



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Supporting Your Child's Education & Career Guidance (ECG) Journey

For Parents of Upper Sec PL-lites

By Ms Lim Hui Ching, ECG Counsellor





Overview of today's sharing

1. Purpose of ECG (education and career guidance)
2. Post-secondary Options
3. Preparing for Early Admission Exercises
4. Tips and Resources for Parents to support your child's ECG journey



ECG aims to help students develop
(1) a sense of purpose, (2) a growth mindset and (3) a resilient attitude
to embrace opportunities and appreciate the value of all occupations.

1

Discovering Purpose (Who am I?)

The more you know about yourself,
the better your decisions will be

Where Do I
Want To Go?
Exploring Opportunities

Who Am I?
Discovering Purpose

How Do I Get There?
Staying Relevant

2

Exploring Opportunities (Where do I want to go?)

Explore the many education and
career opportunities open to you

3

Staying Relevant (How do I get there?)

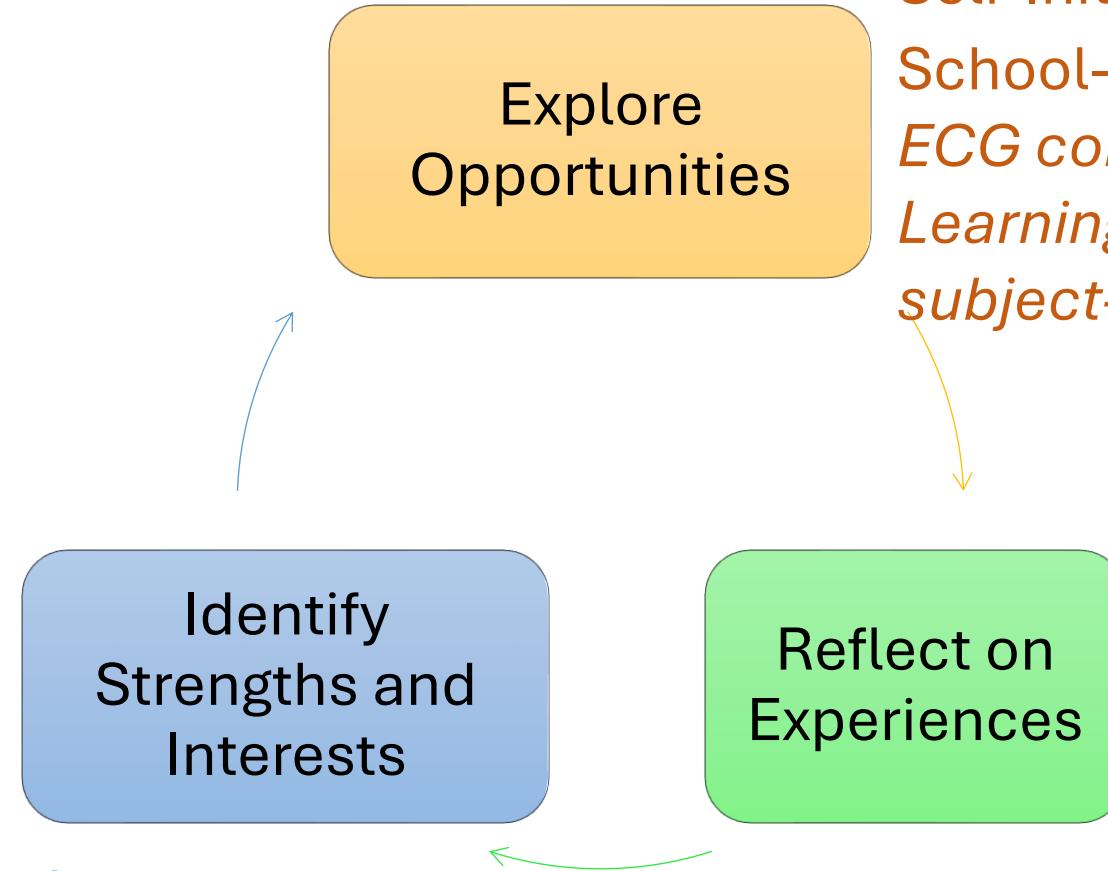
You can continue to develop yourself
by staying adaptable and resilient

Education & Career Guidance



Discovering Purpose

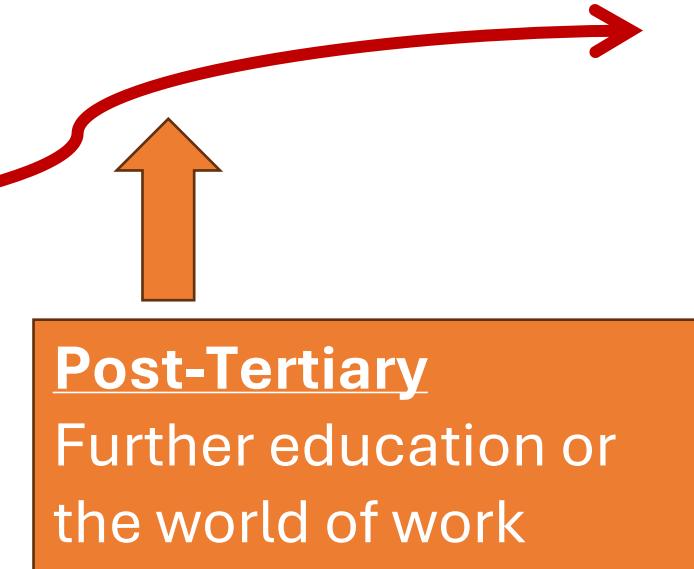
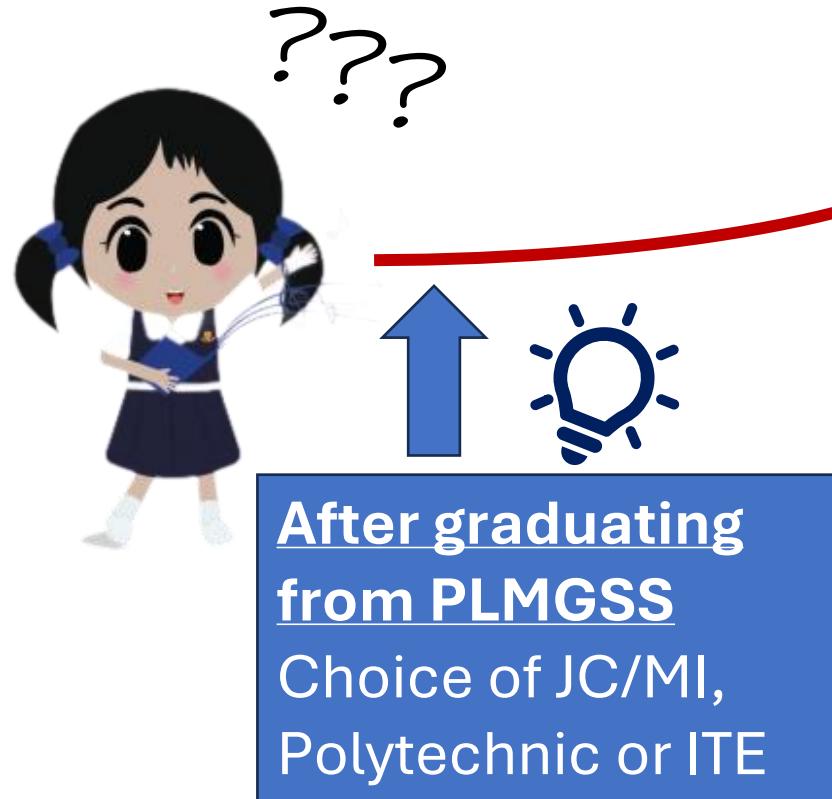
What did you enjoy?
What do you hope to
do more of?
What is something
meaningful you can do?



Self-Initiated Activities
School-based Programmes (e.g.
*ECG conference, Applied
Learning Modules at ITE/School,
subject-based LJs*)



Exploring Opportunities





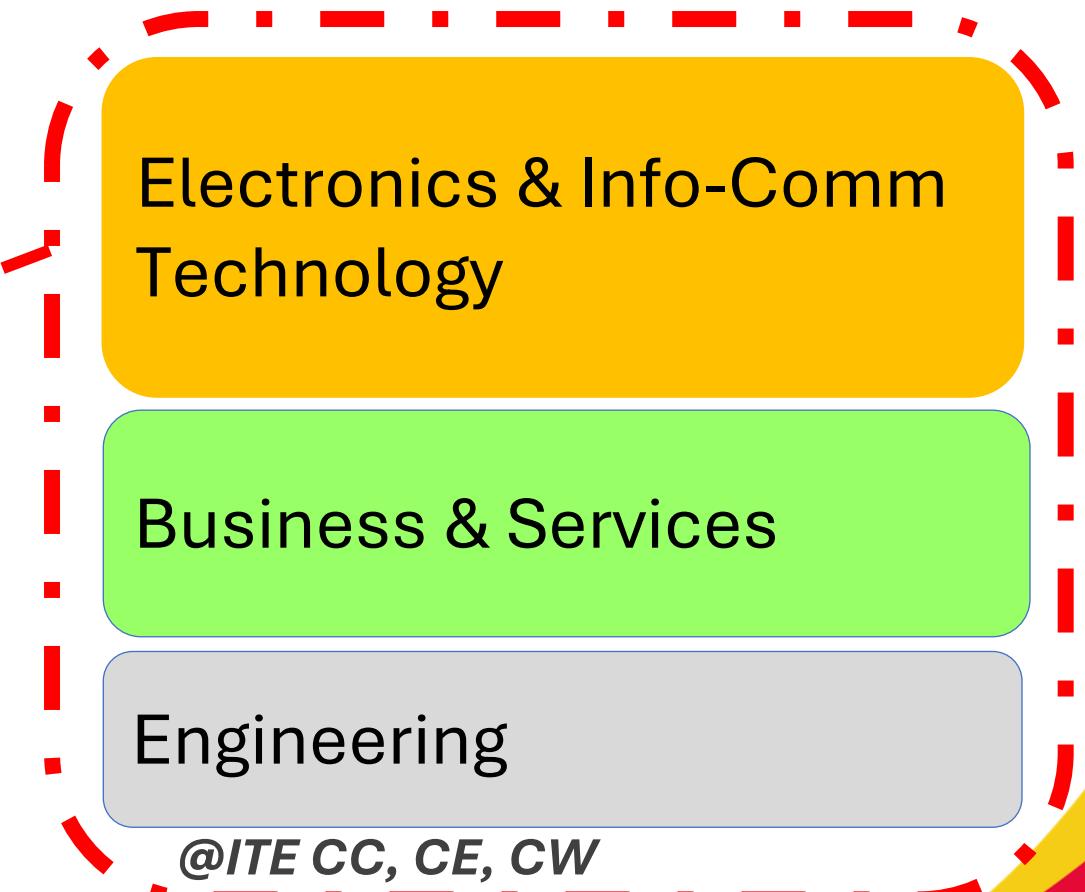
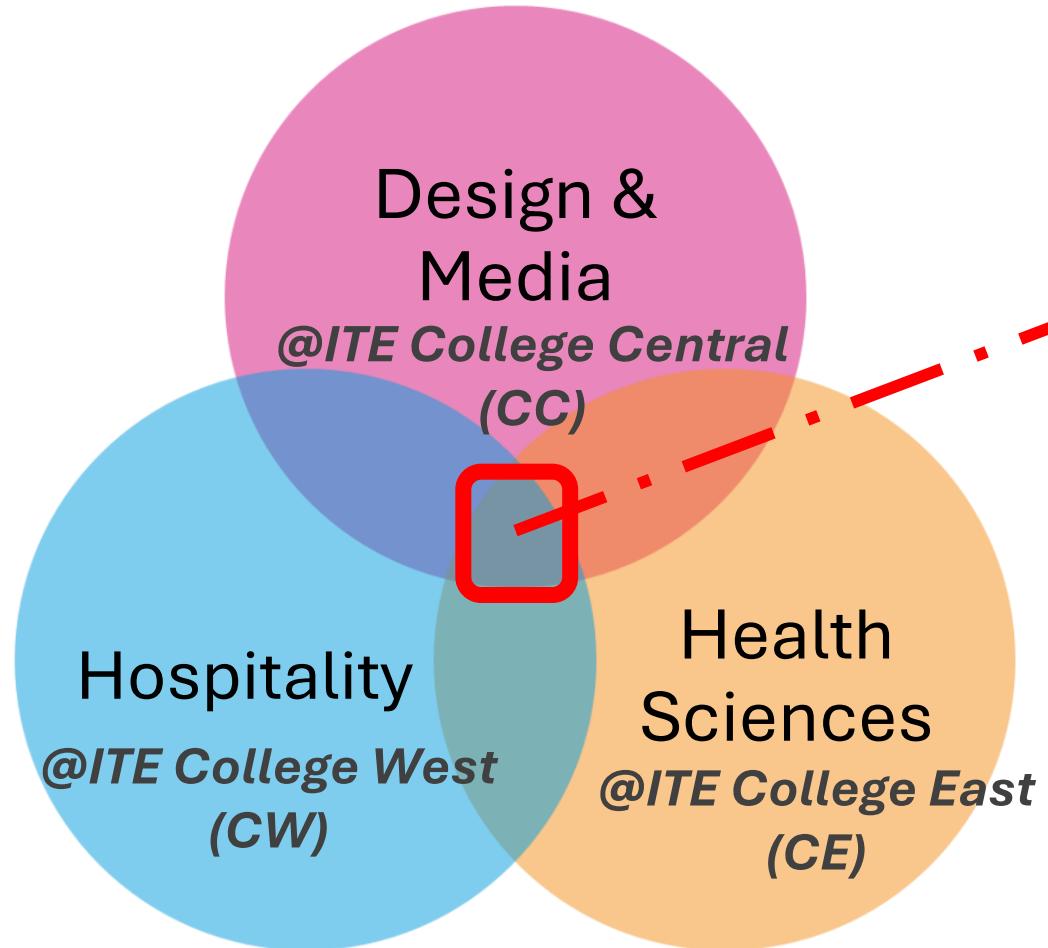
Overview of Post-Secondary Education Institutions

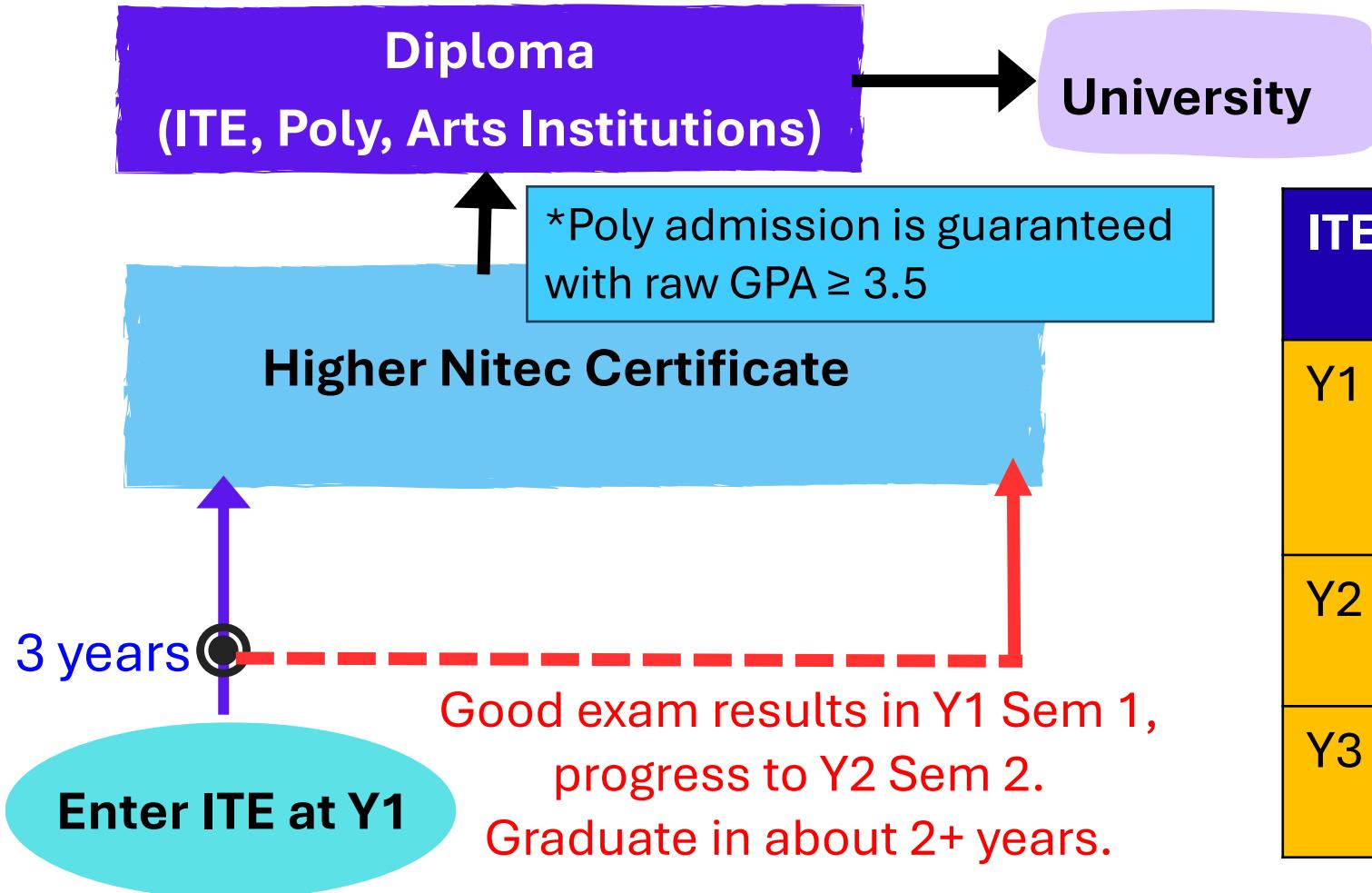
	ITE	Poly	Arts Institutions (NAFA, Lasalle)	JC	MI
Duration	2 to 3 years		3 years	2 years	3 years
What is it?	Industry-relevant courses to provide career-ready skills and prepare for further education.			Academic curriculum (A-level exams or IB Diploma*).	
What do I achieve?	Higher Nitec		Diploma	A-level Cert / IB Diploma*	A-level Cert
What next?	ITE Work-Study Diploma, ITE Technical Diploma; Poly Diploma. Continue to University degree / Begin career.		Continue to University degree / Begin career.	University degree *IB Diploma: <ul style="list-style-type: none">• ACS (Independent),• St Joseph's Institution,• SOTA,• Singapore Sports School.	



Exploring Opportunities

- ITE offers 49 **Higher Nitec (3-year) courses** across 3 ITE colleges





ITE	Curriculum	Industry Attachment
Y1	Broad-based Foundation Courses	
Y2	Specialised Modules	3 months
Y3	Specialised Modules	6 months



ITE Progression Award for Singaporean ITE Graduates

		Enrolment in Diploma*	Completion of Diploma
ITE	Work-Study Diploma	Course fees are borne by employers	Eligible for CPF Ordinary Account Top-Up (\$10,000) To boost savings for longer-term goals
	Technical Diploma Technical Engineer Diploma		
Polytechnic	Full-Time Diploma Part-Time Diploma		
NAFA/LASALLE	Full-Time Diploma	Eligible for PSEA Top-Up (\$5,000) To help with the costs of obtaining a diploma	
National Institute of Early Childhood Development	Diploma		
[From June 2025] Singapore Workforce Skills Qualification (WSQ)	Diploma		

* Provided that ITE graduate enrolls in diploma course by age 30



Admission to ITE courses

- ITE points for **Best 4 subjects, including pre-requisite subjects (if any)**
- Deduct **CCA bonus points** (2 pts for Excellent, 1 pt for Good)
- Conversion of N(T) and N(A) subject grades based on the following table:

G3 subject grade	G2 subject grade	G1 subject grade	ITE points
A1 to D7	1, 2, 3	A	1
E8	4	B	2
9	5	C	3
	6/U	D	4
		E/U	5



Admission to ITE courses

- Example:

3-Year Higher Nitec Course	College			Minimum Entry Requirements
	Central	East	West	
Accounting	✓	✓	✓	3 GCE 'N' Level Passes: Grade A-D or Grade 1-5 in English Language and two other subjects
Business Administration	✓	✓	✓	

English must be counted in 1 of the Best 4 subjects.



Exploring Opportunities

Admission Exercise	Description	Eligibility, must meet min subject grades	Remarks
Poly Foundation Prog (PFP)	Poly Foundation: 1 yr Poly Diploma: 3 yrs	ELMAB3 ≤ 12	2026 Sec 3 can still access PFP
Direct Progression to Poly (DPP)	ITE 2-yr Higher Nitec, Guaranteed place in Poly to a mapped course	ELMAB3 ≤ 19	No more DPP for 2026 Sec 3
Continue Sec 5	Take subjects at G3	ELMAB3 ≤ 19	2026 Sec 3 can still access 5th yr
NAFA Foundation Prog (NFP)	NAFA Foundation: 1 yr NAFA Diploma: 3 yrs	ELMAB3 ≤ 15	Check NAFA website for info



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)

Scoring for ELMAB3

EL = ENGLISH

MA = MATH

B3 = 3 other BEST SUBJECTS

TO CHECK CUT-OFF POINTS,

Calculate NET ELMAB3 = ELMAB3 - CCA BONUS POINTS

CCA Bonus Points: 2 pts for Excellent, 1 pt for Good



G2

G3 subject grade	G2 subject grade
A1 to B3	1
B4 to C6	2
D7	3
E8	4
9	5



Poly Foundation Prog (PFP)

G3 from 2027

G2

- Admission through **3 clusters**:
 - Design, Engineering and Technology (DET)
 - Humanities, Art, Media and Business (HAMB)
 - Sciences
 - Direct admission to course is applicable for **Early Childhood, Nursing, Tamil Studies with Early Education**
- **Up to 5 choices**
- **Eligibility to apply for PFP does not guarantee success in placement**
- Choose diploma course at the end of Foundation year



Poly Foundation Prog (PFP)

- Relevant subjects for **DET cluster (including sub-clusters)**, **Sciences cluster** and **Nursing**:
 - Design & Technology (D & T)
 - Nutrition and Food Sci (NFS)
 - Science
- Relevant subjects for **HAMB cluster, Early Childhood and Tamil Studies with Early Education**:
 - Art
 - Humanities
 - POA

Minimum G2 subject grades for PFP
**Convert G3 to G2 grades where relevant*

Subjects	G2 subject grade
English	3
Math	3
Relevant subject	3
Two “best” subjects	4



Direct Progression to Poly (DPP)

G2

- Only for 2026 Sec 4
- Up to 12 choices, choose from 18 Higher Nitec (2-year) courses
- Guaranteed placement in mapped Poly diploma course upon meeting minimum GPA in ITE
- Mapped Poly diploma courses for each DPP course can be found on the [Joint Poly Admission Exercise](#) website
- Possible to apply to Poly diploma course that is not mapped to DPP course, subject to meeting the poly course cut-off GPA



Direct Progression to Poly (DPP)

G2

Minimum G2 subject grades for DPP

**Convert G3 to G2 grades where relevant*

Subjects	For Applied Sciences / Engineering / ICT	For Business & Services / Hospitality
English	4	3
Math	4	4
3 other subjects	5	5



2026 Sec 3: ITE Year 2 entry

- This replaces the DPP system.
- Students who **meet the eligibility criteria (same as DPP)** can apply to **enter ITE 3-year Higher Nitec courses at Year 2**.
- **Poly admission is guaranteed with raw GPA ≥ 3.5**



Continue Sec 5

G2

- Grades 1 to 5 for G2 subjects used in computation of ELMAB3
- Convert G3 subject grades to G2 where relevant
- Consider **increased demand in academic rigour**
- Think of **intent** of continuing Sec 5 and **possible outcomes after Sec 5**



2026 Sec 4

- Application for **DPP** and **Sec 5** opens after **N-level results release in December**
- Students who take **O-level subjects** may **use Prelim results** to apply for DPP on ITE website
- **Start DPP or Sec 5 in Jan 2027** → not an option to just stay at home
- **PFP application** opens after **O-level results release in Jan 2027**
- **PFP is a BONUS, NOT a GIVEN.**
- Withdraw from respective institutions upon successful PFP posting (PFP results release in END JAN 2027)



2026 Sec 4

- Explore your options BEFORE N-level results are released
- Only have **5 days to make your decision on DPP application** after N-level results are released
- **If you are not successful with PFP application, where do you see yourself thriving? DPP or Sec 5?**



Exploring Opportunities

Admission Criteria	2026 Sec 4 and 5	2026 Sec 3
JC	L1R5 \leq 20 (max bonus pts: 4)	L1R4 \leq 16 (max bonus pts: 3)
MI	L1R4 \leq 20 (max bonus pts: 4)	L1R4 \leq 20 (max bonus pts: 3)
Poly	Net ELR2B2 \leq 26 (28 for Nursing)	Net ELR2B2 \leq 22 (24 for Nursing) *Note: 1 of the B2 subjects can be G2 (if G3 subject, will map to G2 grade)

Note: 2026 Sec 3 students who take predominantly G3 subjects can also apply for PFP

G3 subject grade	G2 subject grade
A1 to B3	1
B4 to C6	2
D7	3
E8	4
9	5



Changes in Admission to JC

G3

	2026 Sec 4/5	2026 Sec 3
L1	English or Higher MT	G3 English or Higher MT
R1	Humanities	G3 Humanities
R2	Maths* or Science	G3 Maths* or G3 Science
R3	Humanities or Maths* or Science	G3 Humanities or G3 Maths* or G3 Science
R4	Any best subject	Any best G3 subject
R5	Any best subject	

**Maths includes Additional Mathematics.*



Changes in Admission to JC

G3

Bonus points	2026 Sec 4/5 (Max. 4 pts)	2026 Sec 3 (Max. 3 pts)
CCA Grade: Excellent	2	2
CCA Grade: Good	1	1
English & Higher MT grades: A1 to C6	2	2
Chinese Special Prog / Malay Special Prog / Bahasa Indonesia: A1 to C6	2	2
Affiliated JC (1 st or 1 st & 2 nd)	2	2

Add 2 bonus
points on top of
the maximum if
applied and
successful for
CLEP, MLEP TLEP



Exploring Opportunities

- JC or Poly?
- Consider **learning style** and **suitability to the learning environment**
- Do research on **university websites** on subject prerequisites for A-level graduates and diploma prerequisites for Poly graduates

CourseFinder

Explore courses based on aggregate type, score, type of institute and area of interest.

Select the institutions you want to explore:

INSTITUTE OF TECHNICAL EDUCATION

JUNIOR COLLEGES AND MILLENNIA INSTITUTE

POLYTECHNICS

UNIVERSITIES



Exploring Opportunities

Bachelor of Medicine and Bachelor of Surgery

The programme is a 5 year curriculum that is future-oriented, inter-disciplinary and inter-professional in nature. We provide a holistic learning experience that expose our students to multiple facets of healthcare and prepares them to become visionary leaders and compassionate doctors of tomorrow.

- National University of Singapore
- Yong Loo Lin School of Medicine

Alternatively, you can also go to the respective universities' Admissions website for Undergraduate Programmes

Minimum entry requirement

You must meet the following entry requirements for the course application:

Qualification	Requirement
A-Level	View admission requirements View Indicative Grade Profile (IGP) ↗
Polytechnic Diploma	View admission requirements View Indicative Grade Profile (IGP) ↗



Staying Relevant

- Know your strengths and interests to set your goal
- Explore your pathway options to reach your goal
- How do you **plan** to achieve your goal?



Staying Relevant

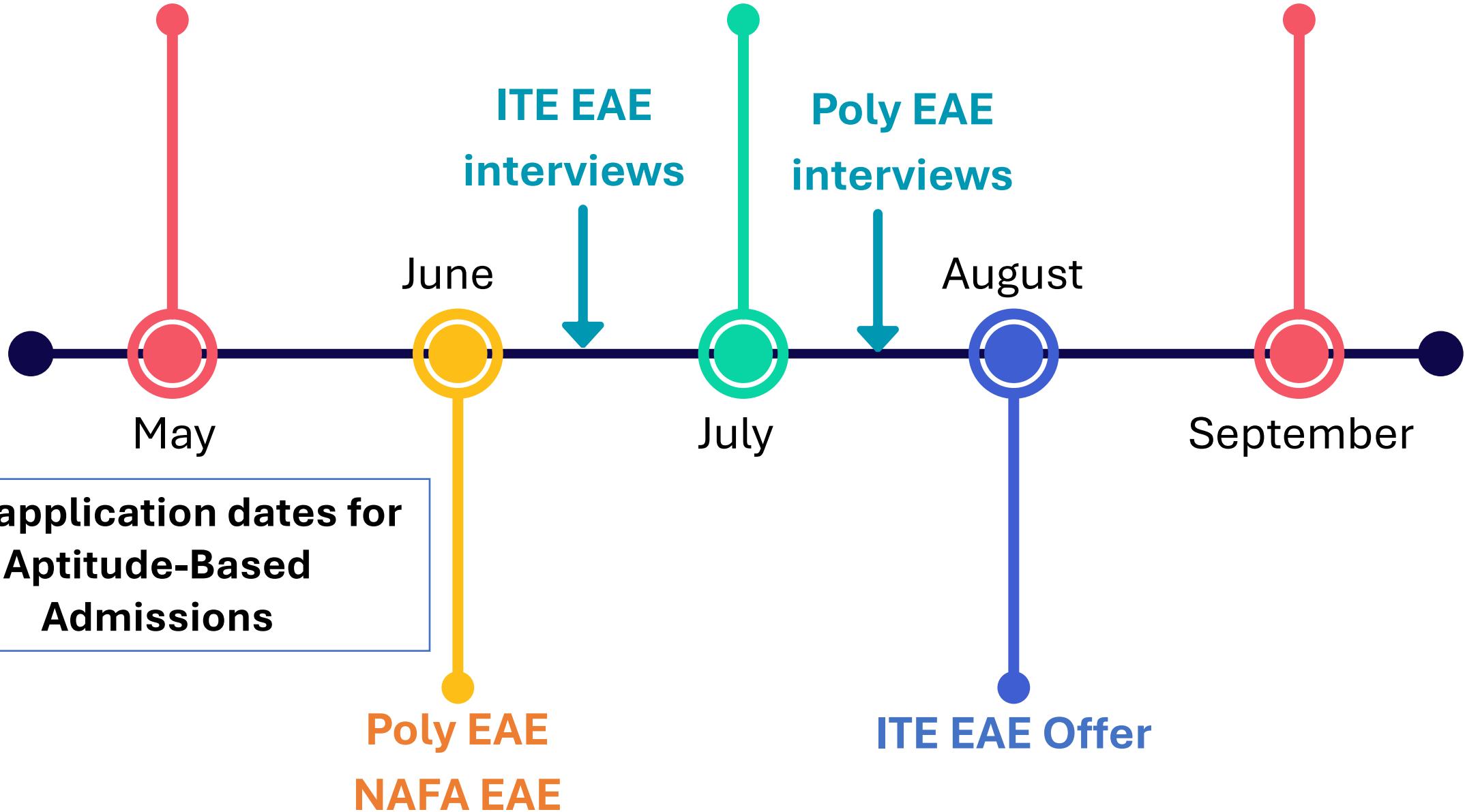
- Besides the various admission exercises by academic merit, you can prepare for **Early Admissions**

Students	Description
G1 & G2	ITE Early Admissions Exercise (ITE EAE)
G3	Poly Early Admissions Exercise (Poly EAE)
G3	JC Direct Schools Admission (DSA)

- Use your strengths and interests to secure a **conditional offer** into your desired course / JC

DSA-JC, ITE EAE, Lasalle EAE

Poly EAE Offer





ITE EAE

G1

G2

- Submit up to 3 choices on the ITE website
- **100-word write-up** for each choice to share about **Interest in the course, Evidence & Aspiration**
- Optional section to share talents and achievements in sports, arts, leadership, entrepreneurship and community service
- **Portfolio is optional. Only required to submit portfolio after being shortlisted based on write-ups submitted.**
- **Refer to ITE EAE website to see skills and qualities for each course.**



Poly EAE

- Submit up to 3 choices on the Poly EAE portal
- **600-character write-up** for each choice to share about **Interest in the course, Evidence & Aspiration**
- **1000-character write-up (optional but strongly encouraged)** to share **talents and achievements in sports, arts, leadership, entrepreneurship and community service**
- **Portfolio to be submitted after being shortlisted based on write-ups submitted.**
- **Diagnostics test / Aptitude test is common.**
- **Refer to each Poly's website for successful EAE tips!**
- You will not be able to participate in Joint Admissions Exercise if you are successful in your Poly EAE offer by meeting the minimum admission requirements for Poly and the minimum subject grades for your course.



DSA JC

- No limit on number of JCs to apply to
- **Each JC has their own DSA talent areas – check JC websites for more information on talent areas and selection criteria**
- Academic results are part of the consideration as well (usually need to **submit Sec 3 End-of-Year results and Sec 4 Weighted Assessment results**)
- Depending on talent area, you may have to go to the JC for **trial / audition**.
- You will not be able to participate in Joint Admissions Exercise if you are successful in your DSA offer by meeting the minimum admission requirements for JC.



Frequently Asked Questions

- For ITE EAE, Poly EAE and DSA JC, **you do not need a teacher's testimonial** as part of your portfolio.
- You can still apply for DPP and PFP later on even if you have accepted ITE EAE offer.
- You can apply for both DSA JC and Poly EAE. If you are offered Poly EAE offer and choose to accept it, you must **WITHDRAW** your DSA JC offer first before accepting.
- Usually DSA JC applications do not require submission of a portfolio. Read the individual JC websites for their selection criteria.



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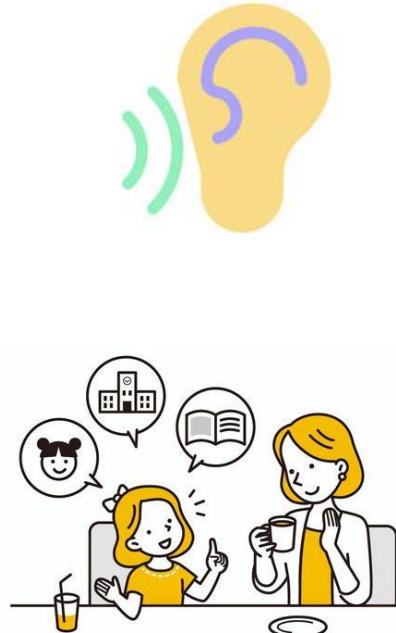
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Tips and Resources for Parents to support your child's ECG journey





Have a Two-way Conversation with your Child



- **Listen** and find out the “whys” behind your child’s preferences.
- Give your child the **space to communicate freely** with you to understand her better



Conversation points

- What are your **values, interests, personality, strengths (VIPS)?**
- What is your **learning style?**
- What are some things/issues you **care/feel strongly about?**
- What **activities and subjects** do you enjoy more of?

Who am I?



Education & Career Guidance

Where do I want to go?

- What are your **aspirations?**
- Identify **possible courses/careers** before narrowing down options
- How are they **aligned to your VIPS?**

How do I get there?

- What **goals** can you set to achieve your first choice?
- What is your **Plan B or C?**



MySkillsFuture Student Portal

Know Yourself

Discover more about your career interests, skills, work values, and learning styles. These tools are meant to facilitate self-awareness and exploration. You may use them as a guide to plan your education or career. Do speak to your parents, teachers and Education and Career Guidance counsellors if you need further advice.



Requires login to
MySF student
portal account



Discover On My Way



Explore Worlds

Explore Industries

Day in the Life

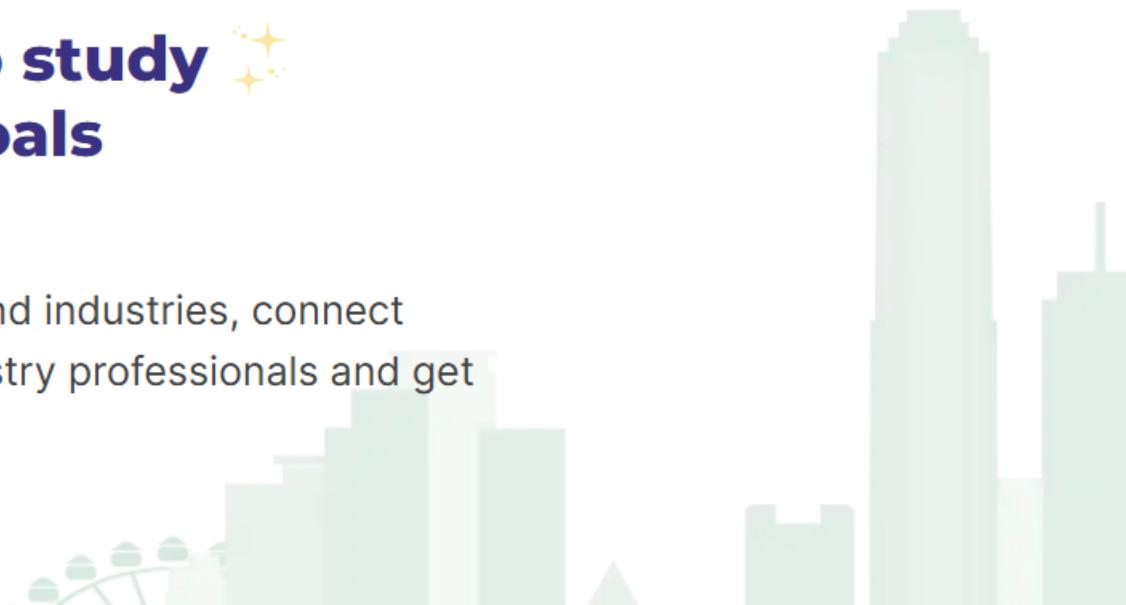
Join Programmes

About Us

Figure out what to study
or future career goals
with On My Way

Learn about the different jobs and industries, connect with schooling seniors and industry professionals and get a taster of various job roles.

Get started →





Links to ECG-related resources

Description	Link
MySkillsFuture (Secondary) portal: Assessment Tools to Know Yourself	Click here
Discover On My Way <ul style="list-style-type: none">Explore industries and job rolesLearn about education requirements and career progression for each job role	Click here
ECG Instagram <ul style="list-style-type: none">ECG tidbits from MOE's ECG Branch	Follow @explore.ecg
ECG Tips for Parents	Click here



Links to explore post-secondary options

Description	Link
ITE Course Booklet 2026 <ul style="list-style-type: none">Types of courses (Note: No DPP for 2026 Sec 3)Cut-off points and minimum entry requirements for each course (Based on 2025 intake)Early Admissions Exercise	Click here
MOE Course Finder <ul style="list-style-type: none">Information on poly and university courses	Click here
MOE School Finder <ul style="list-style-type: none">Information on JCs and MI	Click here
2026 JAE Course Booklet	Click here



Links to understand admissions exercises for 2026 Sec 4 and Sec 5 students

Students	Description	Link
G1 & G2	Joint Intake Exercise (JIE) 'N' (for 3-yr Higher Nitec)	Click here
G1 & G2	ITE Early Admissions Exercise (ITE EAE)	Click here
G2	Joint Intake Exercise 'H' (DPP)	Click here
G2	Poly Foundation Programme (PFP)	Click here
G3	Joint Admissions Exercise (JAE)	Click here
G3	Poly Early Admissions Exercise (Poly EAE)	Click here
G3	JC Direct Schools Admission (DSA)	Click here



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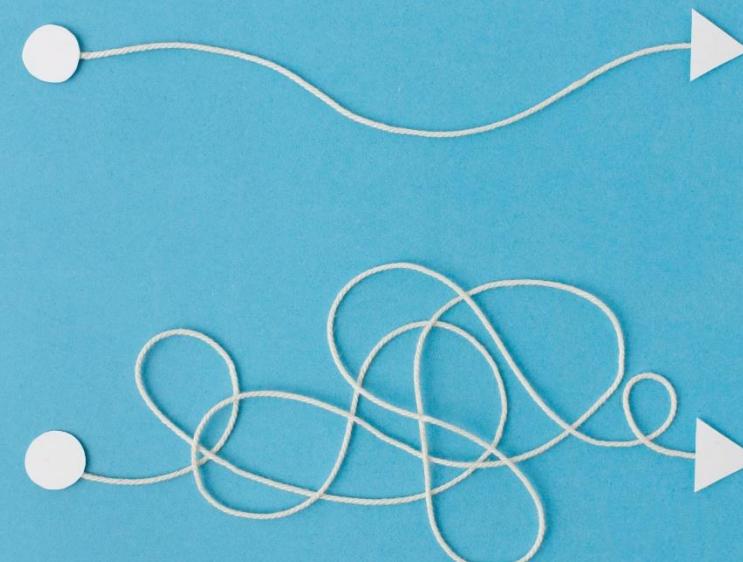
EXPLORE YOUR OPTIONS



Career paths need not be linear.



Be open-minded.





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Make a choice that is the best for you at this point of time



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Chat with Ms Lim Hui Ching, ECG Counsellor



Tuesday and **Wednesday**

7.30am – 5pm

Email: lim_hui_ching_a@moe.edu.sg

Booking form: <https://go.gov.sg/plmgss-ecg>



Library: Shakespeare Room

