



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



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

For Parents of Sec 2 PL-lites

By Ms Lim Hui Ching, ECG Counsellor





Overview of today's sharing

1. Key Considerations in Choosing Subject Combination using the ECG Frame
2. Tips and Resources for Parents to support your child's ECG journey



Key Considerations in Choosing Subject Combination

Interests

What subjects do your child enjoy and why?



Strengths

What subjects are your child good at?



Aspirations

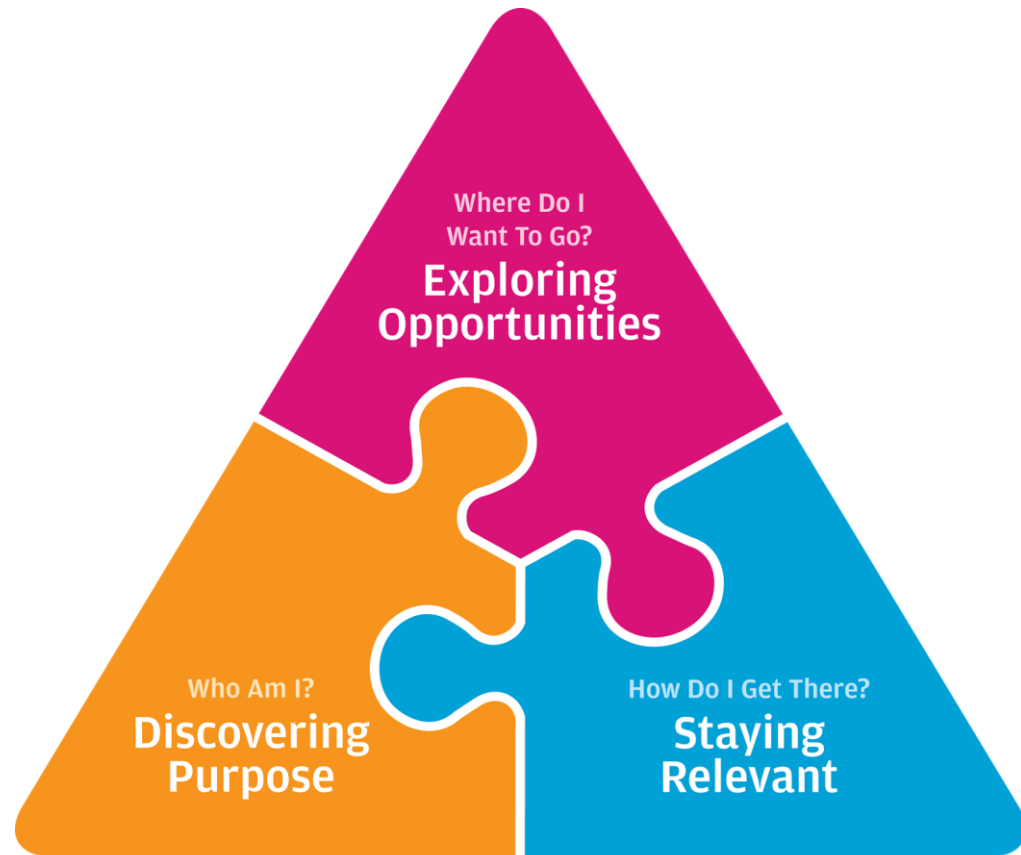
What are your child's education and career goals?

Total Curriculum Load

What might be a suitable number and mix of subjects that your child can manage, taking into consideration the nature and coursework of the subjects?



Using ECG Frame to Make Subject Choices



Education & Career Guidance

1

Discovering Purpose (Who am I?)

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

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

1) “Who am I?”

What are your child’s strengths or interests?

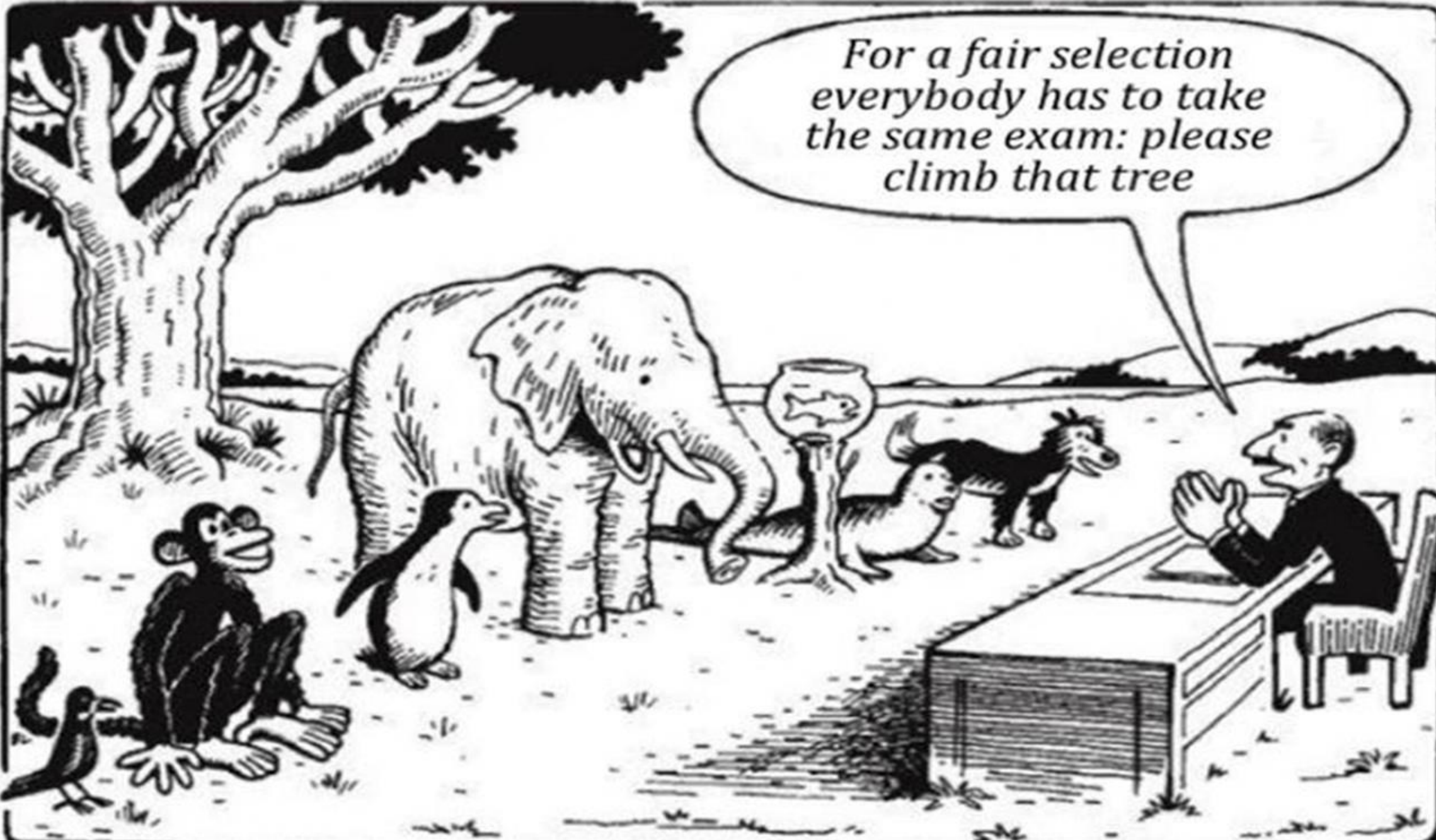


RIASEC Profiling at the start of Sec 2
(MySkillsFuture – sec sch students)

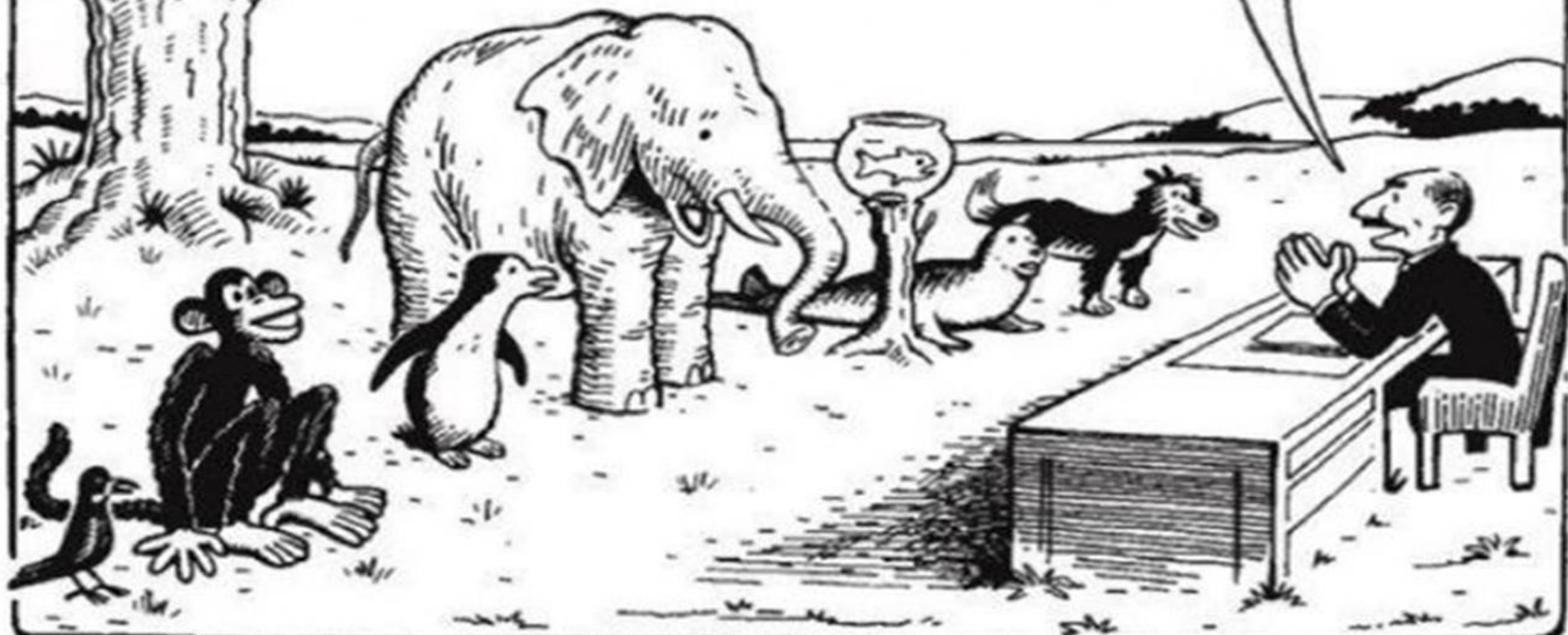
Different people have different career personality types.

People are likely to be satisfied and productive when they work in environments that match their career personality types.

6 RIASEC profile traits, of which most of us have 3 dominant traits.



*For a fair selection
everybody has to take
the same exam: please
climb that tree*





PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)

Reflecting on Strengths



Expressing
through
writing

Creating &
fixing things

Managing
facts &
figures

Generating
ideas

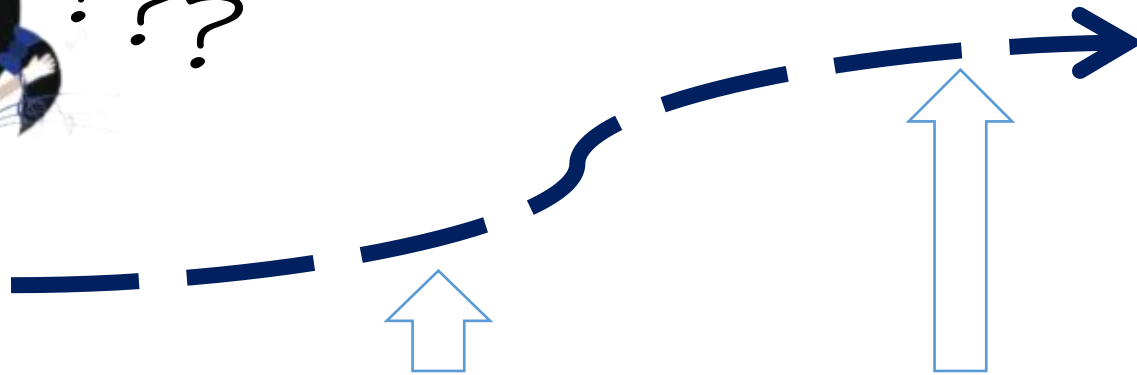
Understanding
complex
concepts



Who Am I?
Discovering
Purpose

2) “Where do I want to go?”

There are many possible pathways that are worth taking and opportunities for continuous learning.



Secondary 2
Choice of Subject
Combination

Secondary 4
Choice of Post-
Secondary Course

Post-Tertiary
Further
education or
World of Work

Adulthood
Career
Aspiration



2) “Where do I want to go?”



Know the World of Work

Be **updated** on the evolving education & industry landscape and know local and global **trends**



Explore Opportunities

Recognise there are multiple education and career **options** to consider and all are worth exploring



Be Confident

There are education and career pathways your child can take up to **make a meaningful difference to society**



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, <ul style="list-style-type: none"> • SOTA, • Singapore Sports School. 	



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Post Secondary Pathways for Students Taking **Predominantly G1 Subjects** (Fewer than 5 G2 subjects)



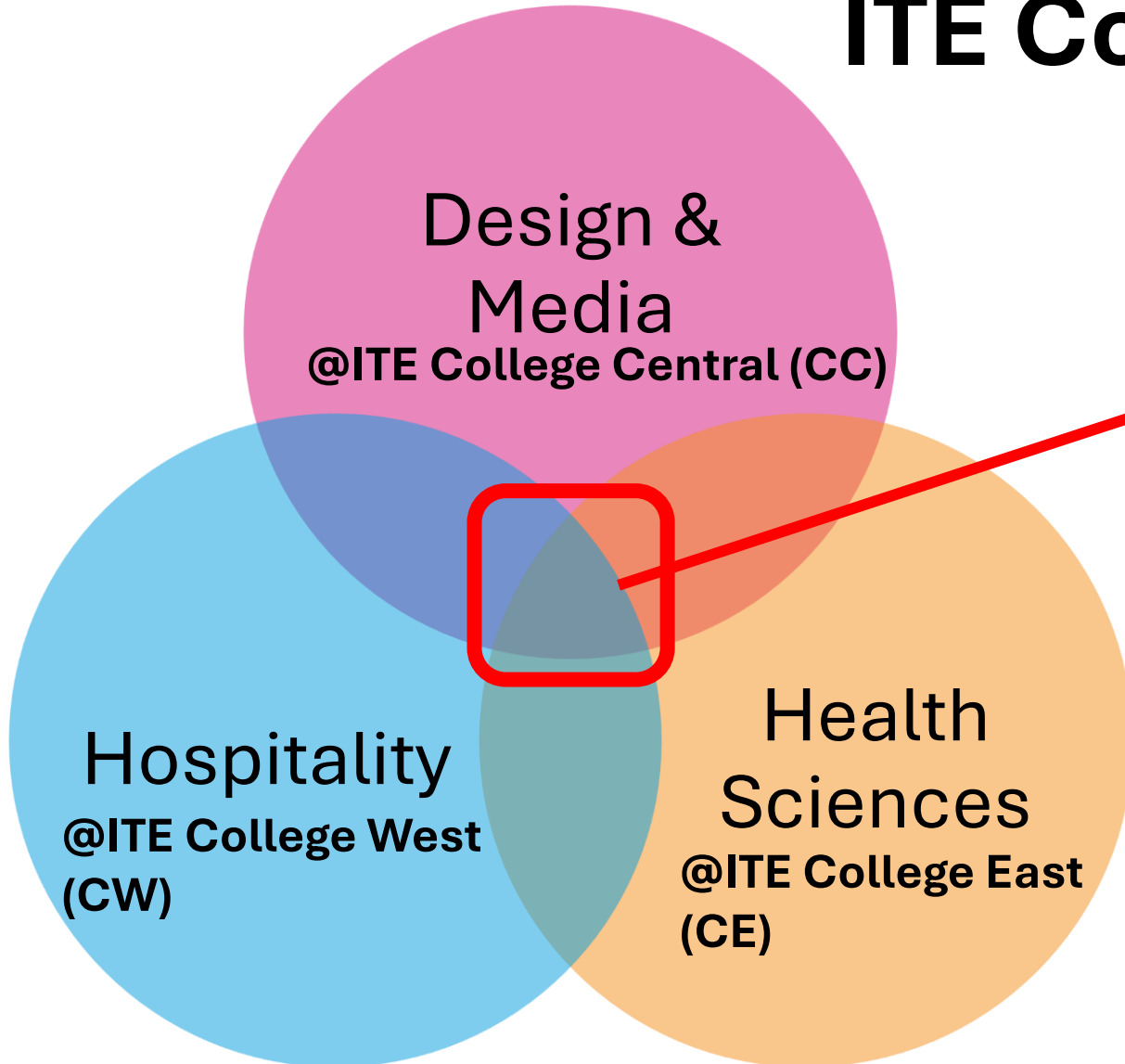
Year	Pathway: 3-year Higher Nitec in ITE
2029	ITE Y1 of 3-year Higher Nitec course*
2030	ITE Y2 of 3-year Higher Nitec course
2031	ITE Y3 of 3-year Higher Nitec course
2032	Post-ITE Progression options: <ul style="list-style-type: none">• Poly Diploma (3-year)**• ITE Diploma (2 to 3-year)• Lasalle/NAFA Diploma (3-year)

*If student does well in Year 1 Sem 1 (ITE GPA of at least 3.7), option to progress to Year 2 Sem 2 and complete Higher Nitec in 2+ years.

**If student does well in ITE, option to do 2-year or 2.5-year Poly Diploma (depending on the course).



ITE Colleges



Electronics and
Info-Comm
Technology

Business &
Services

Engineering

@ITE CC, CE, CW



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Post Secondary Pathways for Students Taking **Predominantly G2 Subjects** (Fewer than 4 G3 subjects)



Overview of Post-Secondary Pathways for Students taking Predominantly G2 subjects (Fewer than 4 G3 subjects)

	ITE 2-Year Higher Nitec	Poly Foundation Prog (PFP)	NAFA Foundation Prog (NFP)
Duration	2 years	Foundation: 1 year in respective institution, followed by Diploma: 3-year course in respective institution	
Eligibility (including minimum subject grades)	ELMAB3 ≤ 19	ELMAB3 ≤ 12	ELMAB3 ≤ 15 (with Portfolio/Audition)
Graduate with	Higher Nitec + Can apply to study Diploma in ITE/Poly/NAFA/Lasalle.	Poly Diploma	NAFA Diploma



Overview of Post-Secondary Pathways for Students taking Predominantly G2 subjects (Fewer than 4 G3 subjects)

	ITE 2-Year Higher Nitec	Poly Foundation Prog (PFP)	NAFA Foundation Prog (NFP)
Eligibility (including minimum subject grades)	ELMAB3 \leq 19	ELMAB3 \leq 12	ELMAB3 \leq 15 (with Portfolio/Audition)

English (EL) and Math (MA) must be at least G2 (can be G3 also)
If EL & MA are G1, the above pathways are not applicable.



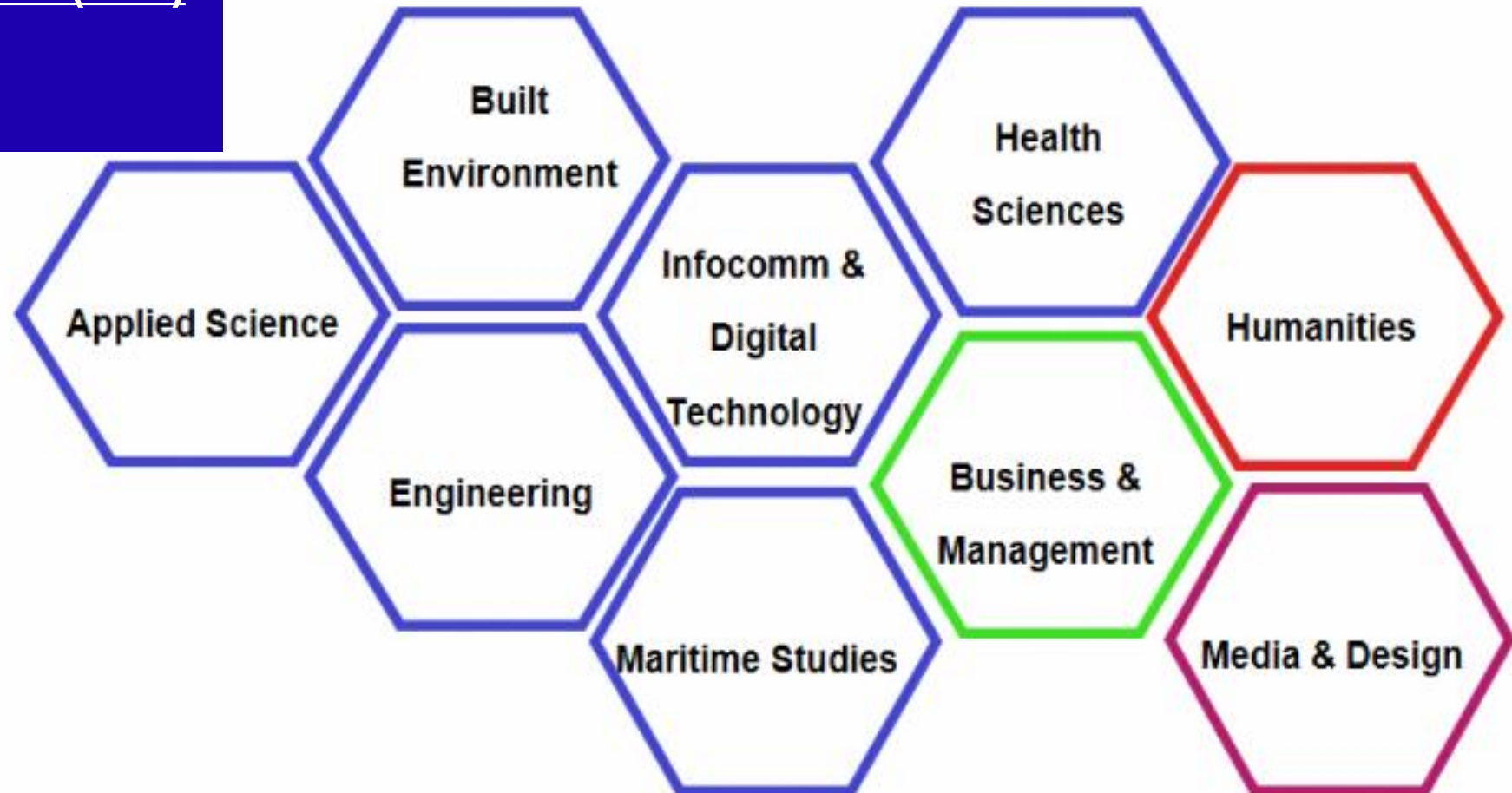
Fields of Study in Polytechnics

Poly Foundation Programme (PFP)

Foundation: 1 year

Diploma: 3 years

**Industry ready
Programmes**





PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



NAFA Foundation Programme (NFP)

Foundation: 1 year

Diploma: 3 years

For students who are keen to pursue an education in the **Visual and Performing Arts**, such as music, theatre, dance, interior design, and fashion design.

Please **visit the NAFA website** to find out more about NFP curriculum and admissions.



An Overview of Possible Post-Secondary Timeline

Year	PFP	ITE Y2	SEC 5		
2029	Poly Y0	ITE Y2	Sec 5		
2030	Poly Y1	ITE Y3**	JC/MI Y1	Poly Y1	ITE Y1
2031	Poly Y2	Poly Y1	JC/MI Y2	Poly Y2	ITE Y2
2032	Poly Y3	Poly Y2	Uni / MI Y3	Poly Y3	Poly Y1
2033	Uni/Career	Poly Y3	Uni	Uni/Career	Poly Y2
2034		Uni/Career			Poly Y3
2035					Uni/Career

**If student does well in ITE, option to do 2-year or 2.5-year Poly Diploma (depending on the course).



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Post Secondary Pathways for Students Taking **Predominantly G3 Subjects (At least 4 G3 subjects, including G3 English)**



Admission to Polytechnics

Type of admission	Description	Admission criteria
Poly Diploma	3 years of diploma course	Net ELR2B2 \leq 22 (except 24 for Nursing) G3 subjects are used for admission (see next slide).
Poly Foundation Programme	1 year of foundation studies + 3 years of diploma course	ELMAB3 \leq 12 G3 subject grades will be mapped to G2 level.



Poly Diploma: At least 4 G3 & 1 G2 subjects

ELR2B2	Level	Remarks
English (EL)	G3	For all poly diploma courses
Relevant 2 subjects (R2)	G3	Depends on the course: Visit MOE Course Finder to find out type of ELR2B2 (either A, B, C or D). Visit this page to see what are G3 subjects used to calculate R2.
Best 2 subjects (B2)* <i>*Both B2 can be at G3 level, or 1 G3 and 1 G2.</i>	G3*	1 of the B2 subjects can be at G2 level.

Net ELR2B2 = ELR2B2 – CCA bonus points



How to identify what are the R2 subjects?

Step 1: Visit [MOE Course Finder](#) to find out type of ELR2B2 (either A, B, C or D)

Step 2: Visit this [page](#) to see what are G3 subjects used to calculate R2.

Accountancy

Course code: S75

Admission Type: DAE, JPAE, Poly EAE, PFP

Singapore Polytechnic

2026 JAE **ELR2B2-B** net aggregate: 5 - 12

Aggregate Type	ELR2B2: For Polytechnic Courses			
	ELR2B2-A	ELR2B2-B	ELR2B2-C	ELR2B2-D
EL	English			
1st Group of Relevant Subjects	Art Business Studies Combined Humanities Economics Geography Higher Art Higher Music History Humanities (Social Studies, Literature in English) Humanities (Social Studies, Literature in Chinese) Humanities (Social Studies, Literature in Malay) Humanities (Social Studies, Literature in Tamil) Humanities (Social Studies, History) Humanities (Social Studies,		Additional Mathematics Mathematics	

A snapshot of what the page looks like.



G3 English and G3 Math are required.

For O-Level students seeking admission through JAE ^

i To be eligible for selection, you must have also sat for Additional Mathematics or Mathematics.

Subject	Grade
English Language	1-6
Any one of the 1st group of Relevant Subjects for the ELR2B2-A aggregate type	1-6
Any one of the 2nd group of Relevant Subjects for the ELR2B2-A aggregate type	1-6

For some courses, e.g. Early Childhood:

Even if Math might not be used in the calculation of ELR2B2, it is still a requirement to be eligible for the course.



Admission to JC / MI: At least 5 G3 subjects

- G3 subjects must include **English, Humanities and Math.**

JC Admission: $L1R4 \leq 16$

MI Admission: $L1R4 \leq 20$

L1	English Language/ Higher MTL
R1	<u>Humanities</u>
R2	<u>Mathematics/ Science</u>
R3	<u>Humanities/ Mathematics/ Science</u>
R4	Any G3 subject

Grade requirements for specific subjects:

G3 English (A1-C6)

G3 Math or Add Math (A1-D7)

Any 1 of the MTL criteria:

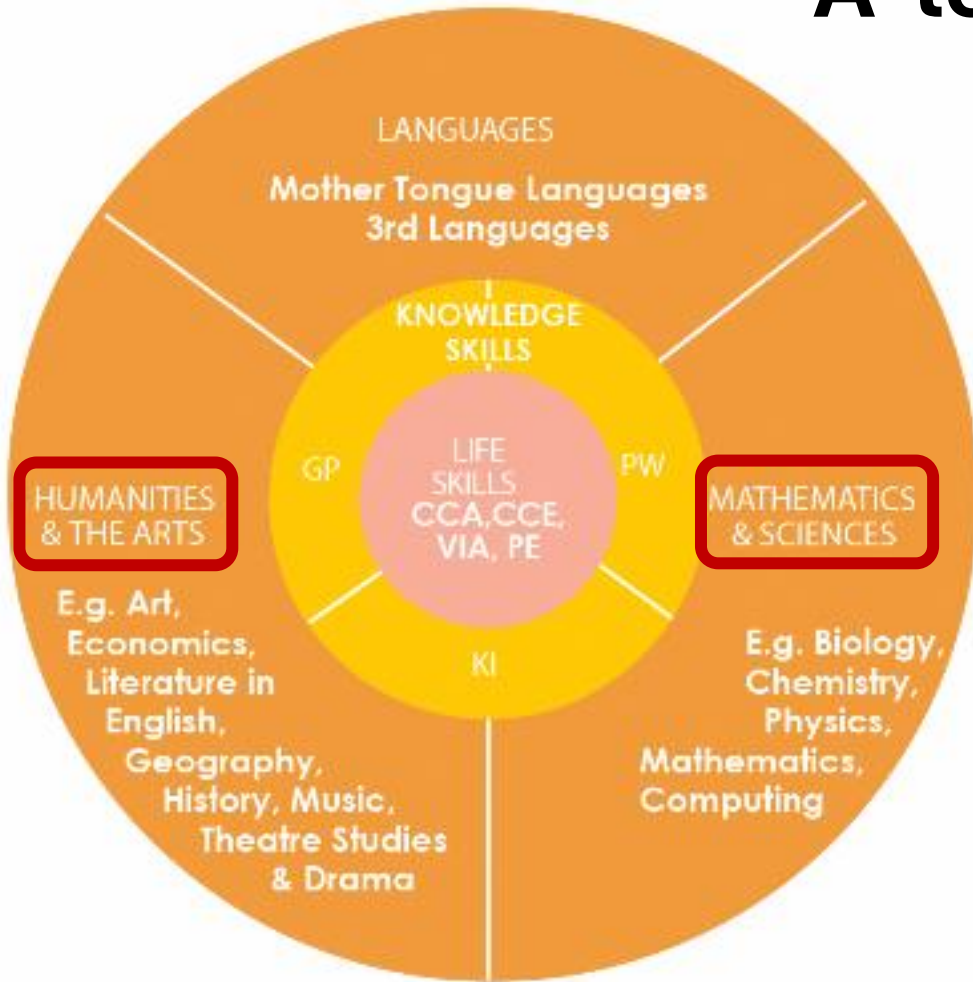
G3 Higher MTL (A1-E8);

G3 MTL (A1-D7);

G2 MTL (Grade 1-5)

G1 MTL (Grade A-D)

'A' level programme



H1	H2	H3
H1 is half of H2 in breadth but similar to H2 in depth.	Equivalent to 'A' Level subjects prior to 2006.	H3 builds on H2 in knowledge and skills, and provides opportunity for in-depth study.

Usual subject combination:

- **3 H2 content subjects**
- **1 H1 content subject**
- H1 General Paper
- H1 Project Work
- Mother Tongue

Must have at least 1 contrasting subject

Science stream

Arts stream

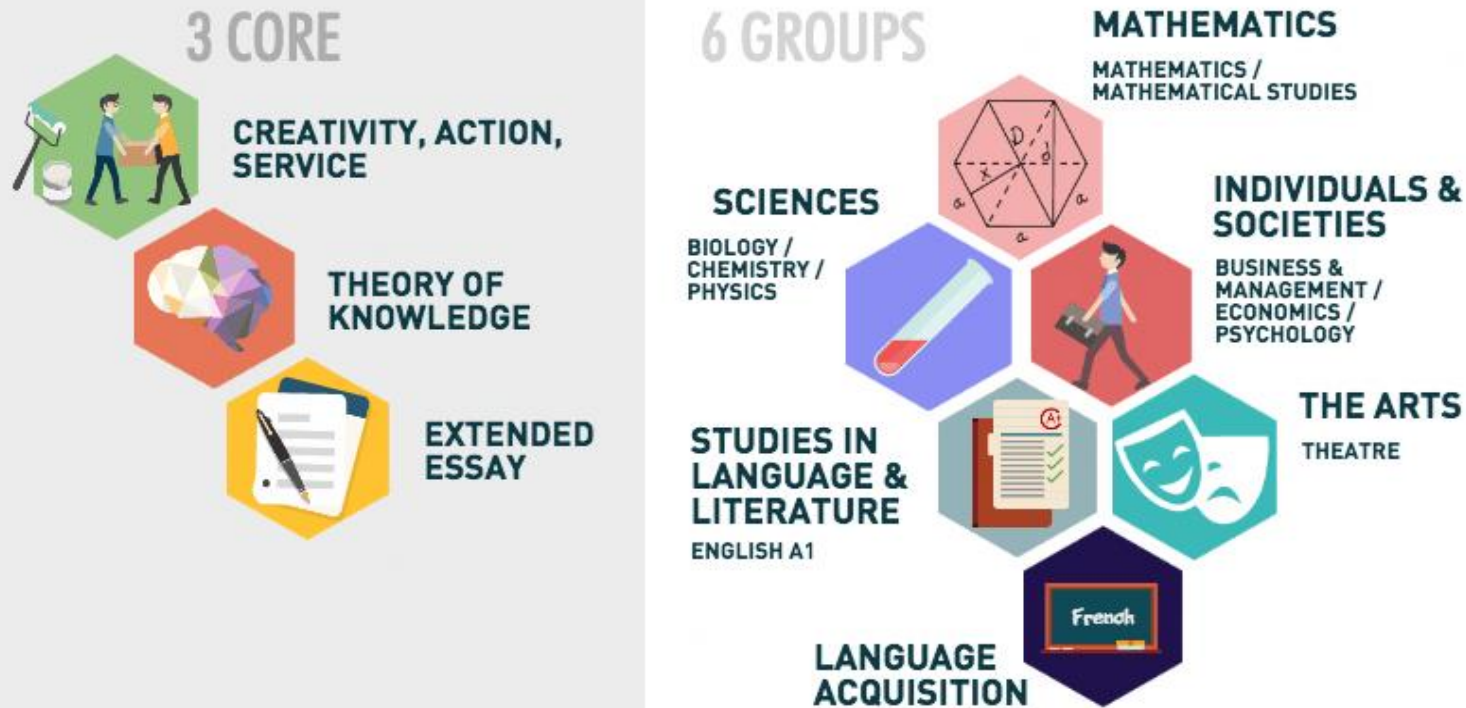
Humanities
Arts

Maths
Sciences

Each JC/MI offers different subject combinations with different criteria. Please check individual JC websites.

International Baccalaureate (IB) Diploma

IB STRUCTURE



Offered at:

- [ACS \(Independent\)](#)
- [St Joseph's Institution](#)
- [SOTA](#)
- [Singapore Sports School](#)

**3 Core subjects +
3 Higher level subjects +
3 Standard level subjects**

Students will have to meet the stipulated requirements of some subjects and requirements may differ for each IB school. Please check the respective school websites for details.



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Arts Institutions (NAFA & Lasalle)

Diploma programmes in the visual and performing arts, such as music, theatre, dance, interior design, and fashion design.

Visit the NAFA and Lasalle websites to find out more about curriculum and admissions.



Summary of Admission Requirements

	Poly Year 1	JC/MI	Lasalle/NAFA
Subjects	At least 4 G3 + 1 G2	At least 5 G3	At least 4 G3
Must include	G3 English G3 Math	G3 English G3 Math G3 Humanities	G3 English
Eligibility	Net ELR2B2 \leq 22 (except 24 for Nursing) Meet minimum entry requirements for course	JC: L1R4 \leq 16 MI: L1R4 \leq 20	3 G3 subjects (excluding G3 English) + 1 G2 subject \leq 21 C6 in G3 English



3) “How do I get there?”

- Consider The practicalities**
- Criteria** for your child’s desired subject combination?
- Overall **workload** and how can your child **work towards her goal?**



Choosing subjects for Secondary 3: 'Put interest before popularity'

Mdm Lee Lin Yee, Divisional Director at MOE's Educational Technology Division, ex-Head of MOE Sciences Branch

"We have designed the curriculum such that students who offer Combined Science can still move on to take H2 Science at the A-Levels." Students need to offer three H2 subjects and one H1 subject at the A-Level exams to advance to university (H1 subjects have about half the content of H2 subjects).

The popular notion that the Triple Science stream offers students the most options is also somewhat overstated, she says. At the Yong Loo Lin School of Medicine at the National University of Singapore, for example, Triple Science is not a prerequisite. Students would need H2 passes in Chemistry, and either Biology or Physics, at the A-levels or the International Baccalaureate diploma. The medical school also admits students with a good grade point average (GPA) from selected diploma courses in the polytechnics.

If students have certain careers in mind, they may browse polytechnic and university websites and look for the course criteria: Not many polytechnic courses insist on a particular Pure Science subject for admission either, she advises.



Taking subjects at MDL

- Why take subjects at MDL if the types of post-secondary pathways remain the same?
 - Continue to develop passion and interest in the subject which may lead to future career pathways
 - For Higher Nitec graduates who intend to progress to Poly to do diploma, some Poly courses may require G3 subjects:

Poly Diploma courses	G3 subject required
Law & Management	G3 English
Early Childhood Devt & Education	G3 English
Tamil Studies with Early Education	G3 English + G3 Higher Tamil / G3 Tamil



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



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





PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



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**?



Career Mind Maps

1. What are some industries/occupations you can consider which are related to your strengths/skills and interests?

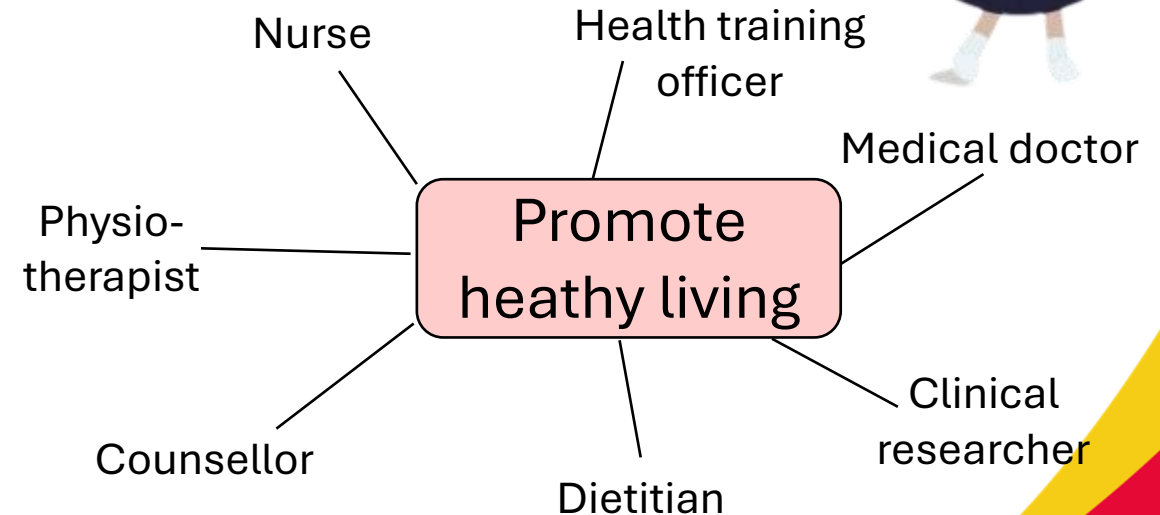
2. What is it about being a Doctor that interests you?

3. There are other jobs that could also help you achieve your purpose.

4. Keep your options open by exploring other opportunities!

1. I want to be a Doctor!

2. Help people become healthy?

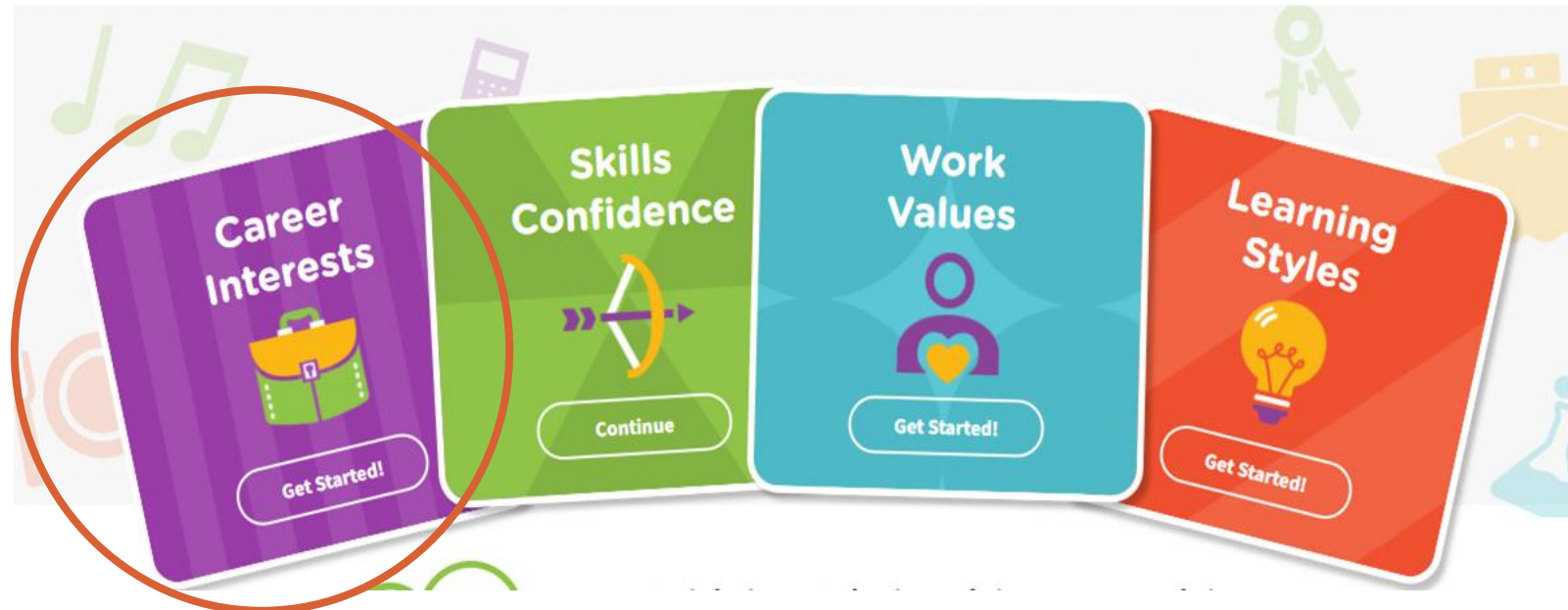


MySkillsFuture Student Portal

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





PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Discover On My Way

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

USEFUL RESOURCES

Description	Link
Post-Secondary Admissions Exercise (PSE)	Click here
MySkillsFuture (Secondary) portal: Assessment Tools to Know Yourself	Click here
Discover On My Way <ul style="list-style-type: none">• Explore industries and job roles• Learn 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
MOE Vodcast Series: Canteen Chats with Lion Mums	Click here



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)

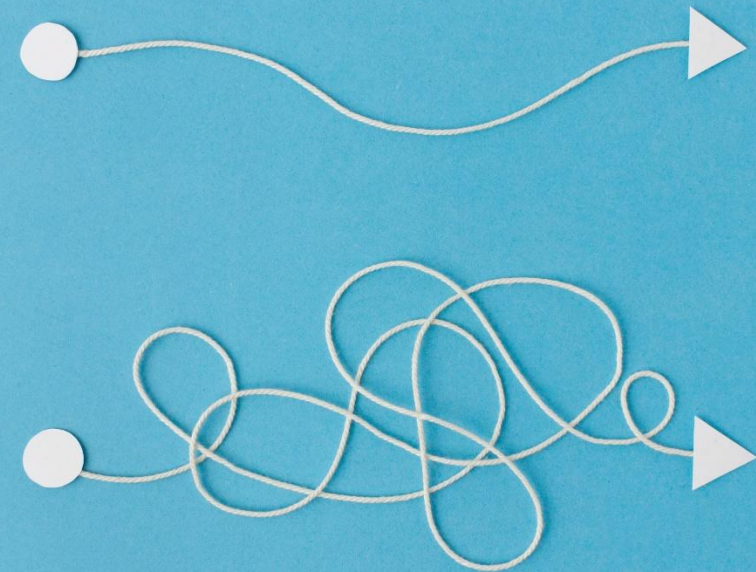


EXPLORE YOUR OPTIONS



Be open-minded.

Career paths need not be linear.





PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



In a world of uncertainty...

- How can we prepare our youth to **thrive**?
- How can we encourage them to **use their strengths to contribute to society**?
- We will always be faced with “threats”. Today, it’s AI. Tomorrow, it could be something else. How can we empower our youth to **pivot and move with the times**?



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



Make a choice that is the best for you at this point of time.
There are many paths to the top of the mountain.



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY)



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

