Remind oneself about one's positive traits

(Source: <https://www.tinklefriend.sg/info-detail/feel-good-about-yourself>)

HOW CAN WE FEEL GOOD ABOUT OURSELVES?



When you do fail at something, don't get discouraged. Think about what you can **learn from the experience**, and how you can do better next time.



Learn to **praise yourself**, especially when you have improved in doing something. E.g. "I can write better this semester than in the last semester".



Stop negative self-talk.

E.g. "I'm terrible in my studies... So I'm not good at anything else". Phrases like this not only bring you down, it may also take away any good feelings you have about yourself.



Try and think of **all the things you like about yourself**. Write them down and make a list. When you are feeling down, take the list out and read it. E.g. "I can draw well, I'm good at remembering things, I make friends easily, I am happy!"

Physical Well Being

Adequate Rest

- Have at least 7 – 9 hours of sleep everyday
- ✓ Helps with memory consolidation
- ✓ Improves mood and behaviour
- ✓ Boosts immune system



Exercise Regularly

- 60 to 90 minutes of moderate- to vigorous-intensity physical activity per day
- ✓ Mental, cardiovascular health and muscle building
 - ✓ Better sleep
- ✓ Reduces stress and anxiety
- ✓ Better focus, concentration and academic performance

(Source: HealthHub.sg)

Physical Well Being

Balanced Nutrition



- Fill Half of your plate with fruit and vegetables
- Fill Quarter of your plate with wholegrains
- Fill Quarter of your plate with meat and others
- Use healthier oils
- Choose water
- Be active

- **Eat Fruits for better mood and mental wellness (2 servings a day)**
 - ✓ mix of nutrients and antioxidants include several vitamins: lycopene, beta-carotene, vitamin A, vitamin C and vitamin E
 - ✓ boost memory and motor function
 - ✓ eat a wide variety (by colours: purple, blue, red, orange and yellow shades)
- **Get adequate omega-3 fatty acids**
 - ✓ Essential for good brain health, help improve memory
 - ✓ Omega-3 fatty acids, docosahexaenoic acid, or DHA
 - ✓ Seafood, algae and fatty fish (including salmon, bluefin tuna, sardines and herring)
- **Drink more plain water**

(Source: HealthHub.sg)

~ What I cook for my family ~



Objective

1. Know your child

Use your child's strengths and interests to explore the paths to pursue and find out types of admission options available

2. Manage Expectations

It is important to manage one's expectation and to be prepared for any outcome

3. Pillar of Support

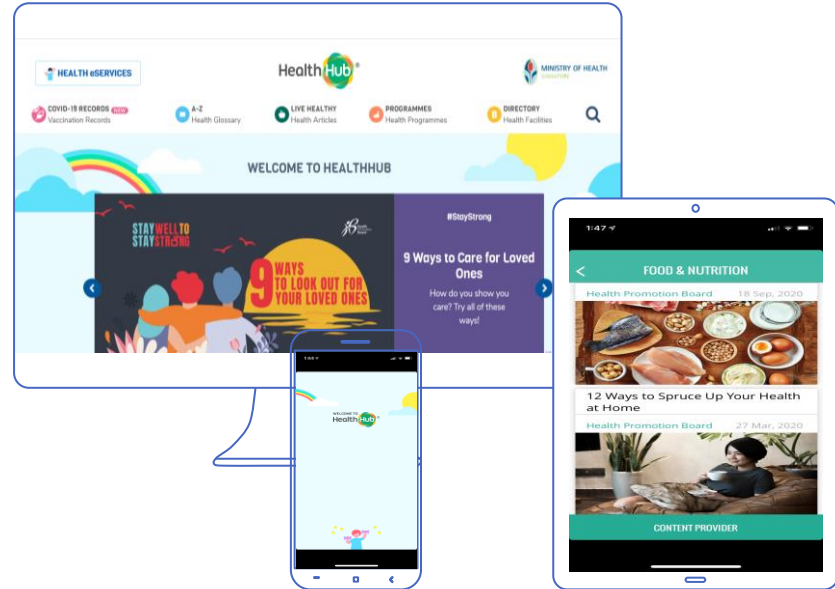
Provide emotional, mental and physical support to your child

It's about

Figuring out the options available and ways to reduce the anxiety to score top scores for the major exams

Bonus Articles

- How To Study Difficult Subjects
 - https://www.healthhub.sg/live-healthy/238/how_to_study_difficult_subjects
- How To Study Smart
 - https://www.healthhub.sg/live-healthy/237/how_to_study_smart
- Exam Stress Busting Tips
 - <https://www.healthhub.sg/live-healthy/1435/exam-stress-busting-tips>



Resource List

MOE Website:

- <https://www.moe.gov.sg/post-secondary>
- <https://www.moe.gov.sg/post-secondary/admissions>
- <https://www.moe.gov.sg/programmes/education-and-career-guidance/overview>
- <https://www.moe.gov.sg/microsites/ecg-parent-guide/index.html>
- <https://www.moe.gov.sg/microsites/next-step-forward/index.html#p=1>
- <https://www.myskillsfuture.gov.sg/content/student/en/secondary/about/myskillsfuture-for-students.html>

School Website:

- <https://fairfieldmethodistsec.moe.edu.sg/parents/resources-for-parents/education-and-career-guidance>

HealthHub Website / Mobile App:

- https://www.healthhub.sg/live-healthy/419/boosting_childs_mental_wellbeing
- <https://www.healthhub.sg/live-healthy/1435/exam-stress-busting-tips>
- <https://www.healthhub.sg/live-healthy/1805/eat-the-rainbow-to-beat-the-blues>
- <https://www.healthhub.sg/programmes/55/my-healthy-plate>
- https://www.healthhub.sg/live-healthy/165/healthy_cooking
- https://www.healthhub.sg/live-healthy/238/how_to_study_difficult_subjects



Many thanks!

