

GCE O-Level Results Release: Supporting Your Teen

Dear parents,

The O-Level results will be released soon. Regardless of the outcome, it is important for our teens to know that they are loved for who they are, and that their grades do not define them or their future. The social and emotional support you provide will be especially valuable and crucial in helping our teens manage their emotions and be positive when deciding on their next steps.

Do take this opportunity to have further open conversations with your teen about their interests and choices and build their pathways together.

For more resources on providing social and emotional support, affirming your teen, and supporting your teen's transition through post O-Level education, please refer to:

<https://go.gov.sg/selresforparents>. You and your teen may also wish to refer to the What's Next pamphlet (<https://go.gov.sg/whats-next-olevel>) and available ECG resources on the MySkillsFuture Student Portal (<https://go.gov.sg/MySFSec>).

For ECG counselling services, students may contact the ECG Counsellor in their schools or the ECG Centre @ MOE (Grange Road) for online or phone counselling appointments from 5 to 21 January 2023 via

- Email: moe_ecg@moe.gov.sg
- Appointment booking form: <https://go.gov.sg/moe-ecg-centre>
- Phone: 68311420 (operating hours are 9.00am to 5.00pm on weekdays and 9.00am to 12.00pm on Saturdays)

We encourage all students to return to their schools to collect their results. However, for those who are unable to return to school, they may view their results online. The guide on accessing the Candidates Portal (<https://myexams.seab.gov.sg>) can be found at: <https://go.gov.sg/2i0grx>.

Please refer to the attached information sheet for more tips and resources on supporting your teen.

Thank you.



SUPPORTING YOUR TEEN UPON RESULTS RELEASE

TIPS AND RESOURCES FOR PARENTS



PROVIDING SOCIAL AND EMOTIONAL SUPPORT

Celebrate your teen's efforts. Acknowledge your teen's emotions. Help your teen manage his/her expectation and emotions, especially if he/she has overly high expectation or negative emotions.

Reassure your teen that the exam results do not determine how much he/she is worth, or how successful he/she will be in the future. Success is personal to every teen, and their efforts are worth affirming, regardless of the results.



Look out for out-of-character behaviours in your teen. Should common signs of stress persist, do seek help and advice from a health professional.

You may also wish to inform your teen's new school on his/her well-being so that appropriate support can be given e.g. monitoring by the teaching staff or school counsellor.



USEFUL RESOURCES:

- [Setting Realistic Expectations](#)
- [Is Your Child Too Stressed?](#)
- Post-Secondary Transition: Click [here](#) to find out how you can support your teen's transition through post-secondary education.



PROVIDING EDUCATION AND CAREER GUIDANCE

Encourage your teen to explore possible education pathways using resources like [MySkillsFuture Student Portal](#) and [What's Next](#) and to discuss their thoughts with you. Engage your teen in conversations on their interests and support them in pursuing their diverse aspirations.

Further tips for parents can be found in the *Education & Career Guidance Handbook for Parents* (<https://go.gov.sg/parent-guide>).



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Check out articles from Schoolbag (<https://www.schoolbag.edu.sg>) for perspectives from other parents, on how they guided their teens, e.g. [From Parents to Parents: Want to Raise Successful Children?](#)