

Forum on Parents and Schooling

Thursday, 31 August 2017
Ballroom 3, Level 3
Orchard Hotel Singapore

PANEL III
Stress in Schools – Who's to Blame?

PRESENTATION BY
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Stress in Schools – Who's to Blame?

IPS FORUM ON PARENTS AND SCHOOLING

31ST AUGUST 2017



Student Stress - 3 considerations:

- ❑ Paradigm - the 'bad' & the 'good'?
- ❑ Nature - the great complexity
- ❑ Remedy - the reliefs and handles

Consideration

1:

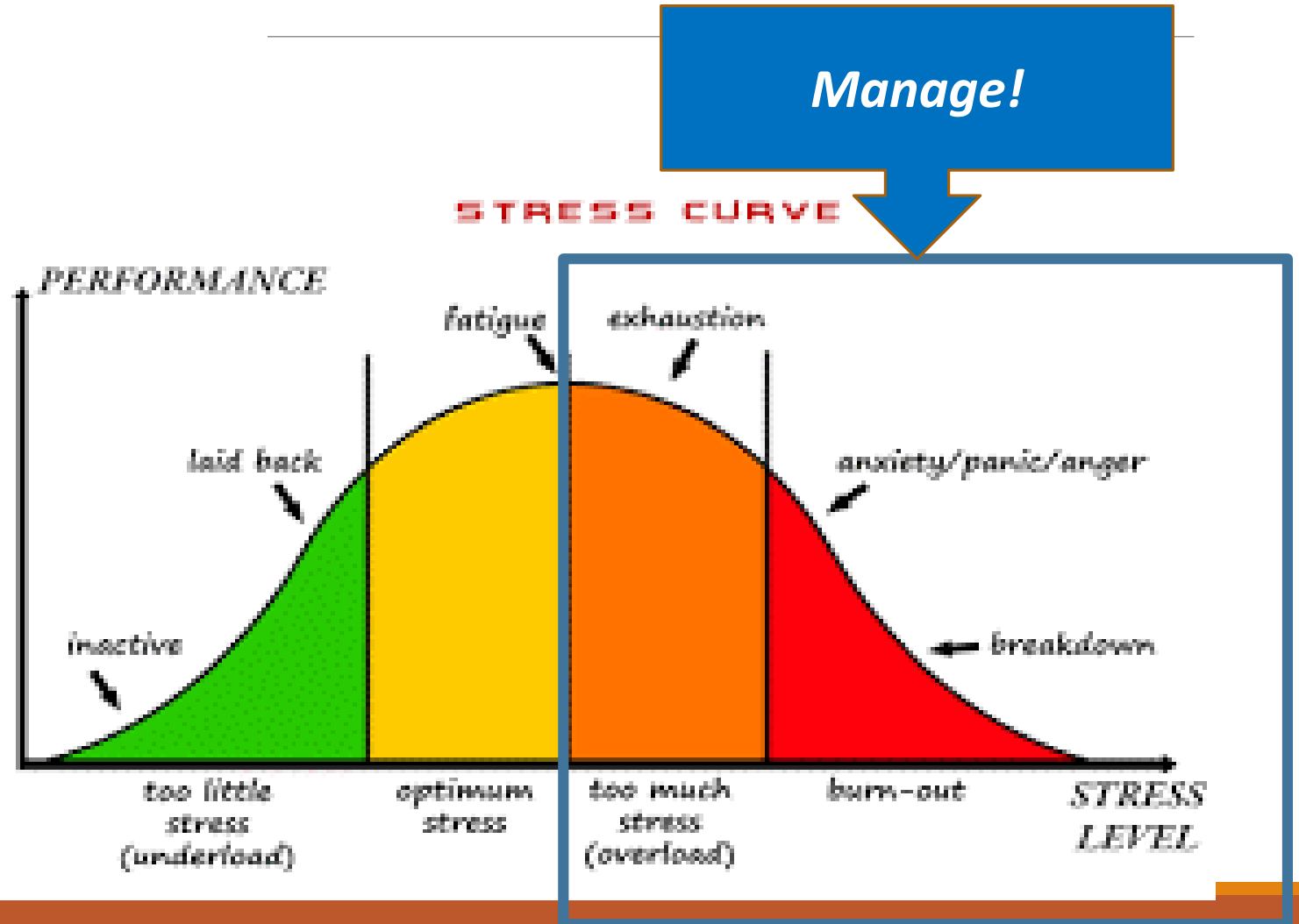
The 'bad' &
the 'good'?

Chart from Economist Apr 2017 (on-line):

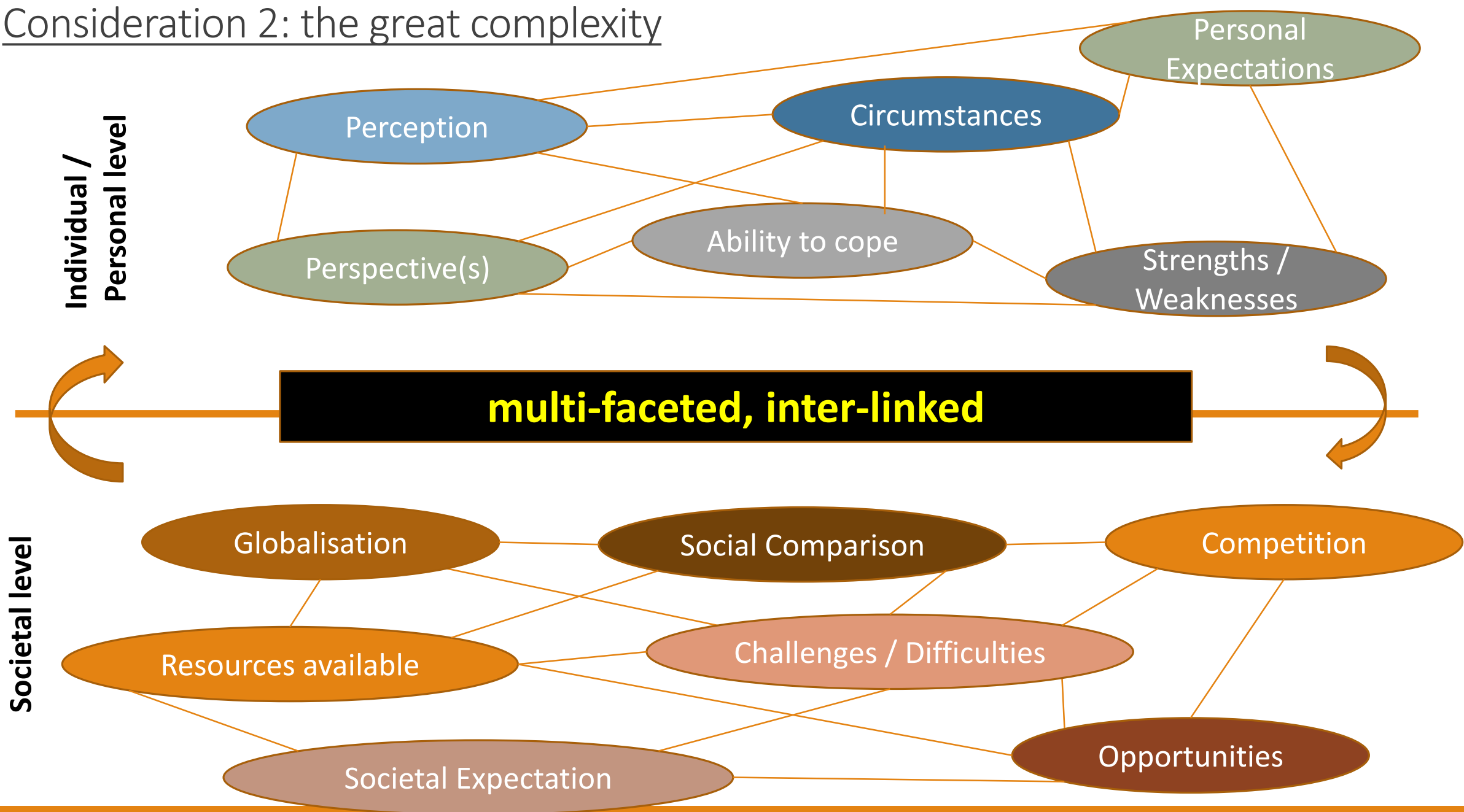
- On PISA 2015 findings on relationship between competitive drive and anxiety levels
- Singapore students score high on test performance, competitive drive and anxiety levels
- Source:
<https://www.economist.com/blogs/graphicdetail/2017/04/daily-chart-15>

Stress – fuel for motivation (& performance)

- a response to challenges / demands
- necessary (up to certain extent)



Consideration 2: the great complexity



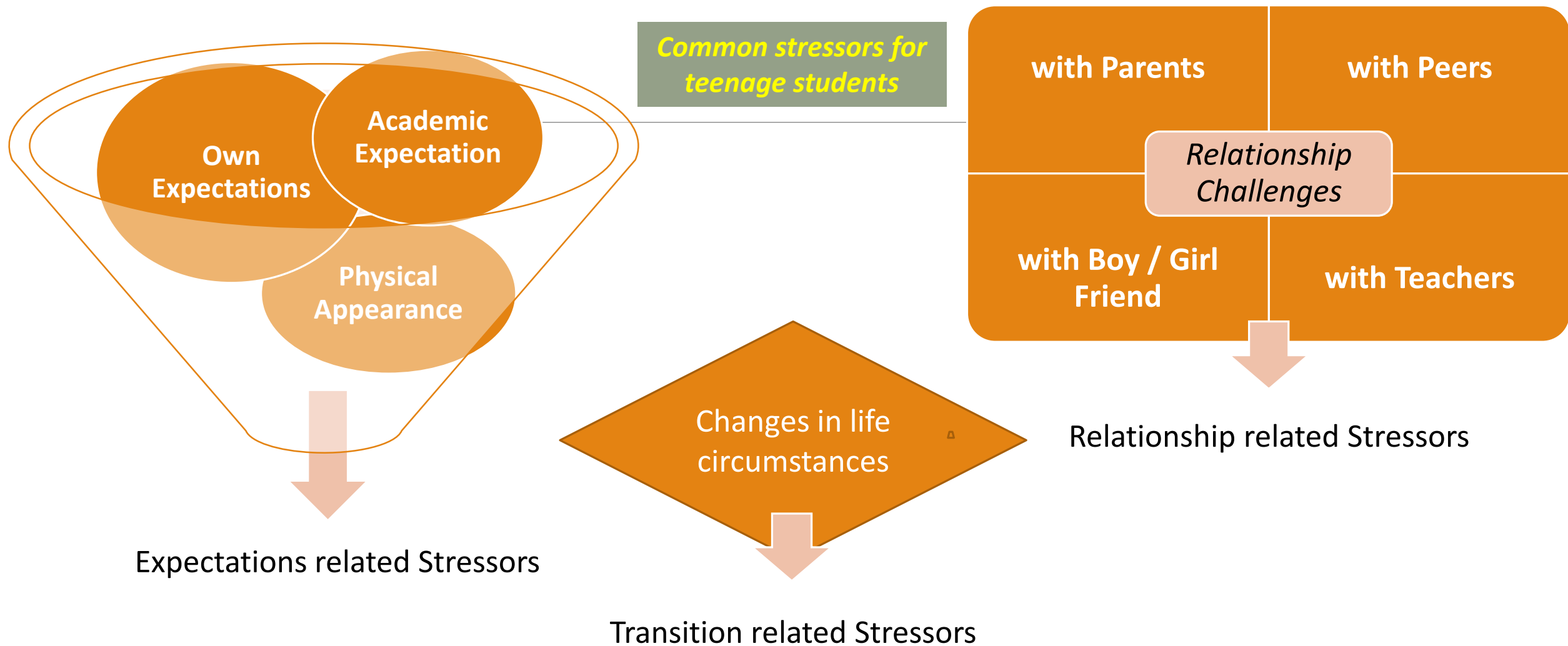
Stresses from the Broader Environment

Top 3 Stressors (against a backdrop of Globalisation & increasing competition):

- uncertainty over the future and studies
- worry over finances
- emerging adult responsibilities, e.g. being able to provide for their family

- Straits Time report on NYC National Youth survey, entitled: 'Young People more open to diversity, more worried about future' [carried by TNP on 15 Jul 2017]
- Source:
<http://www.tnp.sg/news/singapore/young-people-more-open-diversity-more-worried-about-future>

Consideration 3: the reliefs & handles



Survey: Majority of our students able to cope for various stressors!

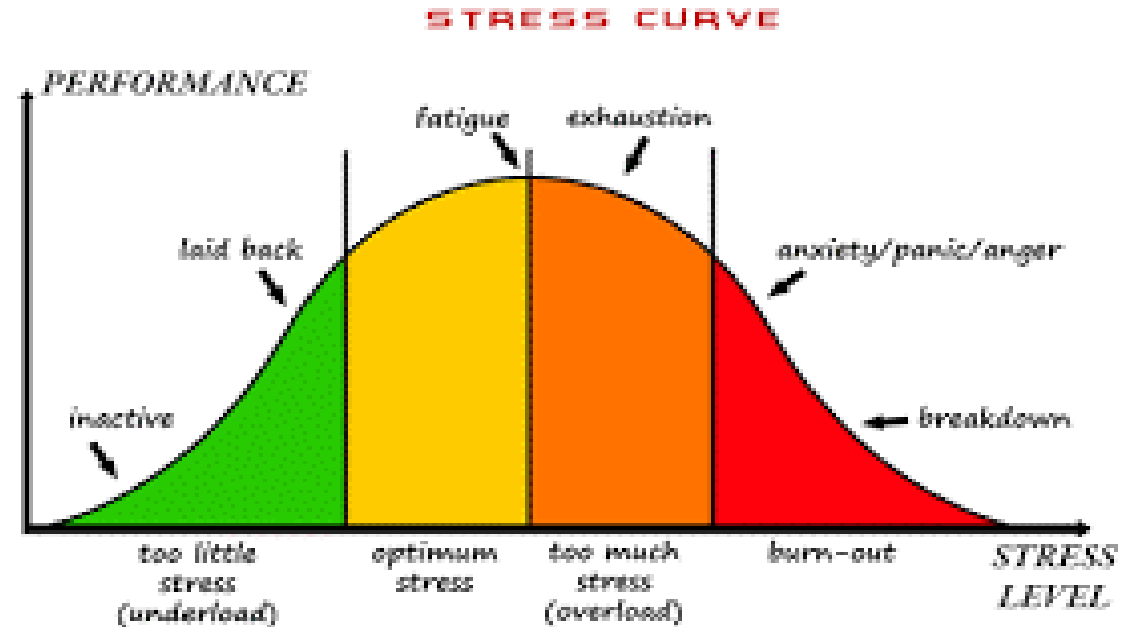
Individual level:

equipping students to handle stress with coping strategies



- stress and ability to cope / regulate must be considered together

Identify & build coping strategies



Equip with students with skills:

- **Emotional regulation, perspective taking (internal environment)**
- **Problem-solving, managing relationships (external environment)**

MOE level:

News report on opening of two adventure centres and developing resilience in youths through Outdoor Education

News report on 'schools to stress values and character building

Featuring examples of learning activities in Programme for Active Learning in Primary 1 and 2: games based experiential learning, 'adventure' through Arts activities, creative learning through use of Lego bricks

A More Balanced Curriculum & Pedagogy

News report on new PE Syllabus and Primary and Secondary schools to have additional PE curriculum time

MINISTER
NG CHEE MENG
Skills, not books, for DSA

Adjustments to
Direct School
Admission



MOE level:

*More Choices
&
More Opportunities*

CHANGES TO THE PSLE SCORING & S1 POSTING



A Nation of Opportunity

More pathways and support to help Singaporeans maximise potential and fulfil aspirations

Multiple Pathways to Success

-  15 MOE kindergartens for quality and affordable pre-school education by 2016
-  More progression pathways to cater to students with different learning needs and interests
-  Strengthened Education and Career Guidance in schools and Institutions of Higher Learning
-  More university places for Singaporeans:
 - 5th autonomous university: Singapore Institute of Technology (SIT)
 - Full-time degree places in SIM university (UniSIM)

Resilient Mindsets & Skills can be built with Supportive Adults

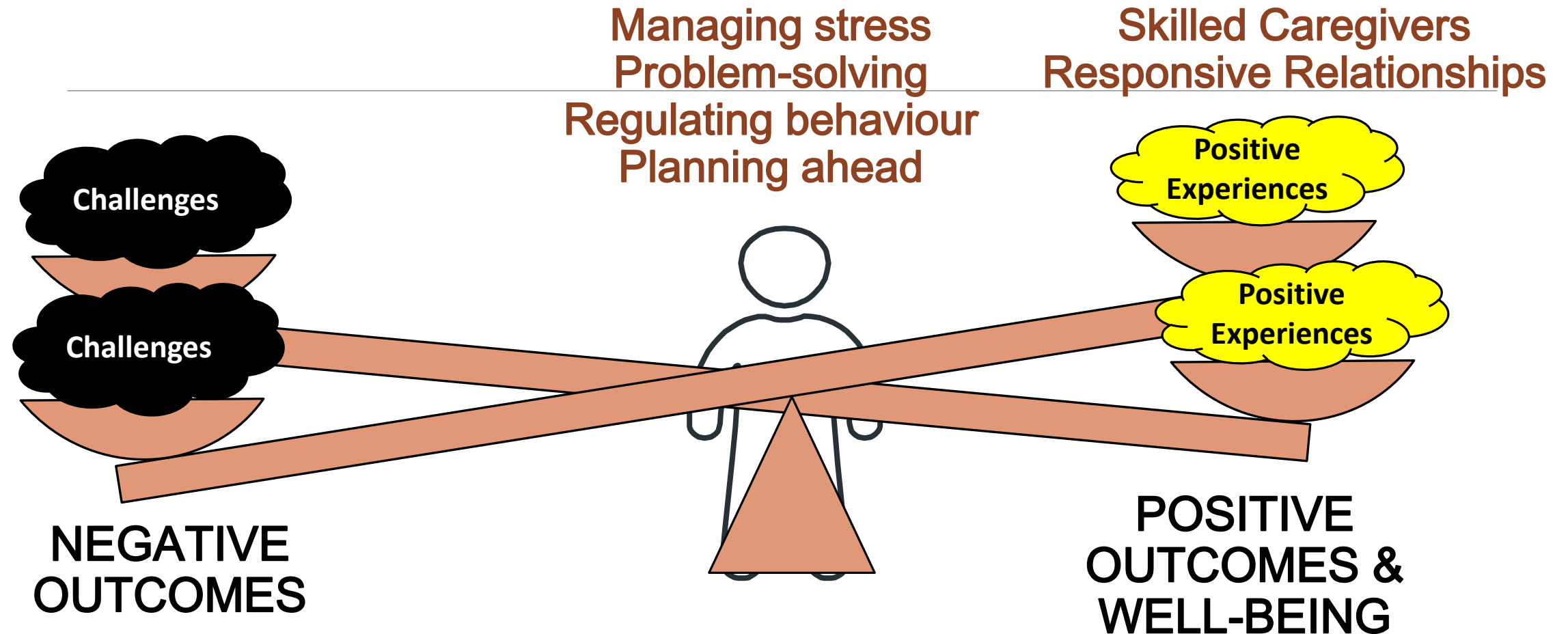


Illustration adapted from developingchild.harvard.edu/resources/inbrief-the-science-of-resilience

Our Hope & Goal

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- Source:
<https://www.economist.com/blogs/graphicdetail/2017/04/daily-chart-15>
- Together we can work towards providing a more supportive and less stressful environment for our students, and helping them to be able to achieve their fullest potential

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