

Parent Kit

Supporting Our Teens in Choosing Post-Secondary Pathways

5 May 2026



Ministry of Education
SINGAPORE

Our teens will soon be pursuing their next phase of learning. We may be wondering about the pathways available to them and how we can guide them on their options.

Get started [here](#) to learn about the post-secondary options available to our teens.

Here are 4 tips for parents

1 Take a step back from our own expectations

Every teen is unique. Encourage them to think through their options by recognising their own interests and strengths.

Offer advice but avoid pressuring them to qualify for a certain pathway based on our own expectations and experiences.

Consider these factors

- **Overall interest** in the course or school
- **Travel time** between home and school
- **Duration** of study
- **Future work opportunities** related to your teens' interests
- **Cost** of the post-secondary option
- **Scholarship** opportunities

2 Hear our teens out

Ask them about their thoughts and feelings on their strengths, aspirations and preferred pathways. Make them feel heard.

When we observe their interests and strengths, we can intentionally validate them by sharing what we see.

Ask how they would like to be supported. Assure them of our support as they think about their choices.

Take a moment to reflect

Begin by reflecting how well you understand your teen. Ask yourself, do I know...

- which subjects in school **interest** them the most, and why?
- which programmes/activities do they **enjoy** the most, and why?
- what are some occupations or areas that **interest** them, and why?
- if this an area they can see themselves **contributing** to in the future, and how?

Have an open conversation with your teen on these aspects to understand their aspirations and support them.





It's okay to be uncertain (this applies to parents too)

Sometimes, our teens may not be certain about what they want to do after secondary school. We ourselves may also be uncertain about what's suitable. Don't worry — there is support around.



Seek support through these channels

- **Peer Support**

Encourage our teens to reach out to like-minded friends to motivate one another. Speak to seniors who have progressed to post-secondary levels to find out more about how they made their choices.

- **Fellow Parents**

Reach out to your own social circles to connect with fellow parents at the same stage in life or other parents who have been through post-secondary pathways with their children. Attend parent seminars.

- **Education and Career Guidance (ECG)**

Encourage our teens to speak with their ECG Counsellor in school to seek advice on post-secondary pathways.



Knowledge is power

Together with our teens, learn more about the various post-secondary options through the following resources:

- For an overview of MOE's pathways for students taking the O- and N-Levels, refer to pages 3 to 6.
- For Education and Career Guidance resources to support our teens, [click here](#).
- For the latest updates on post-secondary education, [click here](#).

Be open to the different education and career pathways that our teens are considering. Discuss options with an open mind.

Keep an eye out for Open House dates on the social media accounts or websites of Art Institutions, Junior Colleges, Millennia Institute, Institute of Technical Education and Polytechnics. Encourage our teens to attend Open Houses or attend them together!



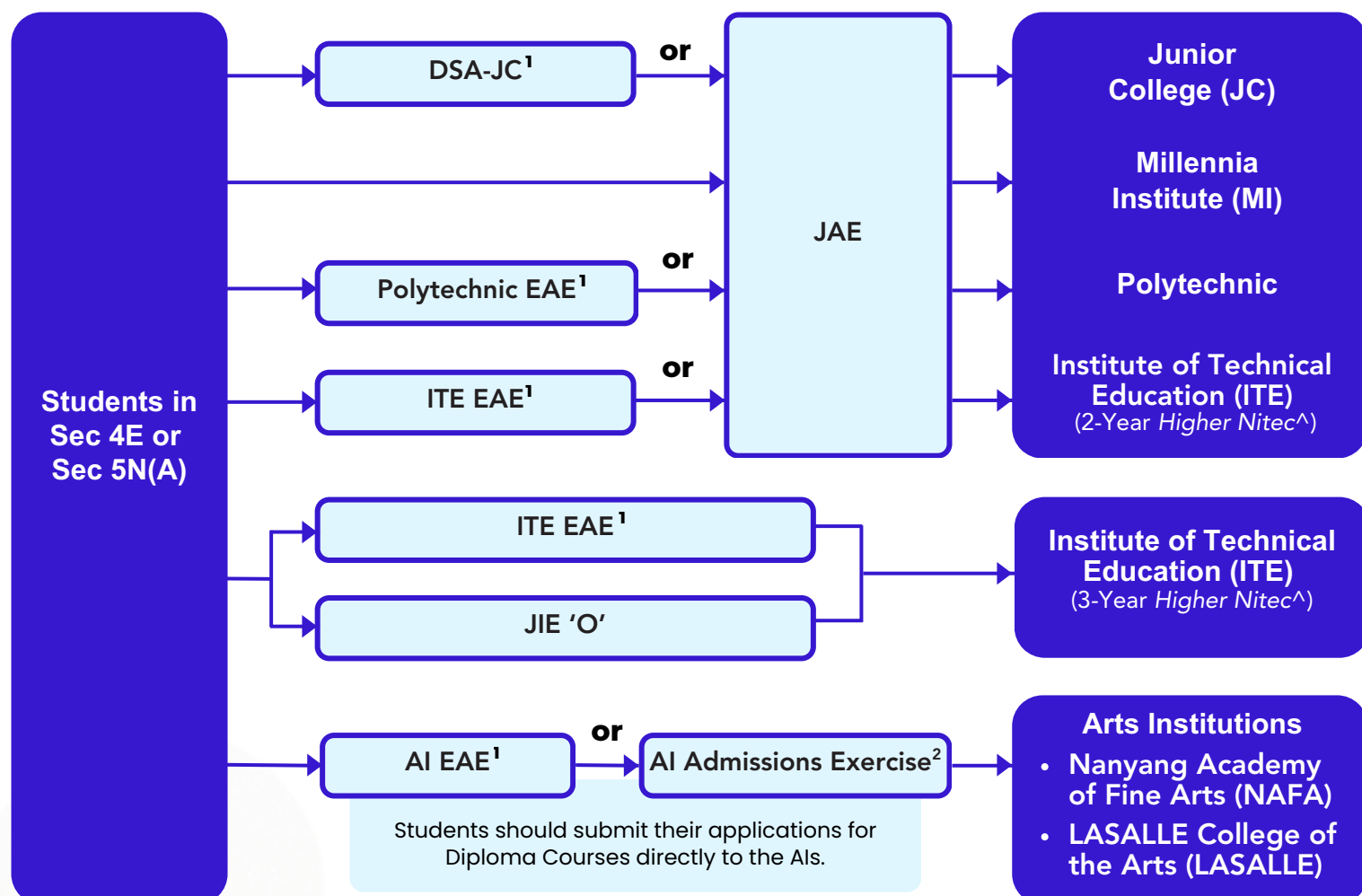
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account for parents
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Post-Secondary Admissions Exercises for Students in Sec 4 Express or Sec 5 Normal (Academic)

Admissions exercises to take part in



Application Period

May 2026

- DSA-JC¹
- ITE EAE¹
- AI EAE¹ (LASALLE)

June 2026

- Polytechnic EAE¹
- AI EAE¹ (NAFA)

Oct 2026

- LASALLE²
- NAFA²

Jan 2027

- JAE
- JIE 'O'

NOTES ¹Students apply through these admissions exercises before their O-Level examinations.

²Application to LASALLE's and NAFA's diploma programmes starts from October.

[^]Please visit the ITE website for the list of [2-Year Higher Nitec courses](#) and [3-Year Higher Nitec courses](#).

To learn about the different admissions exercises, visit the [MOE website](#).

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.

The AIs also run their own Early Admissions Exercise (EAE), an aptitude-based admissions exercise open to graduating O-Level students, final-year Nitec and *Higher Nitec* students from ITE and graduating Integrated Programme (IP) / International Baccalaureate (IB) Year 4 students. This exercise allows students to apply for and receive conditional offers for admission to NAFA and LASALLE prior to receiving their final grades.

NAFA: go.gov.sg/applynafa

LASALLE: go.gov.sg/applylasalle

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 interest, prior to receiving their final GCE 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.

ITE EAE: go.gov.sg/iteeae

DSA-JC – Direct School Admission for Junior Colleges

DSA provides students with the opportunity to seek admission to JCs based on a broad range of talents that may not be demonstrated at the O-Level examinations.

DSA-JC: go.gov.sg/applydsajc

JAE – Joint Admissions Exercise

JAE enables GCE O-Level holders to apply for courses offered by JCs, MI, polytechnics and ITE (2-Year *Higher Nitec* courses).

JAE: go.gov.sg/applyjae

JIE 'O' – Joint Intake Exercise 'O'

The JIE 'O' enables GCE O-Level holders to apply for the 3-Year *Higher Nitec* courses conducted by ITE.

JIE 'O': go.gov.sg/applyjieo

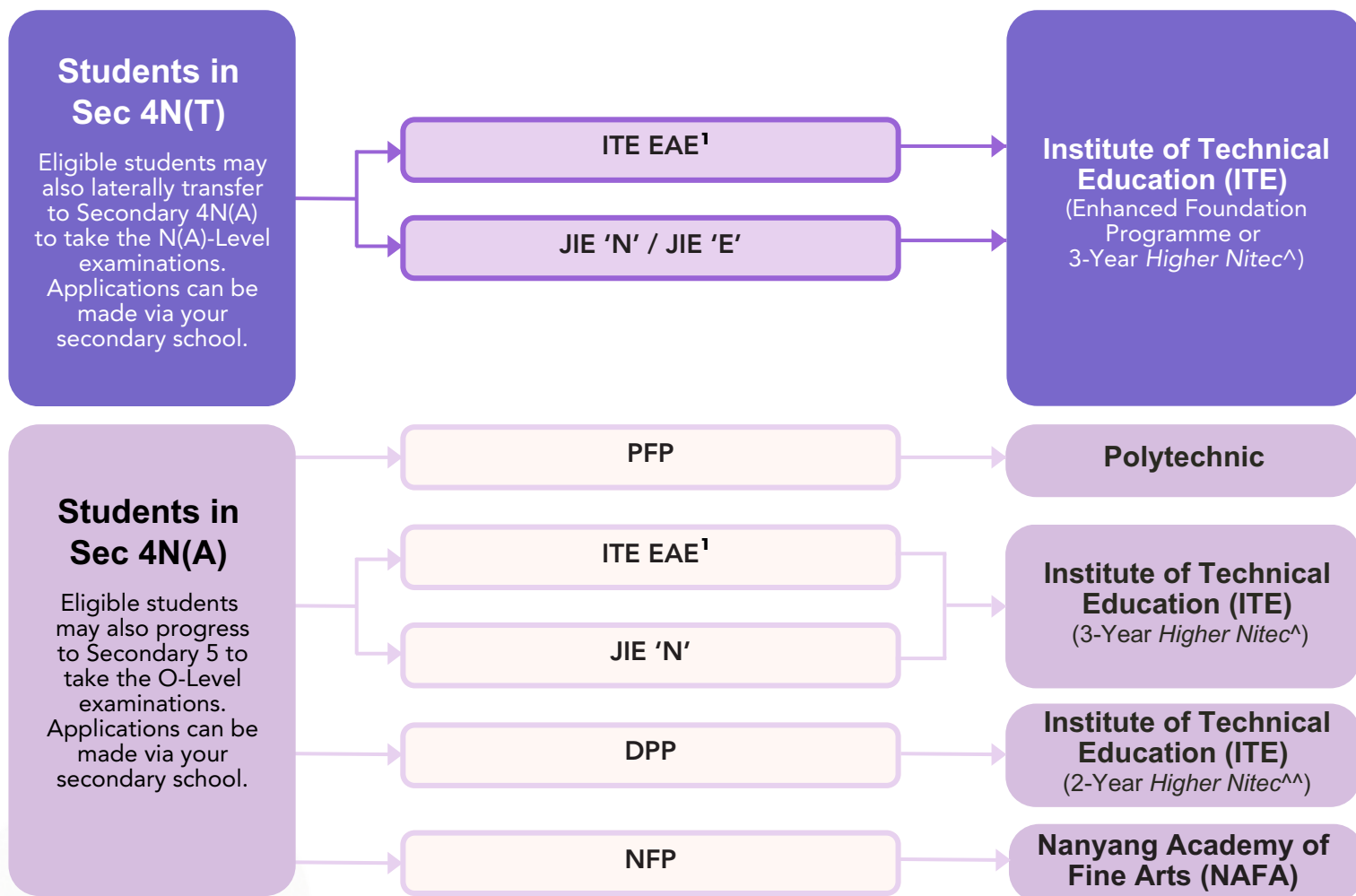
Polytechnic EAE – Polytechnic Early Admissions Exercise

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

Polytechnic EAE: go.gov.sg/polyeae

Post-Secondary Admissions Exercises for Students in Sec 4 Normal (Technical) and Normal (Academic)

Admissions exercises to take part in



Application Period

May 2026

- ITE EAE¹

Dec 2026

- JIE 'N'
- JIE 'E'
- DPP
- NFP

Jan 2027

- PFP
- DPP (2nd window of applications)

- For Students in Sec 4N(T)
- For Students in Sec 4N(A)

NOTES

¹Students apply through these admissions exercises before their examinations.

[^]Please visit the ITE website for the list of [Enhanced Foundation Programme and 3-Year Higher Nitec courses](#).

^{^^}Please visit the ITE website for the list of [2-Year Higher Nitec courses under the DPP](#).

To learn about the different admissions exercises, visit the [MOE website](#).

Details of Admissions Exercises

DPP – Direct-Entry-Scheme to Polytechnic Programme

DPP allows Secondary 4N(A) students to be admitted directly into selected 2-Year *Higher Nitec* courses at ITE without having to sit for the O-Level examinations. DPP students who successfully complete their *Higher Nitec* courses at ITE and attain the required qualifying Grade Point Average (GPA) scores are guaranteed a place in a polytechnic diploma course mapped to their *Higher Nitec* course.

DPP: go.gov.sg/applydpp

PFP – Polytechnic Foundation Programme

PFP is a one-year programme that offers a practice-oriented curriculum taught by polytechnic lecturers to better prepare polytechnic-bound Secondary 4N(A) students for entry into a polytechnic diploma.

Starting from the AY2026 PFP intake, students will be admitted into a PFP cluster, and progress to one of the diplomas within the cluster after completing the one-year programme.

The exceptions are Diploma in Nursing, Diploma in Early Childhood Development & Education, and Diploma in Tamil Studies with Early Education, for which students can be admitted either via the diploma-specific PFP or the relevant PFP cluster.

PFP: go.gov.sg/pfp

JIE 'N'/JIE 'E' – Joint Intake Exercise

The JIE 'N' is for students to apply for the 3-Year *Higher Nitec* courses offered by ITE.

The JIE 'E' is for eligible¹ GCE N(T) students to apply for the 4-Year *Higher Nitec* course under the Enhanced Foundation Programme.

JIE 'N'/JIE 'E': go.gov.sg/applyjien

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 interest, prior to receiving their final GCE N-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.

ITE EAE: go.gov.sg/iteeae

NFP – NAFA Foundation Programme

The NFP is a one-year practice-based programme that prepares Secondary 4N(A) students to pursue a diploma in the creative arts. NFP students who successfully complete the programme will be offered a place in their chosen diploma course at NAFA.

NFP: go.gov.sg/applynfp

NOTES

¹Singaporean/ Singapore Permanent Resident Normal (Technical) holders with 'O' or '1' GCE 'N' Level pass.