



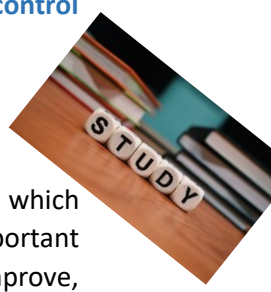
# SENIOR PHASE ATTAINMENT SUPPORT

Please find below details of all of the supports in place for all S4 -S6, to help you to achieve the very best that you can this year. These supports will only help you if you are prepared to work hard, take on board the advice / tips given and try out new ways of working. Most importantly, you need to have the courage to keep powering through when times feel stressful. There will be no better feeling than receiving your results in August knowing that, whatever they are, you worked your socks off to achieve them! The more that you prepare for the rest of this academic year, the more in control and confident you will feel.



## Supported Study – Block 2

This runs from **7<sup>th</sup> March 2022 – 31<sup>st</sup> March 2022**. You will be issued with a timetable in PSE which details all sessions on offer over the four weeks, and also the focus of each session. It is important that you are aware of the specific areas / skills in each of your subjects which you need to improve, and then target the Supported Study sessions based on this. Do not simply opt to attend your favourite subject! Mr Houston and Miss Wong, our Principal Teachers of Raising Attainment, will publish information and reminders about this via your year group Teams and also via their Twitter account (@seniorphase). **Scan the QR code to access the timetable**. It is also in 'files' in your Year Group Team.



## Study Skills and Metacognition – Block 2

This is a programme designed specifically for our Senior Phase pupils by our Principal Teachers of Raising Attainment. You have already completed Block 1 in PSE last term; Block 2 begins on **23<sup>rd</sup> February 2022**. This teaches you the science of effective studying and how to gain the most impact from the time you spend preparing for exams. You will get out as much or as little as you put in to this – it should be shaping the time you spend studying at home and should not just be something you try during PSE. **All materials can be accessed in your Year Group folder on STA Pupil Site.**



## Coping with Exam Stress

We have already delivered several Coping with Exam Stress groups last term, and these sessions received excellent feedback from participants. We will shortly be offering this support again to all S4/5/6 pupils who are struggling to manage their stress / anxiety relating to exams. Your Pastoral Care teacher will refer anyone they feel would benefit from this support - if this is something you think could help you, please contact your Pastoral Care teacher to let them know. **Scan the QR code if you'd like to speak with your Pastoral Care teacher.**



## Quiet Study Space and Snacks

This will continue to run on a **Tuesday** after school in our library from **2.40pm – 4.40pm**. Sign up via the link posted weekly on your Year Group Teams page.



## Individual Study Skills Support

Our Principal Teachers of Raising Attainment, **Mr Houston** (Biology) and **Miss Wong** (Design and Technology), are available to meet with you to offer you advice regarding your study plan. Please email them or pop in to see them to arrange a meeting.





# SENIOR PHASE ATTAINMENT SUPPORT

## Easter School



**Week 1 (Monday 4<sup>th</sup> – Friday 8<sup>th</sup> April 2022)** will be offered in person in St. Thomas Aquinas. You will receive the timetable over the coming weeks.

**Week 2 (Monday 11<sup>th</sup> April - Thursday 14<sup>th</sup> April 2022)** There is no STA offering this week and instead you should sign up to e-Sgoil Easter Study Support (starts 7<sup>th</sup> April). **Book now to avoid missing out! Also check West Online School.**



Scan here to register for e-Sgoil  
Easter school:



## Easter Study Support

7th - 14th April 2022

Live webinars covering upwards of 60 courses across N4- Advanced Higher, delivering three sessions per course.

National e-Learning Offer

## SQA Additional Information

SQA will provide revision support for all SQA qualifications which have an exam, as per their Scenario 2 from **week beginning Monday 7<sup>th</sup> March**. We will share this information with you as soon as possible. Using SQA Past Papers should be a routine element of your study plan. **Scan this QR code to access these.** Follow SQA on Twitter at [@sqanews](https://twitter.com/sqanews) for all the latest updates and information.



## e-Sgoil



e-Sgoil offers an extensive range of live webinar lessons in lots of subjects from National 4 to Advanced Higher. They always have the same subjects on offer but provide weekly updates of the content being covered (like our Supported Study in St. Thomas Aquinas).

### Study Support

Live Webinar Lessons – Week Beginning Monday 28th February

National e-Learning Offer

DAY	TIME	COURSE	LEVEL	FOCUS
MONDAY	5pm	English	AH	No Webinar-Check Teams for details
	5pm	Physics	Nat 5	Radiation - The Atom & Ionisation
	5pm	RMPS	H	Through the Eyes of the Marker
	6pm	Maths	Nat 5	Sine Rule & Cosine Rule
	6pm	RMPS	Nat 5	Revision and Study Skills: Exam Technique
	6pm	Physics	H	Electrical sources and internal resistance
	6pm	Physics	AH	EM - Magnetic Fields
	6pm	Human Biology	H	KA 3.4 d,e Neurotransmitter Disorders & Recreational Drugs
	7pm	PE	H	Evaluating performance development
	7pm	Biology	H	Unit 2 - Whole Topic Revision & Exam Technique
TUESDAY	5pm	Modern Studies	H	Influence: Petitions and Voting
	5pm	Maths (2)*	H	Integration: Area
	5pm	Geography	Nat 5	Describe in Detail questions
	5pm	Music	Nat 5	Exam Skills: Grid question
	5pm	Maths	Nat 4	R1.3 sin & inv
	6pm	Chemistry (2)*	H	Oxidising Agents & Reducing Agents
	6pm	Spanish	H	Directed Writing - Revision & Practice
	6pm	Maths	AH	Complex Numbers
	6pm	Business Management	H	Revision of Understanding Business
	6pm	Art & Design	Nat 5	"Your Questions Channel"
WEDNESDAY	5pm	English (2)*	H	RUAE - Revision & Practice
	5pm	Graphic Communication	H	Graphics for Manufacture
	5pm	Geography	H	Biosphere - Soil 3
	5pm	Applications of Maths	NS	Perimeter, Area & Volume
	6pm	Gaidhlig	H	Sùil air sgilean: èisteachd & labhairt. Àm a' Chrìghais
	6pm	Maths	H	Integration: Area
	6pm	English	Nat 4	RUAE - Context Clues
	7pm	English (2)*	Nat 5	RUAE - Analysis
	7pm	Gaidhlig	Nat 5	Sùil air sgilean: èisteachd & labhairt. Cleas na Neapaigin
	7pm	Design & Manufacture	NS/H	Marketing your Product
THURSDAY	5pm	Maths (2)*	Nat 5	Sine Rule & Cosine Rule
	5pm	PE	Nat 5	Q3b/3c Recap on Monitoring
	5pm	English	H	RUAE
	5pm	Engineering Science	H	Mechanisms & Structures review
	6pm	Chemistry	H	Oxidising Agents & Reducing Agents
	6pm	Chemistry	AH	Synthesis part 2
	7pm	History	Nat 5	9 marker style questions
	7pm	Chemistry	Nat 5	Nuclear chemistry
	7pm	Health & Food Technology	NS & H	Perfecting Answering Techniques

\* EXTRA SESSIONS - CONTENT WILL BE THE SAME AS FOR THE OTHER SESSION IN THIS SUBJECT

Scan here to sign up to e-Sgoil classes:



Scan here for a tutorial on how to use e-Sgoil:





# SENIOR PHASE ATTAINMENT SUPPORT

## West Online School (West OS)

West OS supported study offering has already started. They will alternate between Higher and N5. This week is a N5 week; next week is a Higher week. All Senior Pupils should be using this. [Scan this QR code to sign up if you haven't already!](#)



Scan here to sign up to West OS:



Scan here for a tutorial on how to use West OS:



### Week 1 - Higher

#### w/b 21st Feb

Time	Course	Focus
4.30pm	English	RUAE
4.30pm	Drama	Section 2 Questions
4pm	Politics	Electoral Data Skills Questions
4pm	Biology	Evolution
4pm	Business Management	SQA Command Words
4pm	Geography	Physical Environments
4pm	Maths	Differentiation
4pm	Modern Studies	World Issue: Limited Development
4pm	Chemistry	Periodicity
4pm	Human Biology	Gene Expression
4pm	Physics	Special Relativity
4pm	History	Answering 'Explain' Questions
4pm	Computing Science	Computer Systems
4.30pm	HFT	Nutrition

### Week 3 - Higher

#### w/b 7th Mar

Time	Course	Focus
4.30pm	English	RUAE
4.30pm	Drama	TBC
4pm	Politics	Unit 3 Campaign Strategies
4pm	Biology	Metabolism in Conformers & Regulators
4pm	Business Management	Understanding Business
4pm	Geography	Human Environments
4pm	Maths	Integration
4pm	Modern Studies	Democracy
4pm	Chemistry	Bonding & Structure
4pm	Human Biology	Metabolic Pathways
4pm	Physics	The Expanding Universe
4pm	History	'How Fully' Questions
4pm	Computing Science	Software Design & Development
4.30pm	HFT	Dietary Disease & DRV Questions

### Week 2 - N5

#### w/b 28th Feb

Time	Course	Focus
4.30pm	English	RUAE
4.30pm	Drama	Rehearsal Techniques Section 1&2
4pm	Business Management	SQA Command Words
4pm	Geography	Physical Environments
4pm	Maths	Fractions & Percentages
4pm	Modern Studies	Democracy in Scotland
4pm	Chemistry	Analytical Chemistry
4pm	Biology	Genetic Engineering
4pm	Physics	Electrical Power
4pm	History	'Explain' Questions
4pm	Computing Science	Computer Systems
4.30pm	HFT	Nutrition

### Week 4 - N5

#### w/b 14th Mar

Time	Course	Focus
4.30pm	English	RUAE
4.30pm	Drama	Evaluation Section 1
4pm	Business Management	Understanding Business
4pm	Geography	Human Environments
4pm	Maths	Quadratic Equations & Graphs
4pm	Modern Studies	Crime & Law
4pm	Chemistry	Homologous Series
4pm	Biology	Variation & Inheritance
4pm	Physics	Projectiles
4pm	History	9 Mark Mini Essay (To What Extent)
4pm	Computing Science	Software Design & Development
4.30pm	HFT	Dietary Disease & DRV Questions

### Week 5 - Higher

#### w/b 21st Mar

Time	Course	Focus
4.30pm	English	Set Text
4.30pm	Drama	TBC
4pm	Politics	Direct V Representative Democracy
4pm	Biology	Food Supply, Plant Growth & Productivity
4pm	Business Management	Marketing & Operations
4pm	Geography	Global Issues
4pm	Maths	Trigonometric Equations & Wave Function
4pm	Modern Studies	Health & Wellbeing Inequality
4pm	Chemistry	Naming & Reactions of Carbon Compounds
4pm	Human Biology	Structure & Function of the Heart
4pm	Physics	Collisions, Explosions & Impulse
4pm	History	'Evaluate the Usefulness' Qs
4pm	Computing Science	Web Design & Development
4.30pm	HFT	Sensory Evaluations & Start Profile Qs

### Week 7 - Higher

#### w/b 25th Apr

Time	Course	Focus
4.30pm	English	Critical Essay
4pm	Geography	Geographical Skills & Exam Advice
4pm	Politics	8 Marker Comparison Skills Q
4pm	Biology	Exam Skills
4pm	Business Management	Finance & People
4pm	Maths	Functions & Graphs
4pm	Modern Studies	Skills
4pm	Chemistry	Calculations in Chemistry
4pm	Human Biology	Pathology of Cardiovascular Disease
4pm	Physics	Electrical Sources & Internal Resistance
4pm	History	2 Source Interpretation Questions
4pm	Computing Science	General Q&A + Database Design
4.30pm	HFT	Functional Properties of Ingredients

### Week 6 - N5

#### w/b 28th Mar

Time	Course	Focus
4.30pm	English	Set Text
4.30pm	Drama	Production Skills Section 2
4pm	Business Management	Marketing & Operations
4pm	Geography	Global Issues
4pm	Maths	Trigonometry in Triangles
4pm	Modern Studies	USA
4pm	Chemistry	Bonding
4pm	Biology	Transport Systems: Animals
4pm	Physics	Nuclear Radiation
4pm	History	'Evaluate the Usefulness' Questions
4pm	Computing Science	Web Design & Development
4.30pm	HFT	Sensory Evaluations & Start Profile Qs

### Week 8 - N5

#### w/b 2nd May

Time	Course	Focus
4.30pm	English	Critical Essay
4.30pm	Drama	Past Paper Questions Masterclass
4pm	Maths	Pythagoras
4pm	Business Management	Finance & People
4pm	Modern Studies	Skills
4pm	Biology	Photosynthesis
4pm	Physics	Scalars & Vectors
4pm	History	How Fully Describe/Explain
4pm	Computing Science	General Q&A + Database Design
4.30pm	HFT	Functional Properties of Ingredients



# SENIOR PHASE ATTAINMENT SUPPORT

## SCHOLAR

SCHOLAR currently offer **39 online courses** for Scottish schools and colleges aligned to N5, H and AH courses. Your teachers can provide you with usernames and passwords if you have forgotten (they were given out earlier in the year in PSE).

Scan here to access SCHOLAR:



Scan here for a tutorial on how to use SCHOLAR:



## Senior Phase Attainment Twitter

Follow us on Twitter for lots of updates and top tips, using the handle: [@seniorphase](https://twitter.com/seniorphase)

## One Drive – Pupil STA Site



Access the Documents folder, and then the Raising Attainment S4 – S6 folder for all of the study skills resources provided by **Mr Houston** and **Miss Wong**. **Share these resources with your parents so that they can support you at home.**



## Quizlet

**Over 90% of students who use Quizlet report an increase in marks.** Lots of digital flashcards already here – search for your course and level, or even search for your class teacher to access their Quizlets. **Scan the QR code to sign up to Quizlet.**



Over 90% of students who use Quizlet report receiving higher marks.

## BBC Bitesize

A revision app which has excellent course overviews and flashcards.

Scan the QR code to access BBC Bitesize resources.





# SENIOR PHASE ATTAINMENT SUPPORT



## Success Checklist

- ✓ Create a Weekly Study Planner on a Sunday and share with parents / carer
- ✓ Agree to leave mobile phone / games console controller with parent /carer until study session completed
- ✓ Check out all of the study skills resources shared with you via PSE and RE on: OneDrive, Pupil STA Site, Documents, Raising Attainment S4 – S6
  - You MUST make sure that the time you are spending studying will have the maximum impact!
  - You MUST be using techniques such as:
    - brain dumps
    - identify your knowledge gaps, *then*
    - retrieval practice - flashcards
    - spaced repetition
    - interleaving
    - PAST PAPERS – do them once, do them twice, do them three times!
- ✓ Study for 3 hours per evening IN ADDITION to homework. Homework alone is NOWHERE NEAR ENOUGH PREPARATION
- ✓ Register for e-Sgoil and sign up to classes, including for the second week of Easter School
- ✓ Register for West OS Live Webinars
- ✓ Sign up to Supported Study classes in STA
- ✓ Speak up and ask teachers for help if you need it - taking responsibility for your own learning is crucial!
- ✓ Keep your parent /carer informed about how things are going and what your study plans involve. They are keen to help you and sharing information will help them to support you at home
- ✓ Maintain a healthy diet
- ✓ Maintain healthy sleep habits
- ✓ Get regular fresh air and exercise
- ✓ Build in breaks to relax
- ✓ Aim high!
- ✓ Respect yourself enough to give 110%

