



Upper Sec Parents Engagement Session

5 Feb 2026

A Community where Learners Flourish

Programme

- Welcome by AYH (Sec 3), Ms Foo
- Principal's address by Mr Tang
- Promotion Criteria and Parenting Tips by YH (Sec 4/5), Mr Andy
- Education and Career Guidance by ECGC, Mr Elvis
- Breakout rooms for Sec 3s (Sec 3 FTs time); Sec 4s remain for next sharing
- Use of PLDs for Exam by SH-ICT, Mr Lee
- Breakout rooms for Sec 4&5s (Sec 4 & 5 FTs time)





Address by Principal

- Mr Tang -

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Key Domains for Student Well-being

Psychological

Examples of Key Areas

- State of Mental Health
- Assessment Anxiety
- Stress and Coping
- Resilience



Physical

Examples of Key Areas

- State of Physical Health
- Weight Management
- Eating Habits
- Sleep Health
- Substance Abuse



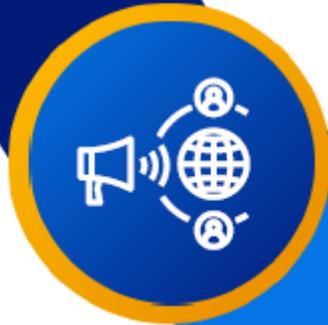
Student's Internal Factors

Values | Character | Developmental Stage
Social Emotional Competencies
Sense of Meaning & Purpose

Cognitive

Examples of Key Areas

- Academic self-efficacy
- Intrinsic motivation
- Learning engagement



Social

Examples of Key Areas

- Sense of belonging
- Relationships (peers/teachers)
- Civic mindedness
- Social mixing



External Factors

Home environment | School environment | Digital environment

Yuhua Teachers' Care for Yuhuans



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YH Time

- Mr Andy -

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Let's broaden definitions of success to go beyond academic, material achievements: PM Wong



There needs to be a **broader definition of success** in Singapore that goes beyond narrow metrics of academic and material achievements, and where everyone is valued for who they are, said Prime Minister Lawrence Wong.

“One where we can **all strive to be the best possible versions of ourselves**. One where our **success is defined by how we help each other to do well collectively.**”

Each path is different, said PM Wong, and there is no need to compare or judge. He said: “**Success is about excelling at what we do today, persevering at it and doing it with pride** instead of worrying about status or rewards.”

Source: [Let's broaden definitions of success to go beyond academic, material achievements: PM Wong | The Straits Times](#)



Education and Career Guidance



Everyone is unique

Everyone is unique with our own values, interests, strengths, personality and skills.



Explore & Empower

There are many different careers in the world of work to explore and I can make informed decisions about my education and career choices.



Grow & Contribute

Each of us can use our strengths, abilities and passion to work towards our goals and contribute meaningfully to the community.





ACADEMIC BRIEFING

A Community where Learners Flourish

AIMS

The aims of this briefing is to:

1. To enable student to have **better management and monitoring** of own learning.
2. To prepare student for the academic year so that there will be **greater ownership of learning** (classes and examinations).





ASSESSMENT STRUCTURE FOR SEC 3

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ASSESSMENT STRUCTURE: SEC 3

| Level | WA1 | WA2 | WA3 | EYE | Total |
|-------|------|------|------|------|-------|
| Sec 3 | 15 % | 15 % | 15 % | 55 % | 100 % |

- Weighted Assessment 1 – TERM 1 WEEK 7 - 9
- Weighted Assessment 2 – TERM 2 WEEK 7 - 9
- Weighted Assessment 3 – TERM 3 WEEK 6 - 8
- End of Year Examination – TERM 4 WEEK 3 - 4





PROGRESSION TO SEC 4

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Common Academic Requirements at Sec 3

At the end of Sec 3, students need to **meet the common academic requirement** to offer subjects at the same subject levels to the following year (in Sec 4).



Academic Requirement

Pass English and two subjects or at least half the total number of examinable subjects offered.

- **‘Pass’** refers to subject overall mark of at least 50% regardless of subject level.
- **‘Half the number of total examinable subjects’** would be rounded down if the students offered an odd number of subjects.
- For S3 students **offering 5 subjects, a floor of 3 is set** given that the alternative academic requirement is pass in EL and 2 subjects.
- Examinable subjects do not include CCE and PE.



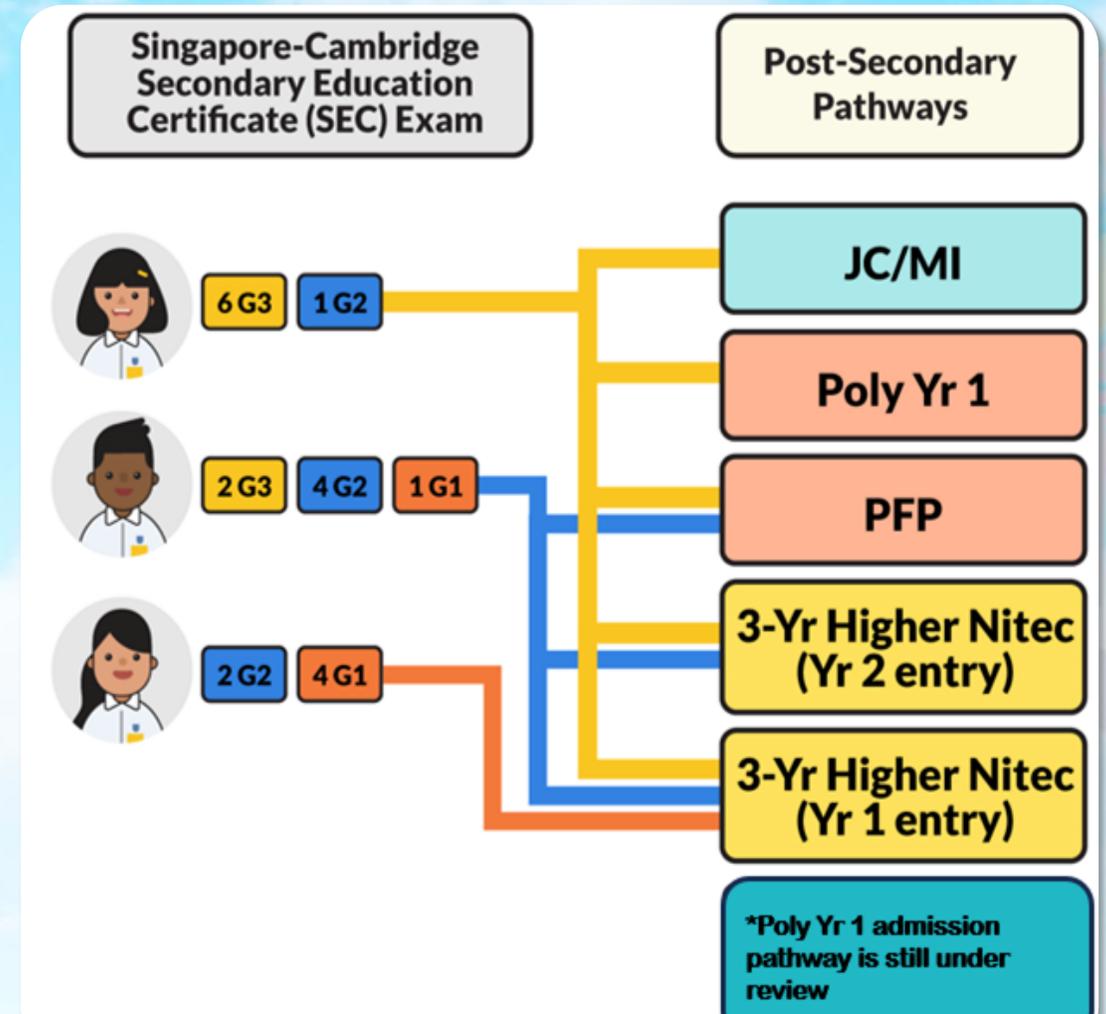
Academic Requirement

Pass English and two subjects or at least half the total number of examinable subjects offered.

- Students who **have not met** academic requirement are to offer fewer subjects and/or offer subjects at less demanding level (LDL)

Singapore-Cambridge Secondary Education Certificate (SEC)

From 2027, graduating students will sit for the **Singapore-Cambridge Secondary Education Certificate (SEC)** examinations at their respective subject levels (i.e. G1, G2, G3).



Post-secondary pathways under FSBB

| Students taking at least | POST-SEC PATHWAYS | | | | | |
|--------------------------|-------------------|------------------|--|--------------------|---------------------|----------------|
| | ITE Year 1 Entry | ITE Year 2 Entry | Polytechnic Foundation Programme (PFP) | Polytechnic Year 1 | Millennia Institute | Junior College |
| 5 G3 subjects | ✓ | ✓ | NEW ✓ | ✓ | ✓ | NEW ✓ |
| 4 G3 + 1 G2 subjects | ✓ | ✓ | NEW ✓ | NEW ✓ | | |
| 5 G2 subjects | ✓ | ✓ | ✓ | | | |
| 4 G1 subjects | ✓ | NEW* ✓ | | | | |

*Students who offer 4 G1 subjects will join Year 1 of Higher Nitec, and may be offered the accelerated pathway if they meet academic requirements during their Year 1 Semester 1 examinations. This pathway will allow them to attain a Higher Nitec in a shorter duration of about two years.

Post-secondary admissions would require **4 to 5 subjects** at different subject levels under revised post-secondary pathways with FSBB.

Minimum entry requirements (i.e. minimum subject grades) differ according to the post-secondary course (e.g. pass in English or Math)

Aim to **build a strong foundation in core subjects – English, Math and relevant subjects** which are used for post-secondary admissions.



FOR SEC 3 STUDENTS



ASSESSMENT STRUCTURE FOR SEC 4&5

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ASSESSMENT STRUCTURE: SEC 4 NA, 4 EXP & 5 NA

| Level | WA1 | WA2 | WA3 | PRELIMS | Total |
|---------|------|------|-----|------------------|-------|
| Sec 4/5 | 15 % | 15 % | | 70 % (Prelim) | 100 % |

- Weighted Assessment 1 – TERM 1 WEEK 7 - 9
- Weighted Assessment 2 – TERM 2 WEEK 7 - 9
- 4NA PRELIMS – TERM 3 WEEK 7 - 8
- 4 EXP & 5NA PRELIMS – TERM 3 WEEK 8 - 10





Supporting Your Child's Learning

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Sec 3 Theme

We are the Agents
of Change!



Sec 3

Understanding your child

What your child may be experiencing

- Adjusting to **higher academic demands**, with deeper content in Sec 3
- Balancing schoolwork with **growing commitments** in CCAs, leadership roles, and projects
- **Navigating friendships** and peer influence, which can impact mood, confidence, and motivation
- **Managing stress** and emotions while making important academic choices (e.g. Sec 3 subject combinations)
- **Experiencing typical teen changes** — seeking more independence but still needing guidance

Sec 3

Supporting your child

Tips on how you can support your child

- **Recognise effort** and persistence, and celebrate small milestones as signs of growth
- **Keep communication open** about friendships, peer influence, and online experiences — these matter deeply at this stage
- Help your child see **setbacks as opportunities** to adapt, problem-solve, and grow in resilience
- **Walk alongside them** in subject selection, discussing how choices align with strengths, interests, and aspirations
- Encourage **balanced routines** — prioritising rest, exercise, screen discipline, and family time to manage stress
- Provide **encouragement and guidance**, while giving them **space** to exercise independence and responsibility

Sec 4 & 5 Theme

Achieving Our
Dreams Together!

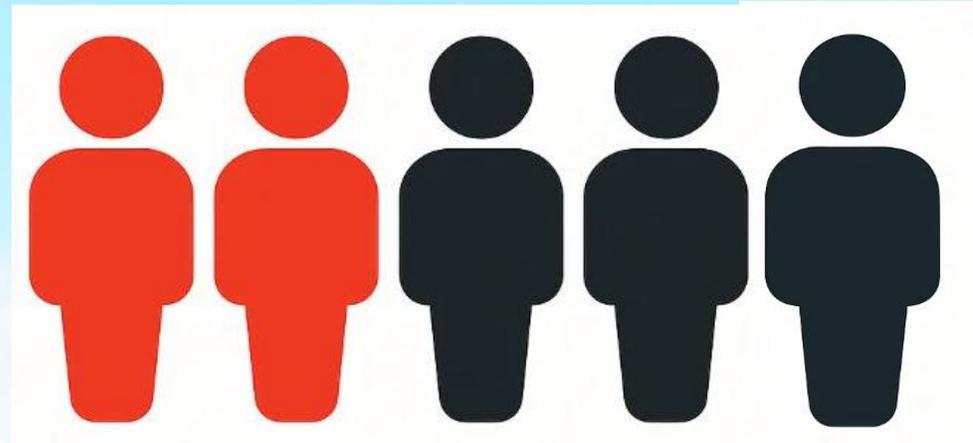


Sec 4&5

Did you know?

About **2 in 5** of our Sec 4 & 5 students indicated the following in the Termly Check-in Survey:

“I feel stressed about my studies because I expect myself to do very well”



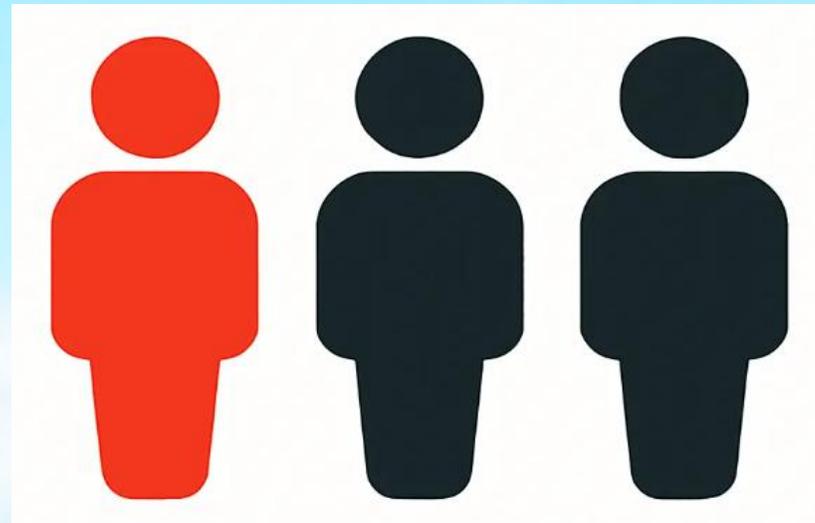
2 in 5 have high self-expectations for their academic results

Sec 4&5

Did you know?

About **1 in 3** of our Sec 4 & 5 students indicated the following in the Termly Check-in Survey:

“I feel stressed about my studies because my parents will be disappointed if I don’t do well.”



1 in 3 worry about disappointing their parents

Sec 4&5

What your child may be experiencing

Your child may be experiencing

- Some **stress and anxiety** from an increase in academic load due to preparation for the national examination
- **Fear of failure** or not performing up to expectations from self and others (e.g. peers, parents and teachers)
- **Pressure to succeed** by performing well for the national examination, which may reinforce stress, anxiety and fear of failure
- **Lack of motivation** to study due to the stress, anxiety and pressure related to the national examination
- Turning to **unhealthy ways of coping** with stress

Sec 4&5

Supporting your child

Tips on how you can support your child

- Remind your child that assessments are important ways to **understand gaps in learning** and to use feedback from these to improve
- Emphasise that these assessments **do not define child's worth** or future
- **Recognise and affirm** your child's effort rather than just the outcomes. Celebrate small improvements.
- Support your child in viewing **setbacks as learning opportunities**, while **acknowledging feelings** of frustration or sadness as part of the process

Sec 4&5

Supporting your child

Tips on how you can support your child

- **Manage your own expectations and stress**, especially on performance at national examinations and post-secondary choices, as these can place additional pressure on your child. Reassure your child that they are loved regardless of academic performance.
- Together with the child, **agree on realistic and specific goals** so that revision is manageable and is something a child feels he has control over
- Identify specific challenges faced by the child to **seek targeted support**, which will also help to normalise help-seeking behaviour

How Our School Supports Your Child's Learning

Academic Support Programme

- Academic Support Programme (Sec 3 & 4)
- iASPIRE Programme (Sec 3)
- Mendaki Tuition Scheme (MTS) (Sec 4 & 5)

Graduating Classes

- Final Sprint (Sec 4 & 5)
- Post Prelim Consultations

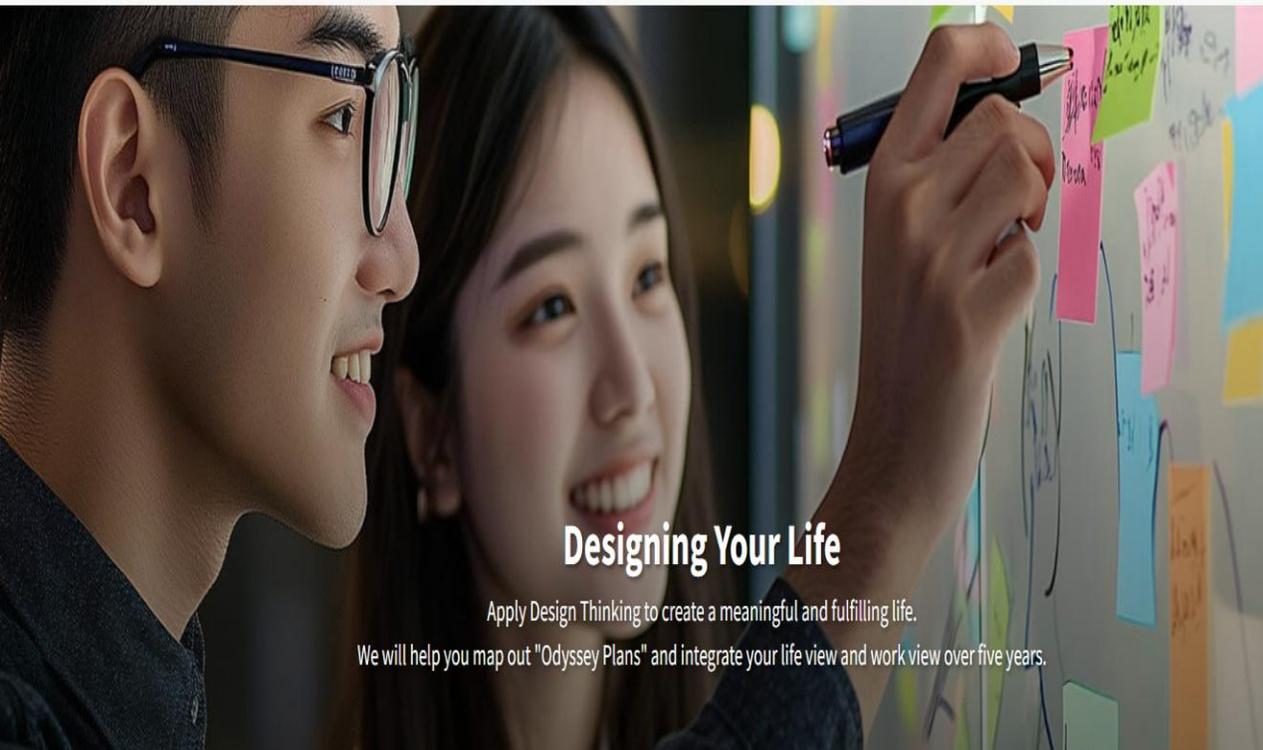


Upcoming Events! (Term 1 Week 10)



[Teachers](#) [Parents](#) [Alumni](#) [Careers@RP](#)

[Home](#) [About Us](#) [Admissions](#) [Schools & Courses](#) [Lifelong Learning](#) [Student Life](#) [Industry](#)



Designing Your Life

Apply Design Thinking to create a meaningful and fulfilling life.

We will help you map out "Odyssey Plans" and integrate your life view and work view over five years.



Beyond The Horizon

Sec 3

Sec 4 & 5



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ECG Time

- Mr Elvis -

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Education and Career Guidance - ECG

Exploring Opportunities

Post-secondary education pathways
Career Aspirations

Discovering Purpose

Values, interests, personality,
skills & strengths



Staying Relevant

Working towards education
and career goals

Overview of Post-secondary Education Institutes

Pre-universities

18 Junior Colleges (JCs) and Millennia Institute (MI)
GCE A-level Course for admissions to universities
Deep learning in academic subject choice

Polytechnics

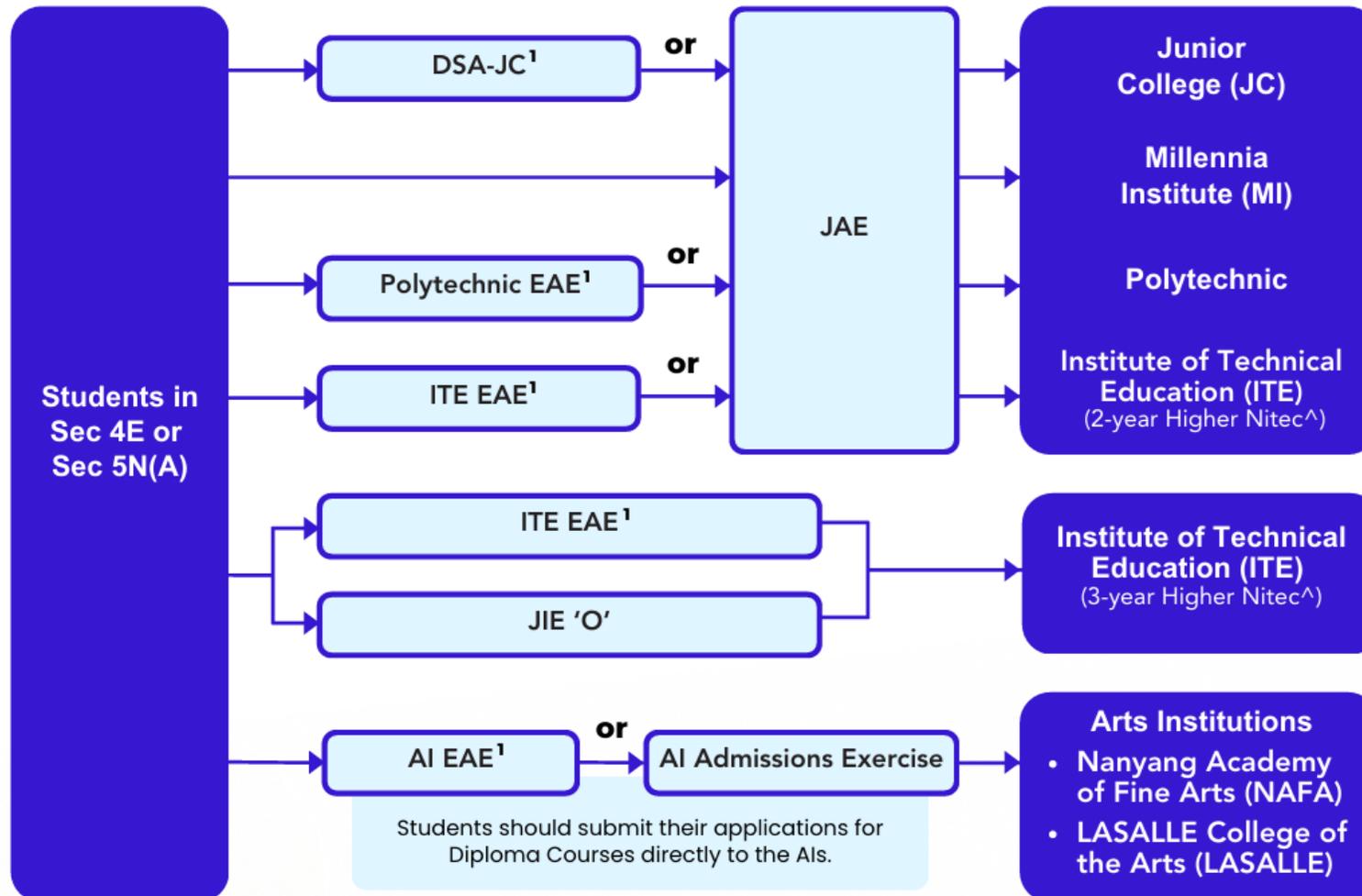
5 Polytechnics
Diploma that is work-ready and for admissions to universities
Applied, practice-based learning experience with internships

Institute of Technical Education

3 campuses
Higher Nitec that is work-ready and used for admissions for diploma
Hands-on, practice-based learning experience with internships

Post-secondary Admissions for Sec 4E and 5N(A)

Admissions exercises to take part in



Refer to [MOE | Post-secondary](#) for more details on post-secondary education institutes and admissions information.

FOR 2026 SEC 4 & 5 STUDENTS

Post-secondary Admissions for Sec 4N(A)/4N(T)

Admissions exercises to take part in

Students in Sec 4N(T)

Eligible students may also laterally transfer to Secondary 4N(A) to take the N(A)-Level examinations. Applications can be made via your secondary school.

ITE EAE¹

JIE 'N' / JIE 'E'

Institute of Technical Education (ITE)
(Enhanced Foundation Programme or 3-year Higher Nitec[^])

Students in Sec 4N(A)

Eligible students may also progress to Secondary 5 to take the O-Level examinations. Applications can be made via your secondary school.

PFP

Polytechnic

ITE EAE¹

JIE 'N'

Institute of Technical Education (ITE)
(3-year Higher Nitec[^])

DPP

Institute of Technical Education (ITE)
(2-year Higher Nitec^{^^})

NFP

Nanyang Academy of Fine Arts (NAFA)

Refer to [MOE | Post-secondary](#) for more details on post-secondary education institutes and admissions information.

FOR 2026 SEC 4 & 5 STUDENTS

Aptitude-based Admissions

THE STRAITS TIMES

NUS and NTU cast wider net for students through aptitude-based admissions



Sandra Davie

UPDATED APR 14, 2024, 05:26 AM -



“The two universities are increasingly employing a broad set of qualitative assessments, including interviews, aptitude tests and portfolios, to assess an applicant’s potential beyond his or her grades...”

NTU said that in 2023, more than half – 57 per cent – of its 6,400 freshmen were offered places based on aptitude-based admissions. This was up from about a third of students, or 38 per cent, in 2019.”

Source: [NUS and NTU cast wider net for students through aptitude-based admissions | The Straits Times](#)

Direct School Admission (DSA JC)

based on talents and achievements like sports, performing arts or academic areas not demonstrated at the O-level exams.

THE STRAITS TIMES

SINGAPORE

Strong in a CCA or leadership skills?
DSA could suit you



Source: [Strong in a CCA or leadership skills? DSA could suit you | The Straits Times](#)

THE STRAITS TIMES

SINGAPORE

6,200 get poly places via early admissions



Early Admissions Exercise (EAE Poly/ITE)

based on aptitudes & interests

Source: [6,200 get poly places via early admissions | The Straits Times](#)

Find out more from [MOE Post-secondary Admissions](#)

Aptitude-based Admissions Timeline for DSA (JC) & EAE (Poly/ITE)

| Stage | Junior Colleges / Millenia Institute | Polytechnic | ITE |
|---|---|-------------|---------|
| Application Period | Early May (Check individual JC/MI websites for application period) | End June | End May |
| Selection (Interview, Portfolio Presentation, Aptitude Test) | May to Aug | Jul to Aug | Jul |
| Outcome | Aug | Sep | Aug |
| Offer Acceptance / Withdrawal | Aug to Sep | Sep to Oct | Sep |

*After release of N-level results (Dec) and O-Level results (Jan), student who has earlier accepted the conditional offer, has a confirmed place in the JC/Pply/ITE **if student meets the eligibility criteria and MERs for the course.***

Preparing our children for the Future



Designed by Freepik

Work Trends

- Traditional careers are evolving.
- Accelerated technological changes, automation and AI are changing job roles.
- Skills and continuous learning are becoming more important.

How can you as parents prepare your child NOW for the future?



You are precious as their **ROLE MODEL** and their **REAL CONNECTIONS** in this rapidly changing world.

- **Model the skills and values they will need for life.**
- **Cultivate strong relationships and healthy habits in this digital age.**

ROLE MODEL



Model good values in words and actions



Instill confidence by encouraging responsibility and believing in your child's abilities



Find joy in everyday experiences with your child

Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.



REAL CONNECTIONS



- Establish good habits for your child to stay confident and in control of their technology use
- Provide a balanced mix of engaging online and offline activities, outside and at home
- Build strong bonds through shared experiences and meaningful conversations

Check out this video on MOE YouTube for tips on how parents can support the social-emotional learning of their children.



Some points to remember...

1 Discovering Purpose

Guide your children to make informed decisions and own them

Understanding their Values, Interests, Personality, Skills, and Strengths

2 Exploring Opportunities

Encourage your children to find out more about education pathways and the world of work 

3 Staying Relevant

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

Highlight Strengths

Talk to your child about his/ her strengths and future aspirations

Subject Relevance

Explain the need to take certain subjects and the real world-application of the subject knowledge.

Offer Encouragement

Shortlist suitable post-secondary education pathways/courses and encourage your child to work towards his/her goals

ECG Conversation Starters for Parents

- Discuss with our children their goals and aspirations.

- ▶ What are your favourite subjects and Co-Curricular Activities (CCAs)? What do you like about them?
- ▶ How would you want to contribute to our community to make a positive difference?
- ▶ What are your goals and aspirations?

- Discuss with our children the different occupations and their contributions to society.
- Encourage our children to broaden their education and career possibilities.

- ▶ Which education institutions are you curious to find out more about and why?
- ▶ What information have you found about the industries or careers that you are interested in, including the education pathways leading to them?
- ▶ How do you think you can find out more about the education or career pathways you are interested in?

- Encourage our children to be adaptable and embrace lifelong learning as they seek to develop themselves.

- ▶ What are the setbacks/failures you have faced that taught you something? Can I share about a setback I experienced that helped me grow?
- ▶ What did you try that was difficult for you this week? What will you do to challenge yourself this month? *(You can make this a family challenge and get your children to ask you these questions too.)*

Useful Resources



<https://go.gov.sg/tips-for-parents>

Post-secondary

Post-secondary education comprises the paths you can take after you complete your secondary school education. Learn about the choices available for you to pursue your next phase of learning based on your interests and strengths.

Get started on your pathway options

Not sure where to begin? Use our checker to find pathway options that meet your interests and strengths.



I am and I want to

SHOW MY PATHWAYS



OVERVIEW OF POST-SECONDARY EDUCATION INSTITUTIONS (PSEI)

There are a variety of post-secondary education institutions (PSEI) available for secondary school graduates. Learn about the different types of PSEIs you can choose from, and how you can apply for them.



ADMISSIONS EXERCISES AND PROGRAMMES

Explore the different admissions exercises and programmes available to help you gain entry into a junior college, Millennia Institute, polytechnic or ITE.

SCHOOL FINDER

Explore a list of schools based on school type, CCAs, and what programmes they offer.

FIND SCHOOLS

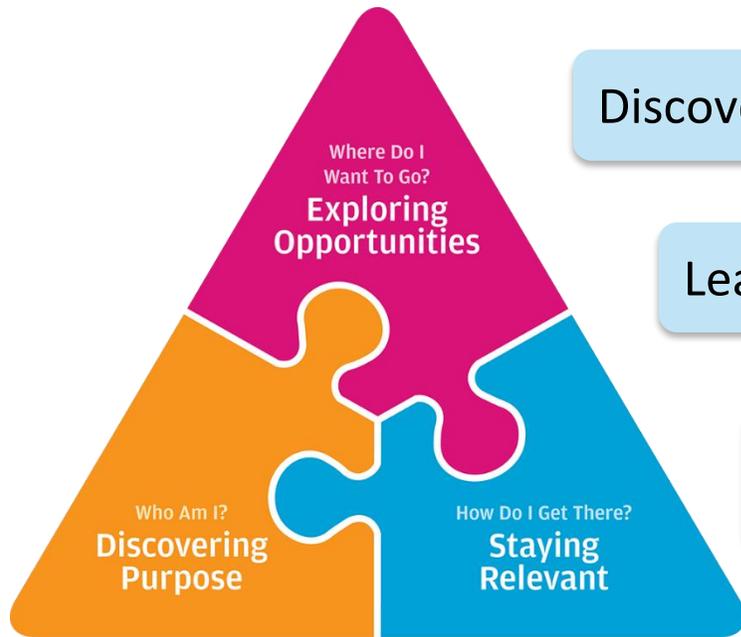
COURSE FINDER

Explore courses offered by ITE, polytechnics and Autonomous Universities based on aggregate type, score and area of interest.

FIND COURSES

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

In-school ECG Support for Students



Discover purpose, career choices and aspirations

Learn about Values, Interests, Personality , Strengths & Skills

Discuss factors to consider when deciding on subjects, post-secondary educational institutes and courses

For students to book ECG sessions during break or after school



Mr Elvis Sio, ECG Counsellor

Venue: Room E4-02, beside IT Resource Room 1

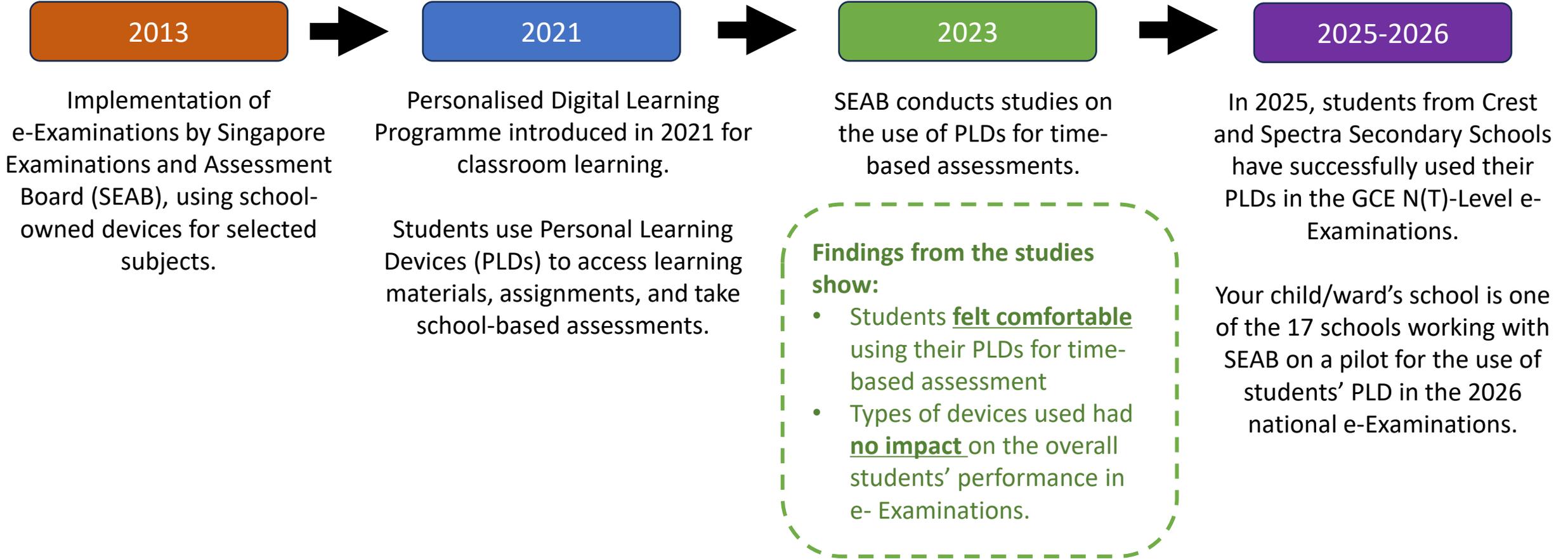
go.gov.sg/yhss-ecg



Use of Students' Personal Learning Devices in National Examinations

Briefing for Parents
5 Feb 2026

Background



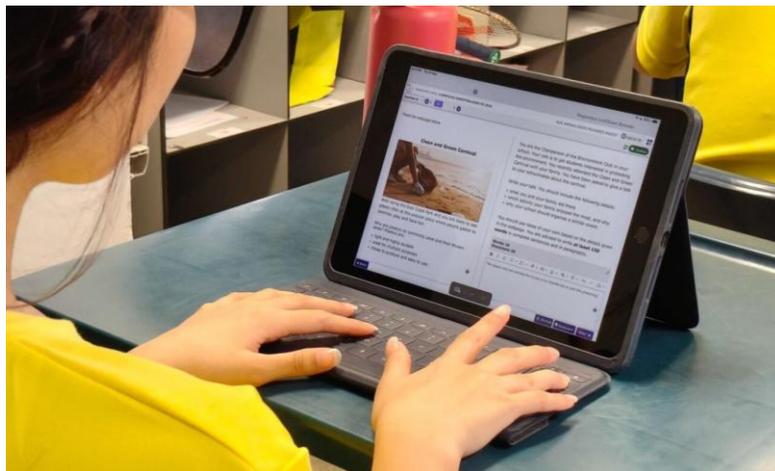
Key Findings from PLD Practice Sessions

- In May 2025, SEAB conducted PLD practice sessions for 1,800 Secondary 3 students across 17 schools, covering various subjects. Students **gave positive feedback on the use of PLDs in examinations.**

**87% students liked
the practice session experience**

**86% students felt comfortable
using their PLDs for examinations**

- SEAB analysed students' performances in practice sessions. The results showed that **“the types of devices used had no impact on students' performance in electronic examinations”.**



Use of PLDs in 2026 National Examinations

- Your child/ward will be taking the following e-Examinations using their PLDs in 2026 GCE-Level examinations:

| GCE N(T)-Level subjects | GCE N(A)-Level subjects | GCE O-Level subjects |
|---|---|---|
| <ul style="list-style-type: none">• English Language Paper 1• Basic Mother Tongue Language Paper 1• Science Paper 1 | <ul style="list-style-type: none">• Social Studies Paper 1• Mother Tongue Language Paper 2 | <ul style="list-style-type: none">• Nil |

Support from SEAB and School for Our Children

- As part of the school's Personalised Digital Learning Programme, our students would be familiar with the proper care and maintenance of the PLD and the steps to take if there are any technical issues. The school's IT support team will also be available to assist with device-related matters.

Before e-Examinations

For students:

- They will be guided on the preparation of the device for e-Examinations.
- There will be another practice session in Secondary 4 to further familiarise themselves with using a PLD in e-Examinations.

For parents:

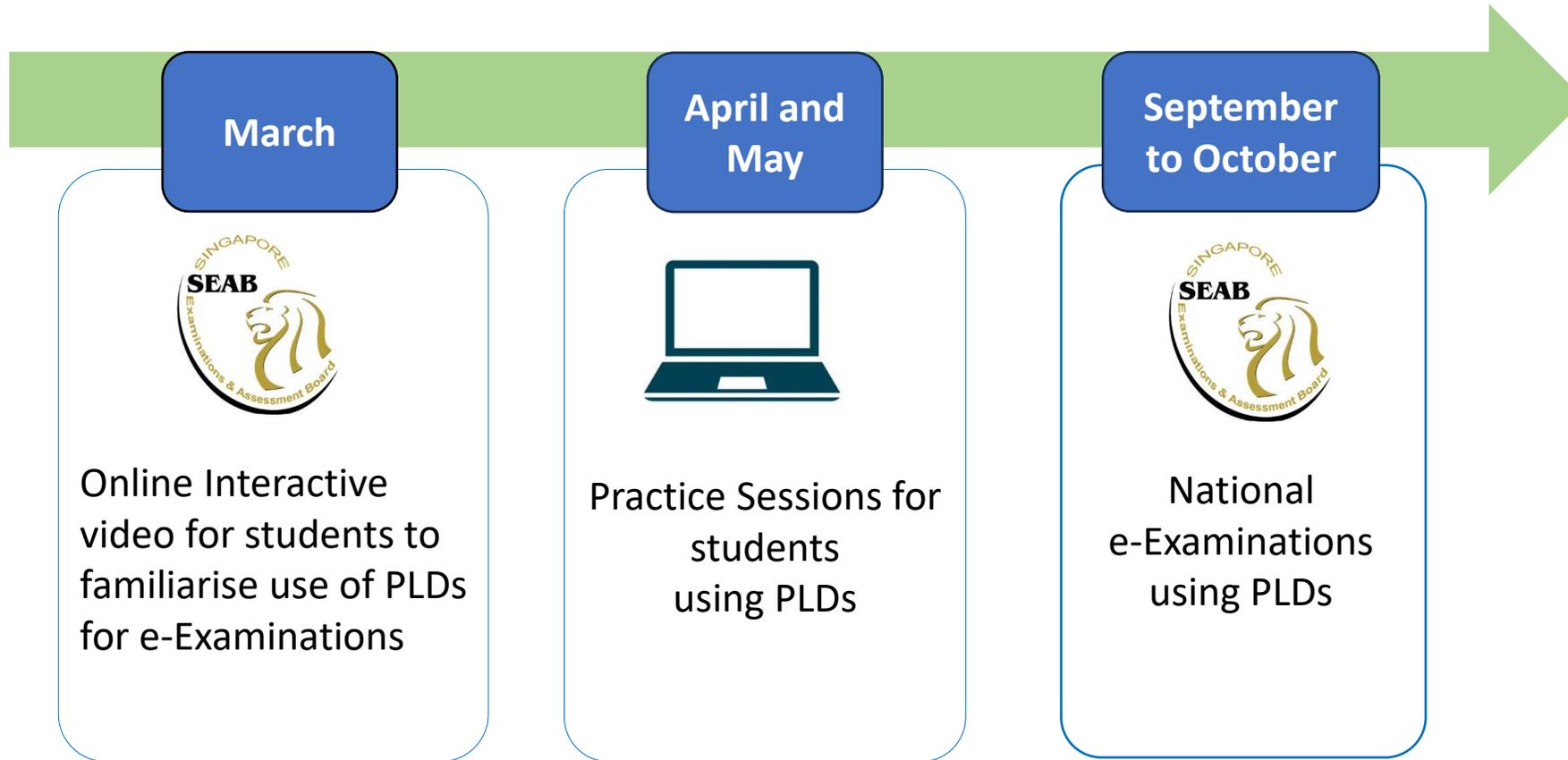
Go through the checklist and video on the setup procedures with your children.
This will be shared via Parents Gateway (PG) by schools by end February 2026.

During e-Examinations

For students:

- Students will receive timely support for any technical queries or assistance.
- **Spare devices will be made available by schools for students to use if the need arises.**

Next Steps for Student Preparation in 2026



Next Steps for Student Preparation in 2026

- Please help your child/ward to ensure that their iPads are well taken care of for the e-examinations
- If his/her keyboard case is damaged or cannot be replaced, you may wish to purchase an external USB keyboard to use with the iPad. No Bluetooth devices will be allowed for the examinations.
- For any queries, please contact the school at Yuhua_ss@moe.edu.sg or 6566 1985, and address your queries to Mr Lee Yi Xin (SH ICT).



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