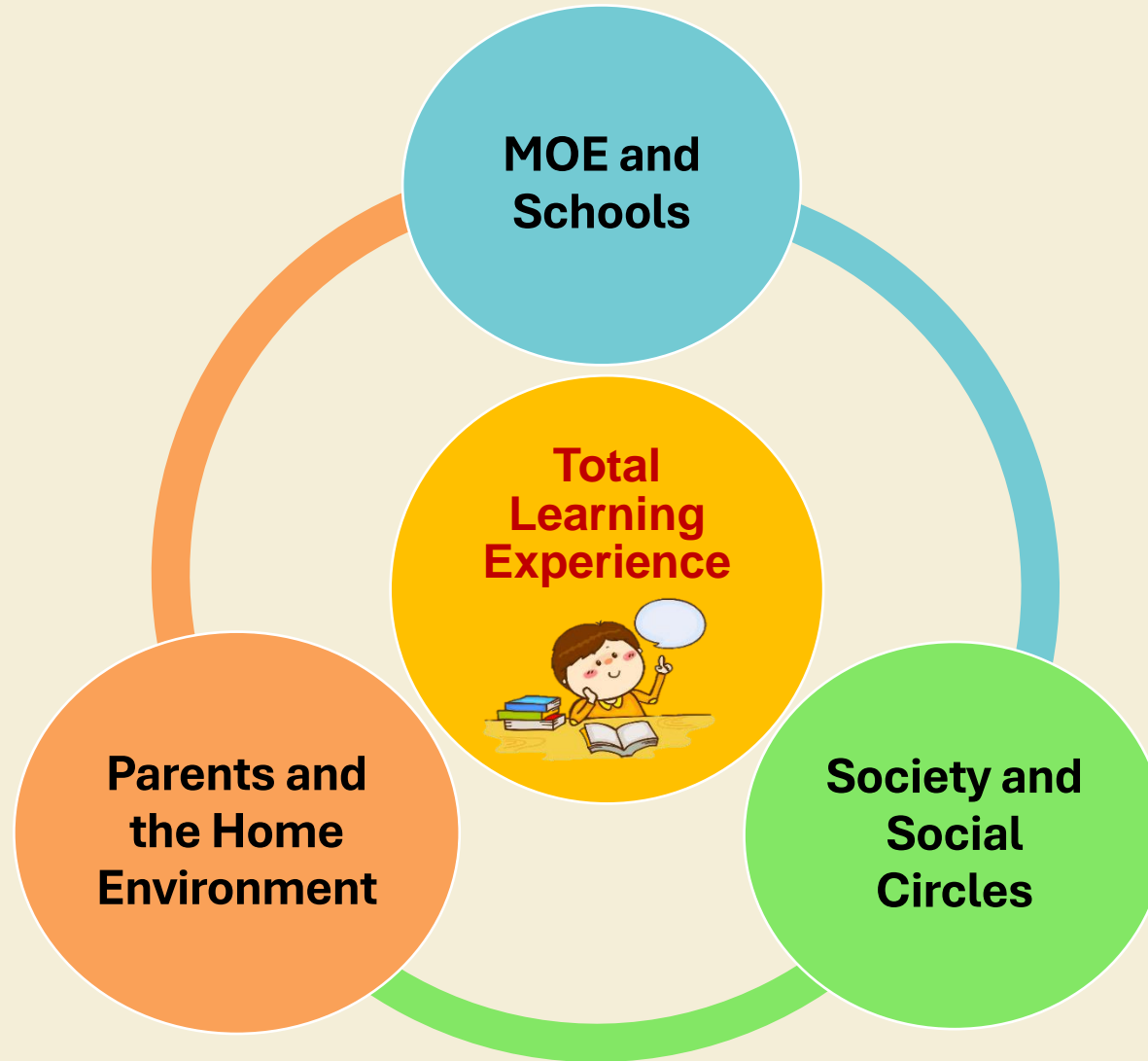




***School-Based Assessment:
What is the purpose? How can I support my child?***

It takes a village to raise a child. MOE and schools partner parents to shape our children's learning experience.



Our children value our support and may feel a need to rise up to our expectations.

“Assessments are very small. There is not very much to be stressed about but the main reason why people get stressed is because parents have **very high expectations**. If you don't reach the expectations, you will get **scolded** or made to **feel not very good about yourself** even though it is for that one singular exam.”
- Pri sch student

“I think it is a fact that parents compare. For me, I have older siblings, so my parents say ‘Oh I expect you to do better than them.’ But they have done very well so it just stresses me out... the **comparison stresses me** out.”
- Sec sch student

** These quotations are taken from responses to a survey on student well-being conducted in February 2024.*

Every child is unique and requires different forms of support and motivation.

“I would like my parents to provide me with **moral support**. For example, **encouraging me to do my best.**”
- Shaun Sanjay

“I wish that my parents would nag less, and give me more alone time so that I can **spend time with my friends** too.”
- Zafran

“I would like my parents to support me by **revising with me** the work that I’ve done.”
- Shane Sanjiv



* These quotations are taken from primary school students featured in an Instagram post on [parentingwith.moesg](https://www.instagram.com/parentingwith.moesg)

We want to motivate our children to learn, not for the sake of examinations and marks, but to seek self-improvement. This prepares them better to be lifelong learners and face the challenges of the future.

*“We are not interested in getting our students to know how to solve yesterday’s problems with yesterday’s solutions; what we want is that our students are able to **face tomorrow’s challenges with tomorrow’s solutions.**”*



[Preserving joy of learning key to ensure students prepared to face future challenges: Chan Chun Sing - YouTube](#)

Assessment is more than just marks and grades. It provides feedback that affirms our children's progress and identifies strengths and areas for growth.

Schools are encouraged to customise this slide by inserting anonymised samples of students' class assignments or SBA with qualitative feedback from teachers that guide students in identifying how to work on their learning gaps. Where relevant, consider to include students' redrafts with improvement made based on feedback from teachers.

We can encourage our children to reflect on feedback from both School-Based Assessment (SBA*) and classroom assignments to identify strengths and act on areas for growth.

*“Teachers have tweaked the way they assess students’ works, with more in-depth comments that encourage students to **reflect and act on their learning process**. The focus is on teaching and learning, and helping students to **develop core competencies**. We want to move away from teaching solely for the test.”*

* SBA refers to Weighted Assessments, End-of-Year Examination and Preliminary Examination


SCHOOLBAG
THE EDUCATION NEWS SITE

HOME EDUCATION FEATURES TEACHERS' DIGEST MULTIMEDIA FAQ

Home > Are fewer exams a worry? 'Students actually learn more this way'

Are fewer exams a worry? 'Students actually learn more this way'

16 AUG 2024



Removing mid-year exams for students has led some parents to wonder if their children will be adequately prepared for major national exams. Dr Karen Lam, MOE's Master Specialist of Assessment Policy and Practice, shares why the change is, in fact, better for learning.

<https://www.schoolbag.edu.sg/story/are-fewer-exams-a-worry-students-actually-learn-more-this-way/>

We can also reinforce teachers' efforts to help our children take assessments as opportunities for learning and affirm their progress.

*"To her, tests are just 'a bunch of questions that the teacher gives'... Perhaps it is for this reason that she views Math word problems and multiplication as "fun things to do", rather than a source of dread and stress. Now, isn't that the **true spirit of learning**?"*

*"For her Primary 1 parent-teacher session... the teacher **provided updates** on her general **learning attitude** and **progress observed** in class, which allowed me to understand my child in a way that would not be possible if her learning had been condensed to a single grade."*

Home > No exams, no worry?

No exams, no worry?

04 JAN 2021



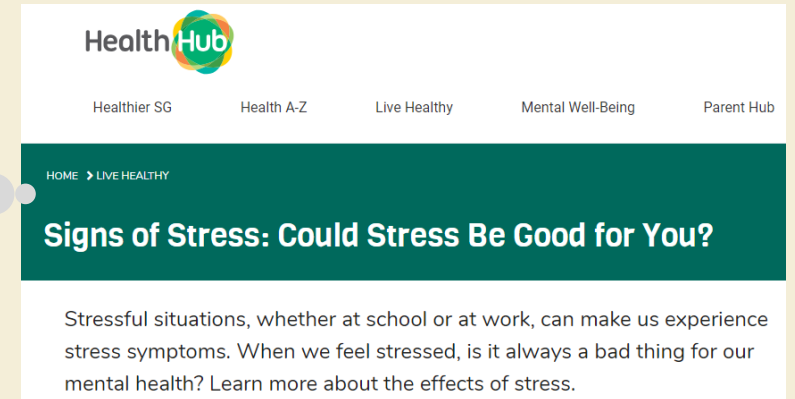
This wasn't something that mum-of-two Eveline Gan bought into initially when exams for P1 and 2 were scrapped. But 2020 changed her mind. She shares why.

<https://www.schoolbag.edu.sg/story/no-exams-no-worry/>

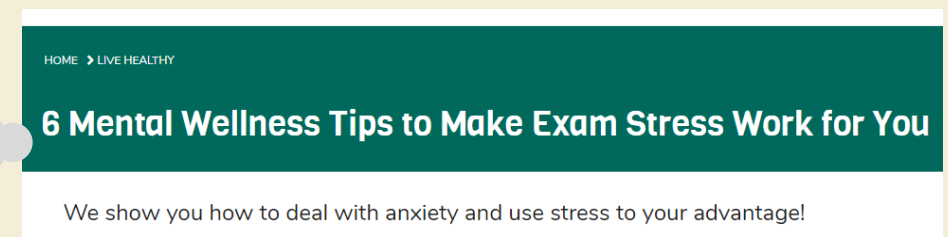
While some children may find assessment stressful, let us help them understand that there is “good stress” that can be harnessed.

*“Good stress **energises** you to perform at your best, and gets you excited to **face challenges** and **motivated** to finish tasks. Good stress gives us the added ‘push’ or drive to hit our life goals.”*

- 1. Use the adrenaline rush from exam stress to build your performance*
- 2. Tame your fear of failing*
- 3. Redefine “failure” and “success”*
- 4. Turn your worries into problem-solving skills*
- 5. Use the stress of challenging circumstances to learn and grow*
- 6. Be inspired and keep a positive outlook”*



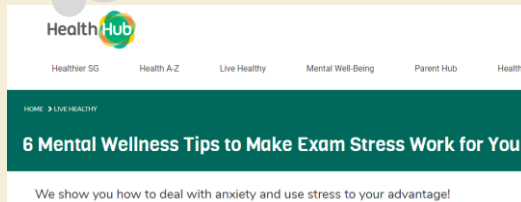
<https://www.healthhub.sg/live-healthy/stress-can-be-good-for-you>



<https://www.healthhub.sg/live-healthy/6-ways-to-make-exam-stress-work-for-you>

Developing positive responses to stress can help our children not just in assessments but also in their daily lives.

*“Stress is a **part of life**; just like doubt and uncertainty go hand in hand with trying new and challenging things. Try as we might, stress is something that cannot be avoided. But **the way we react** to stressful situations and challenging circumstances **CAN and SHOULD** be tamed!”*



[https://www.healthhub.sg/live-healthy/
6 ways to make exam stress work for you](https://www.healthhub.sg/live-healthy/6-ways-to-make-exam-stress-work-for-you)

Ms Yeo Sha-En, Positive Psychologist and mother of 2, on supporting our children during MOE’s ‘Ask Me Anything About’ (AMAA). AMAAs are live interactive sessions on MOE Facebook where panelists weigh in with their thoughts and advice.



[https://www.instagram.com/p/CGb6DEkHBSv/?utm
source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==](https://www.instagram.com/p/CGb6DEkHBSv/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)

By encouraging our children to do their best and focusing on their holistic development, we help them develop the skills to succeed in life.



*“As parents, we tend to focus on what we can do to help our child in the “now” (e.g. bringing our children’s homework to school so they don’t get into trouble) instead of what **qualities our child needs to thrive in the long run** (e.g. being responsible for tasks assigned to them).”*

Ms Nicole Liaw, Parent

Help your child succeed in life

Our children do best when schools and parents work hand in hand to support them. Here are some tips to make this happen...

Work with the school to know and support your child

- Have regular conversations with teachers in both academic and non-academic areas – this will help you better guide your child’s development.
- Check the teachers’ preferred mode of communication – they are not required to share their mobile numbers.
- Understand that teachers may not be able to respond to your queries immediately.

Help your child relate to others

- Work with the teachers to help your child respect differences and resolve disagreements amicably.
- Let the school verify the facts in any incident before taking action to ensure a fair, objective outcome for all parties.

Help your child develop good habits

- Create a conducive home environment for your child to enjoy reading and to finish his/her homework by himself/herself.
- Encourage your child to live a healthy, balanced life with time for sleep and play.

Help your child manage himself/herself

- Guide your child in managing his/her time.
- Encourage your child to help out with household chores.

Our children succeed when parents and schools work hand in hand.

Ministry of Education SINGAPORE

<https://moe.gov.sg/-/media/files/parent-kit/school-home-partnership.pdf>

“Sometimes my parents also **help me and encourage me**. It’s just an exam, a step you have to take... something you have to complete. And just because you do badly doesn’t mean you won’t go to a school. In the end, you will surely go to a secondary school. This makes me feel less stressed so it helps.”

- Pri sch student



Let us continue to be
our children’s biggest
cheerleader
and help them face
the journey ahead
with a positive spirit!

“My parents have been **very supportive and encouraging**. During [the exam] period, I was very scared that I was not going to get promoted... they gave me lots of encouragement. Every time I study late outside, they will always prepare food for me. And that has **helped me manage my stress** in JC.”

- JC student

* These quotations are taken from responses to a survey on student well-being conducted in February 2024.

Additional Resources

Resource	Accessible at
Schoolbag	http://schoolbag.edu.sg
Parents Kit	https://www.moe.gov.sg/parentkit
Instagram – Parenting with MOE	https://www.instagram.com/parentingwith.moesg/
HealthHub – Parent Hub	https://www.healthhub.sg/programmes/parent-hub
SingTeach <i>Assessment beyond tests and examinations</i>	https://singteach.nie.edu.sg/2019/04/25/issue68-bigidea/
CNA (Channel News Asia) <i>Why I’m easing up on pushing my kids to excel in their studies</i>	https://www.channelnewsasia.com/today/voices/how-hard-push-child-excel-studies-4687176?cid=internal_sharetool_ipad_20102024_cna
The Straits Times <i>Taking leave to help your child study for year-end exams? Support them in these ways instead</i>	https://www.straitstimes.com/singapore/parenting-education/taking-leave-to-help-your-child-study-for-year-end-exams-support-them-in-these-ways-instead
The Straits Times <i>There is more to exams than just the end results</i>	https://www.straitstimes.com/opinion/there-is-more-to-exams-than-just-the-end-result

Thank you





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