

Andrew Carnegie



You are what you think. So just think big, believe big, act big, work big, give big, forgive big, laugh big, love big and live big.

AZ QUOTES



Raising Attainment *Supporting our young people to succeed*

20-11-2024

-(Acting) Faculty Head Science (Formerly PT RA)

David Houston

-Principal Teacher of Parental Engagement

Sophie Igoe

Tonight's Session

- Countdown to exams and Supports
 - E-Sgoil and other supported study
 - Step up S5/6 – realising progression
 - Science of learning & retrieval strategies
 - The study environment
 - Raising Attainment Survey
 - Target Setting & Study Planning
 - Supports and resources
 - Take home messages
-



Countdown to Exams

- 7 school days to the Prelims
- 70 school days until SQA Exams (28th April)

What do we need from our pupils?

Aim for 100%

- attendance
 - punctuality
 - focus and effort in class
 - homework done to a high standard & handed in on time
 - Attendance at supported study
-



Supports

- e-Sgoil supported study - ongoing

<https://www.e-sgoil.com/senior-phase/study-support/>

- #Achieve study package
-

What is e-sgoil?



- Sessions are run by Scottish Teachers for N5, Higher and Adv Higher for a range of subjects.
 - The sessions are online.
 - Every session has a focus which is shared at the start of every week on Year Group Teams.
 - Timetable and QR code on next slide.
-

The following timetable started at the end of October.

Sessions continue throughout the year.

The QR code takes you to the website to sign up.

You must be logged into Glow to register.

MONDAY		
Time	Subject	Level
5pm	Maths	N5
	Health & Food Technology *	N5/Higher
6pm	Maths	N4
	Physics	Higher
	Physics	Adv Higher
	Human Biology	Higher
	Business Management	N5
	Applications of Maths	N5
	RMPS	N5/Higher
	Practical Cookery *	N5
7pm	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher
	Biology	Adv Higher
	Computing Science	N5

TUESDAY		
Time	Subject	Level
5pm	Modern Studies	Higher
	Music	N5
	Maths	Higher
6pm	Politics	Higher
	Spanish	Higher
	Maths	Adv Higher
	Business Management	Higher
	Music	Higher
7pm	English	Higher
	Chemistry	Adv Higher

WEDNESDAY		
Time	Subject	Level
5pm	French	N5
	Graphic Communication	Higher
	Engineering Science	N5
6pm	Geography	Higher
	Geography	N5
	Engineering Science	Higher
	Gàidhlig	N5/Higher
7pm	French	Higher
	Gaelic	N5/Higher
	Design & Manufacture	Higher
	English (1)	N5
	English	Adv Higher
	Chemistry	N5

* webinars will start in December



THURSDAY		
Time	Subject	Level
5pm	English (2)	N5
	History	Adv Higher
6pm	English	N4
	Physics	N5
	Chemistry	Higher
	Admin & IT	Higher
	History	Higher
	Design & Manufacture	N5
	Biology	N5
Art & Design *	N5/Higher	
7PM	History	N5
	Graphic Communication	N5
	PE *	Higher

www.e-sgoil.com



National e-Learning Offer



Step Up S5

- **Progression Tables** are data made by the SQA which show progression from N4 to N5; N5 to Higher; Higher to Adv Higher within a subject.
- E.g. What do pupils that get a B at N5 English go on to get at Higher?

		English					
		Percentage of Learners Gaining Higher 2019					
National 5 2018	Result	A	B	C	D	No Award	Total
	A	46%	32%	17%	5%	1%	100%
	B	7%	24%	35%	26%	7%	100%
	C	1%	8%	25%	38%	28%	100%
	D	1%	4%	14%	35%	47%	100%

- 31% (7% + 24%) go on to get a B or better at Higher, 69% do worse...
- Success at N5 is no guarantee of success at Higher. Higher is considerably harder.
- How did the 31% who matched or bettered their N5 result do it?

N4 to N5 is an even bigger challenge

National 4 2018 to National 5 2019

Qualification	Percentage of Learners Gaining National 5 2019					Total Learners Progressing*
	A	B	C	D	No Award	
Applications of Mathematics	2%	6%	19%	29%	44%	299
Biology	1%	7%	19%	34%	39%	1,529
Chemistry	2%	8%	22%	37%	30%	509
English	6%	24%	32%	24%	13%	4,386
English for Speakers of Other Languages	8%	21%	33%	30%	8%	153
Geography	2%	11%	23%	27%	37%	391
Graphic Communication	0%	8%	26%	37%	29%	146
History	6%	15%	27%	24%	27%	620
Mathematics	4%	11%	18%	24%	43%	6,906
Modern Studies	4%	12%	22%	23%	39%	485
Physics	1%	9%	21%	30%	39%	662

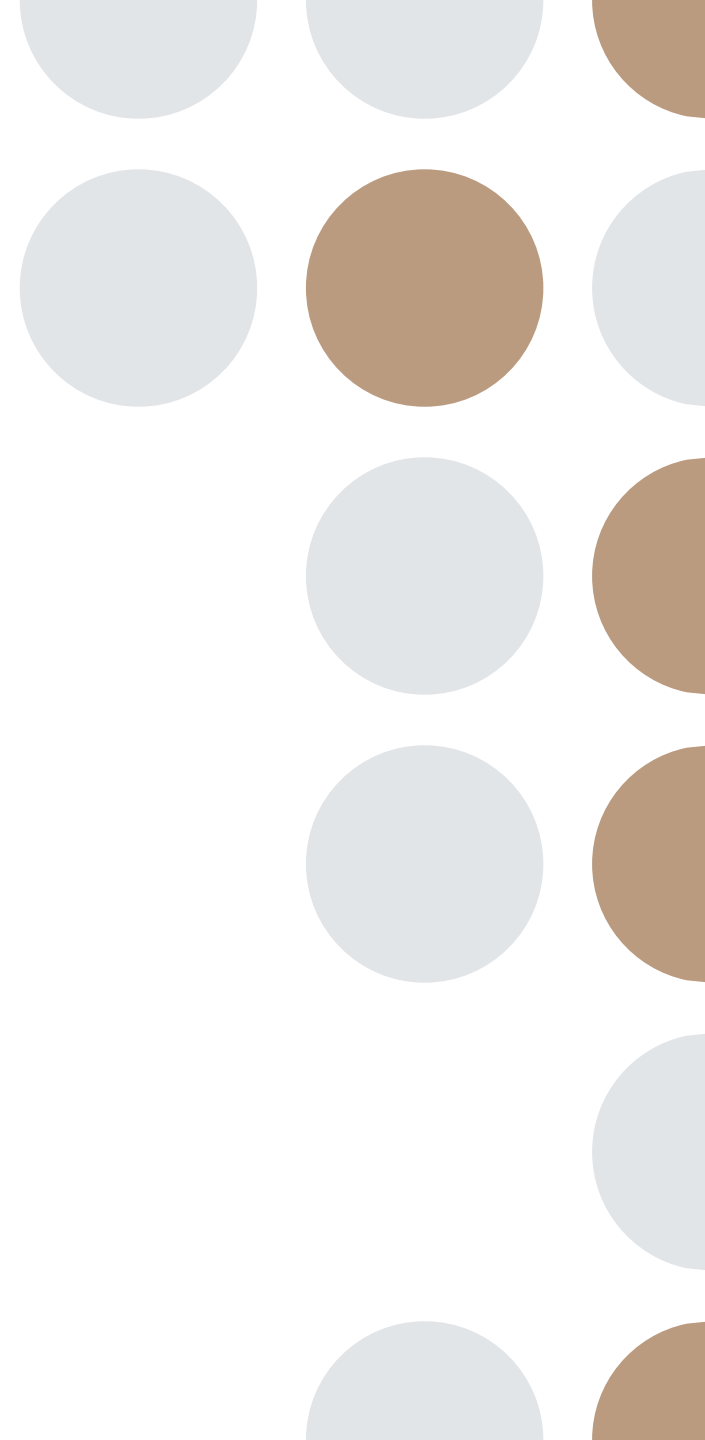
Higher to Adv Higher

		Human Biology to Biology					
		Percentage of Learners Gaining Advanced Higher 2019					
Higher 2018	Result	A	B	C	D	No Award	Total
	A	30%	33%	24%	7%	6%	100%
	B	3%	14%	32%	23%	28%	100%
	C	0%	5%	17%	21%	57%	100%
	D	-	-	-	-	-	-
	No Award	-	-	-	-	-	-
Total Learners Progressing			917				

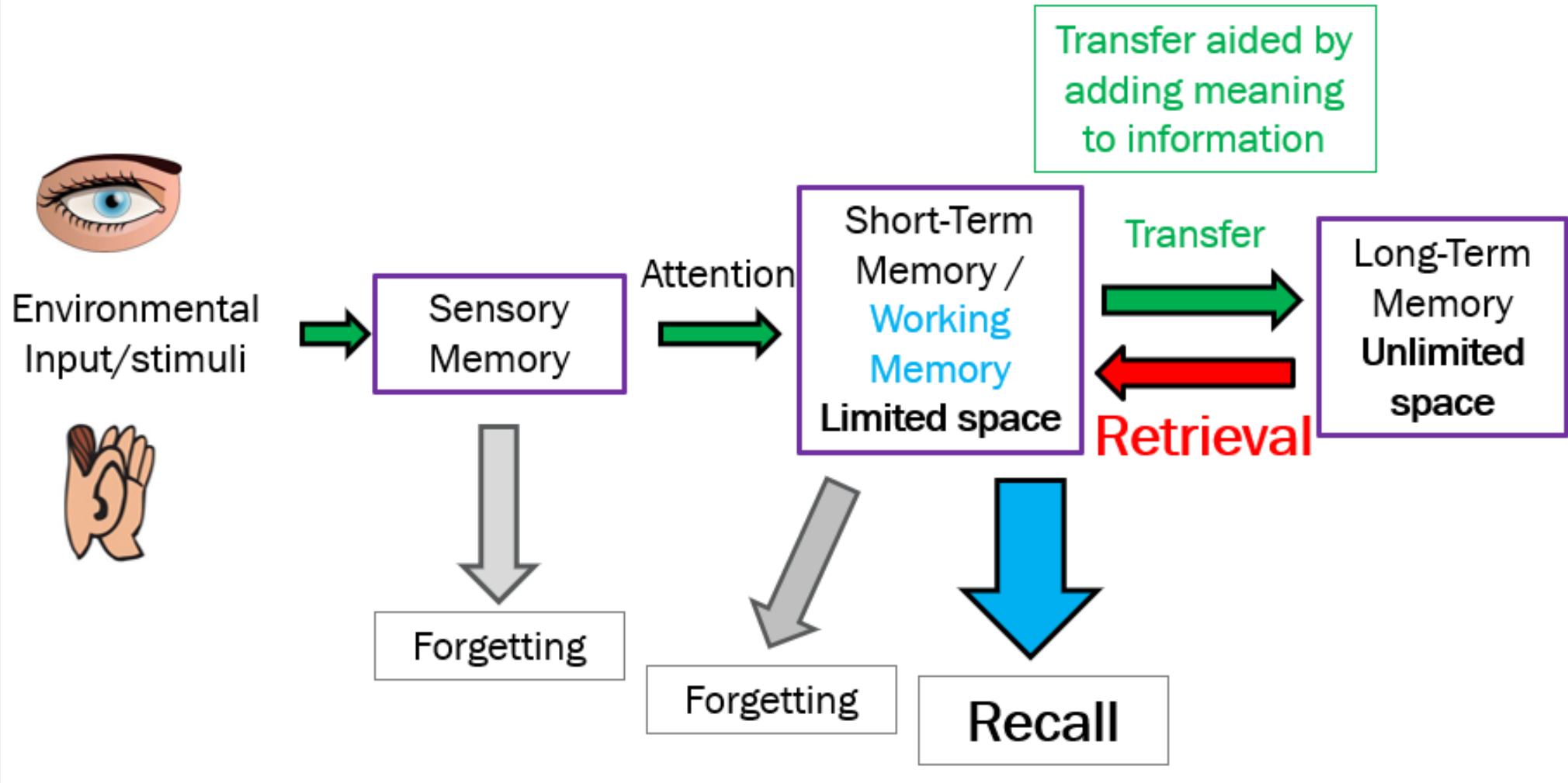
		Spanish					
		Percentage of Learners Gaining Advanced Higher 2019					
Higher 2018	Result	A	B	C	D	No Award	Total
	A	41%	21%	21%	7%	10%	100%
	B	2%	6%	36%	19%	38%	100%
	C	-	-	-	-	-	-
	D	-	-	-	-	-	-
	No Award	-	-	-	-	-	-
Total Learners Progressing			452				

Science of Learning

- Multi-store model of memory
 - Fighting forgetting by spacing reminders
 - Top 3 retrieval strategies to close gaps in knowledge
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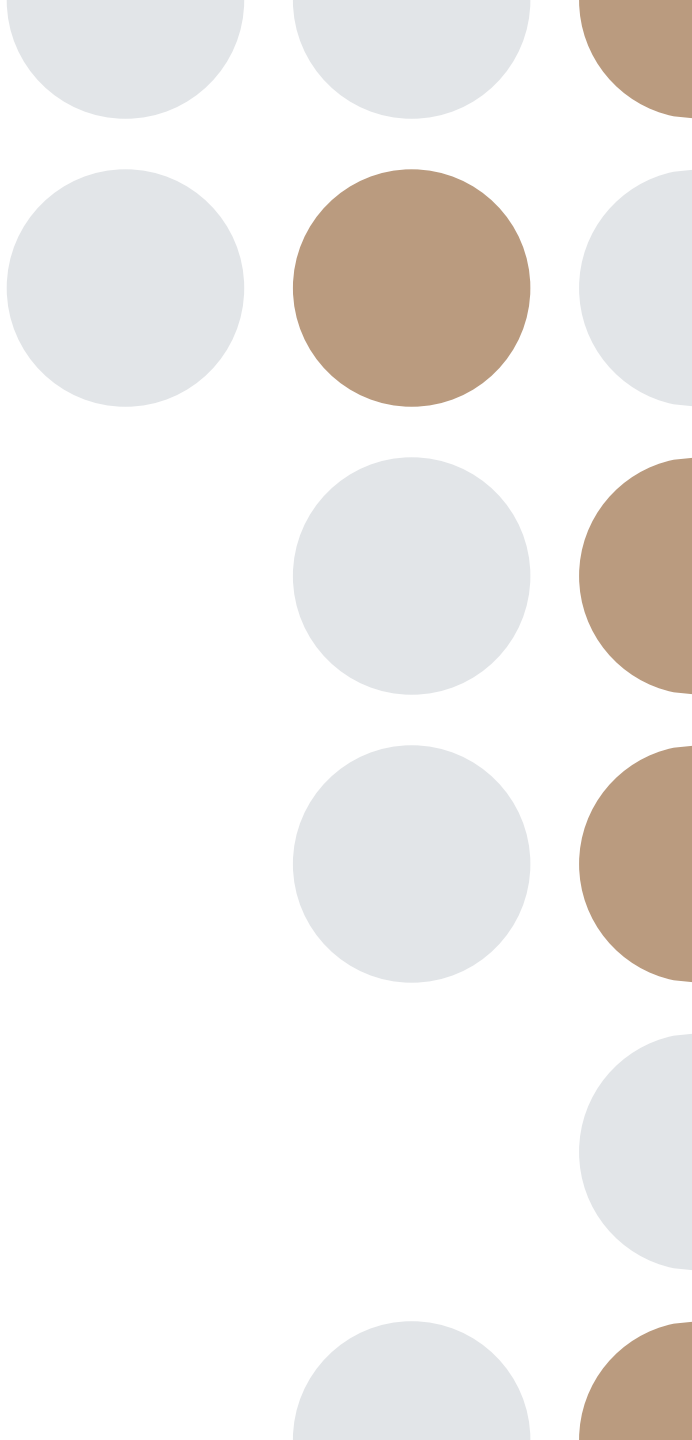


Model of memory

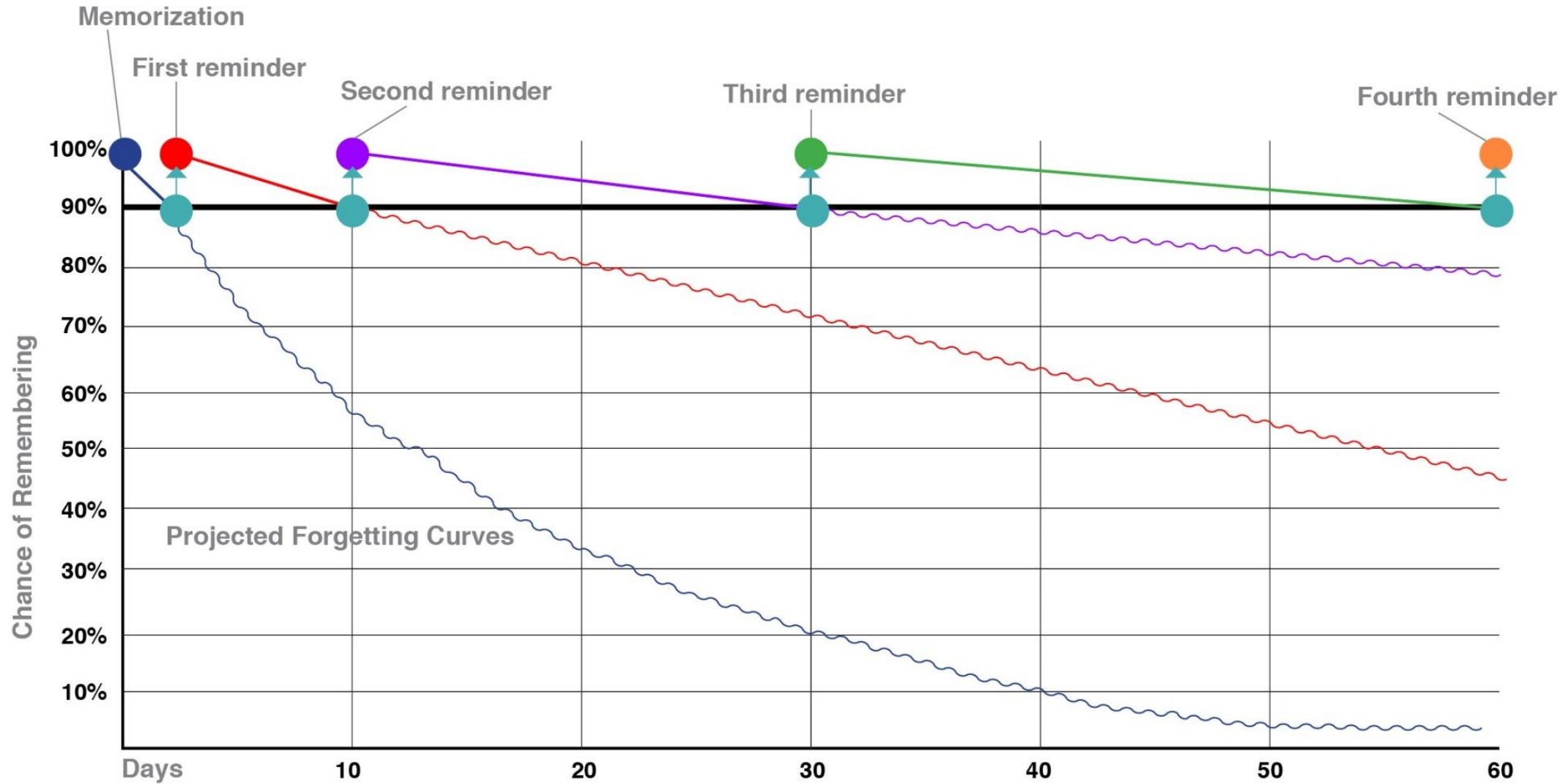


Forgetting

Forgetting Curve



Fighting against forgetting



What is Retrieval Practice?

- Quizzing - by going into your long term memory to **retrieve** information and bringing it into your working memory to answer questions/problem solve/perform.
 - It is vital that quizzing is done **without notes**.
 - This makes studying more stimulating, more effective but more challenging.
 - Challenge is part of learning.
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Top 3 Retrieval Practice Strategies



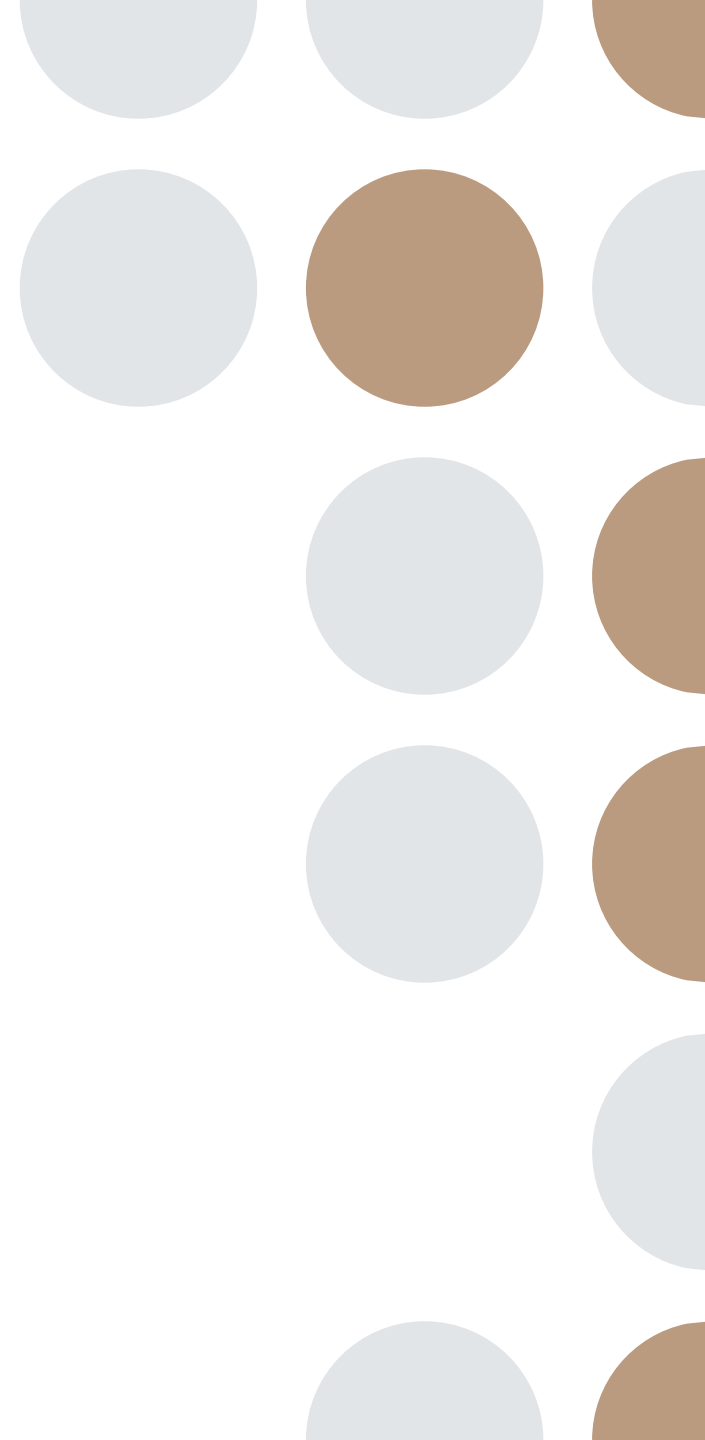
- Do SQA past paper questions
 - Flashcards
 - Brain-dumps A.K.A. Free Recall
-

SQA Past Paper Questions

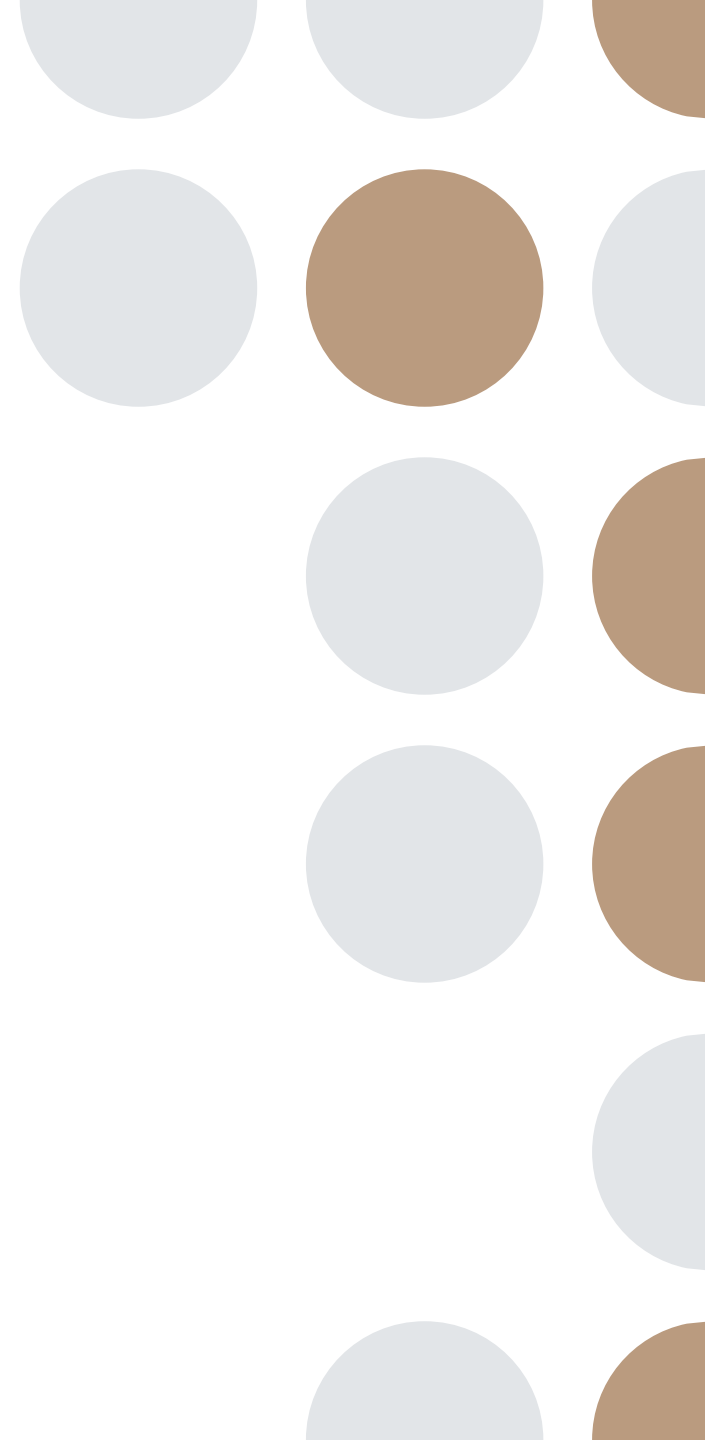
- <https://www.sqa.org.uk/pastpapers/findpastpaper.htm>
 - Can access 2018-19 & 2021-24 papers
 - Teachers know where to find earlier papers so can advise pupils
 - It is crucial to do the SQA past papers without notes and try to complete in the same time restrictions as the final exam.
 - Self-mark using the marking scheme. Pay close attention to it.
 - The wrong answers show the gaps in knowledge.
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What is a Flashcard?

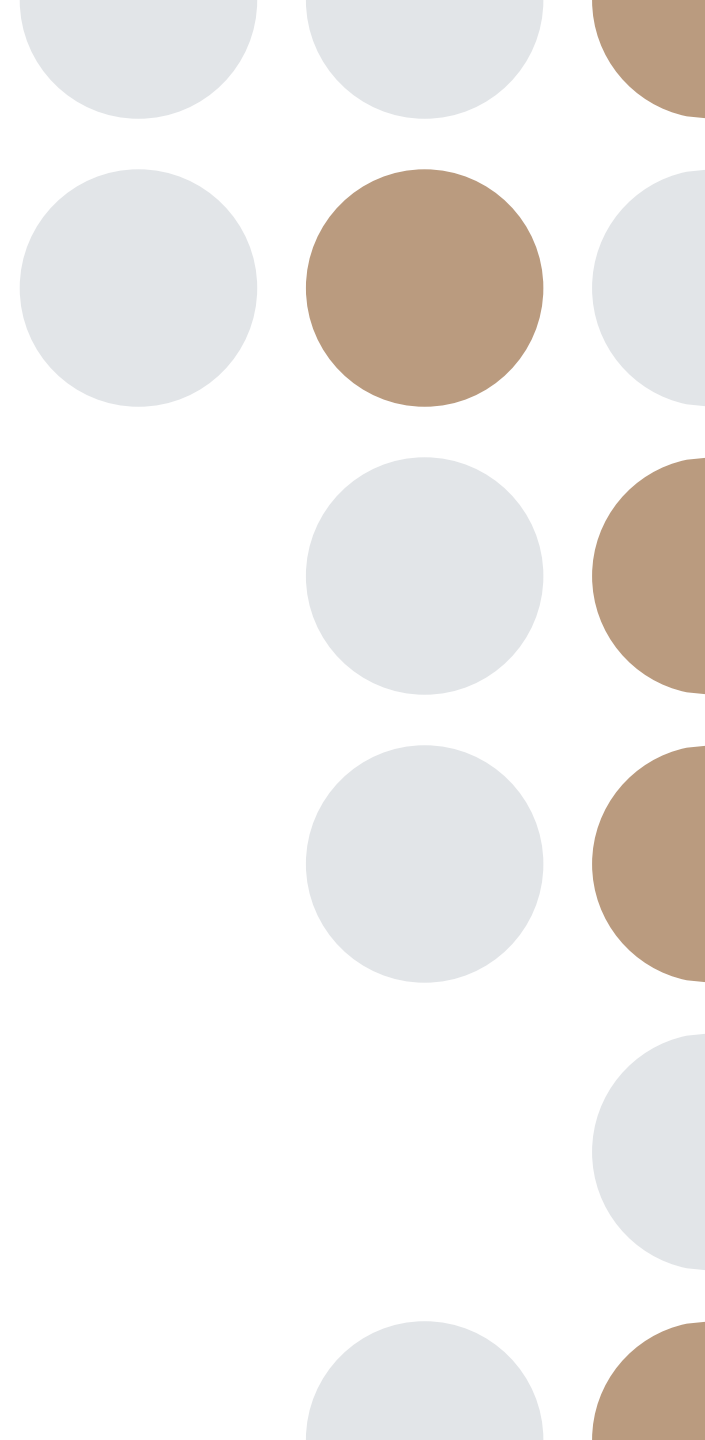
- A small **two-sided** card which has a **question or a definition** on one side and the **answer or defined term** on the other side.
 - They can also have dates, equations, and quotes on them.
- Examples to follow
-



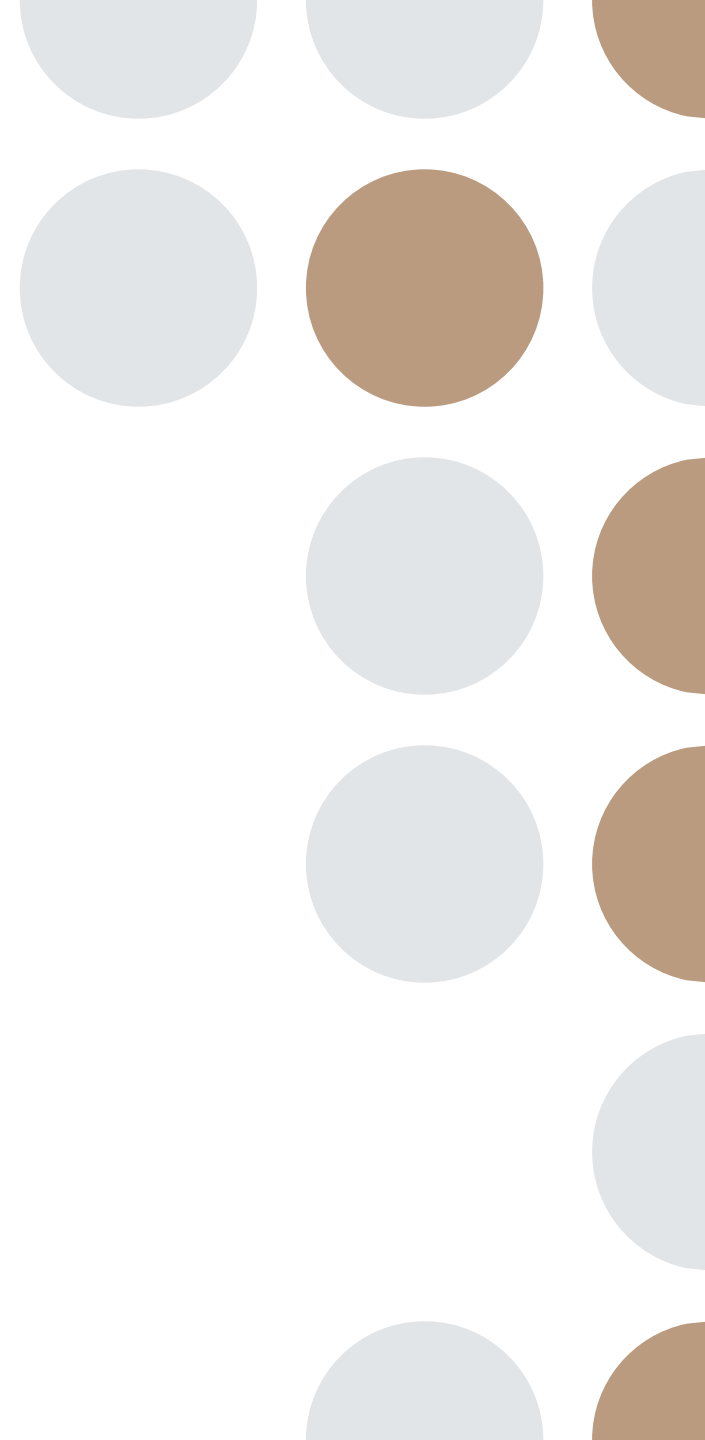
What is the capital city of
Germany?



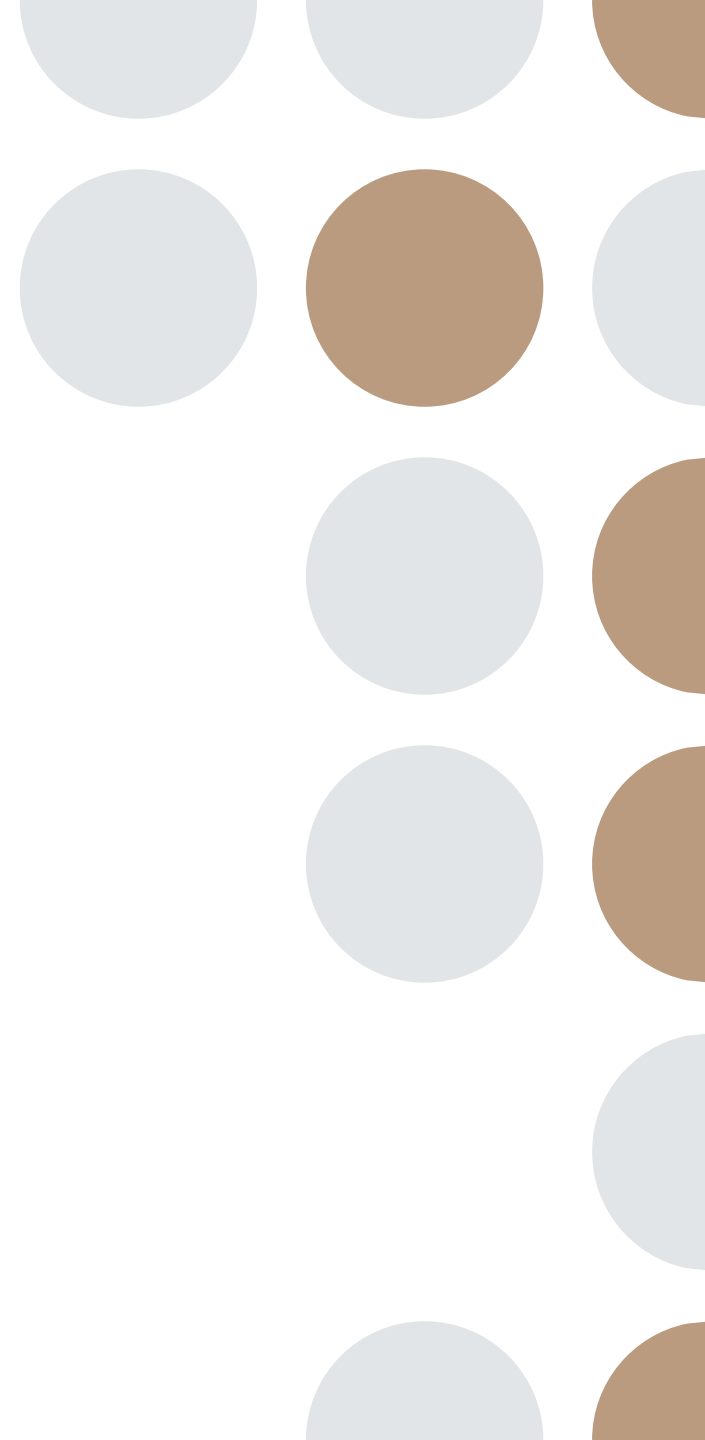
Berlin



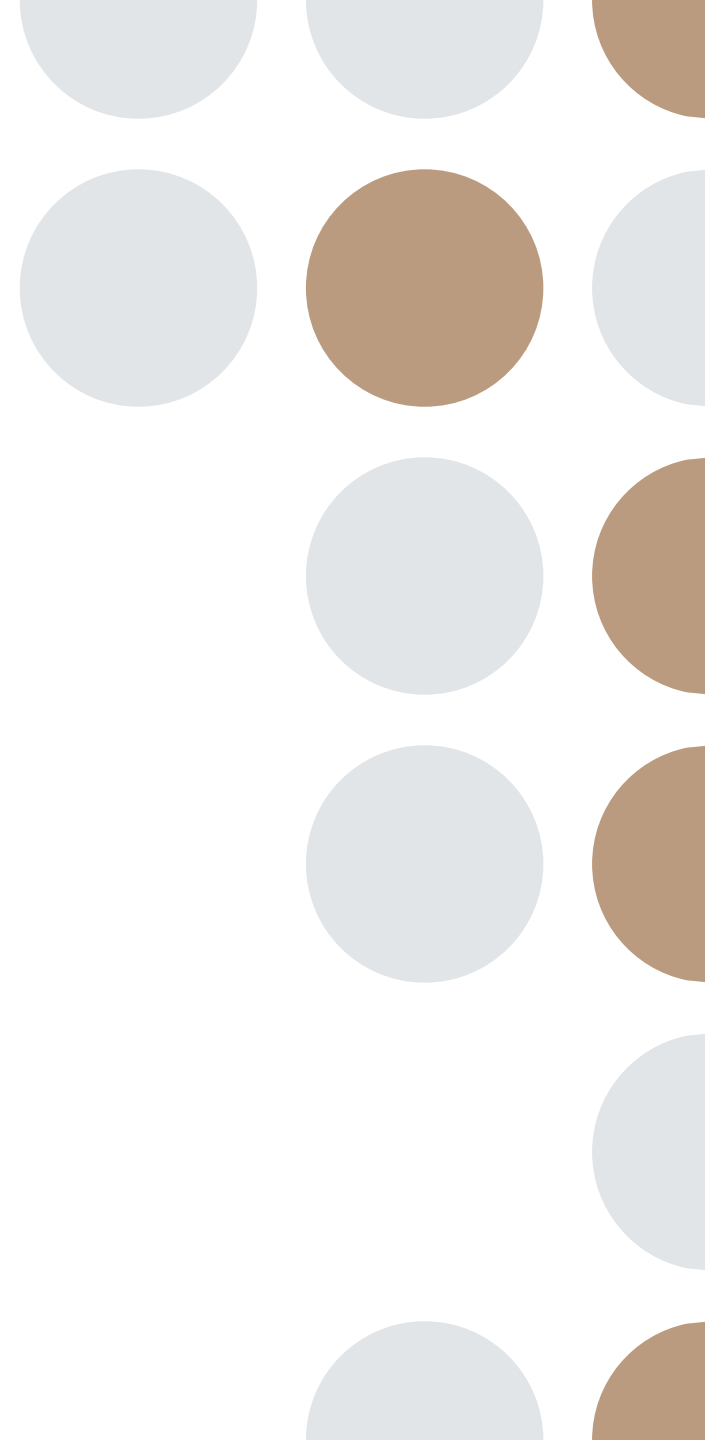
**When was the battle of
Hastings?**



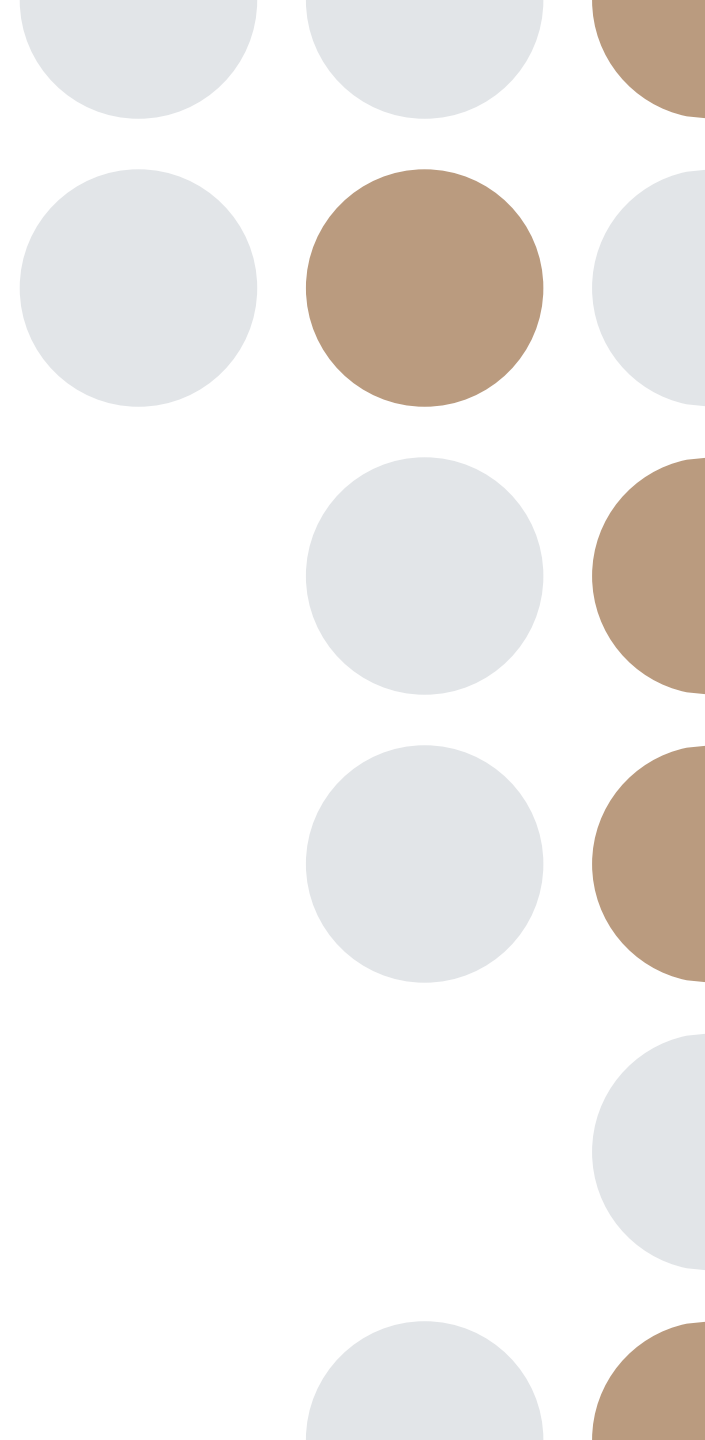
1066



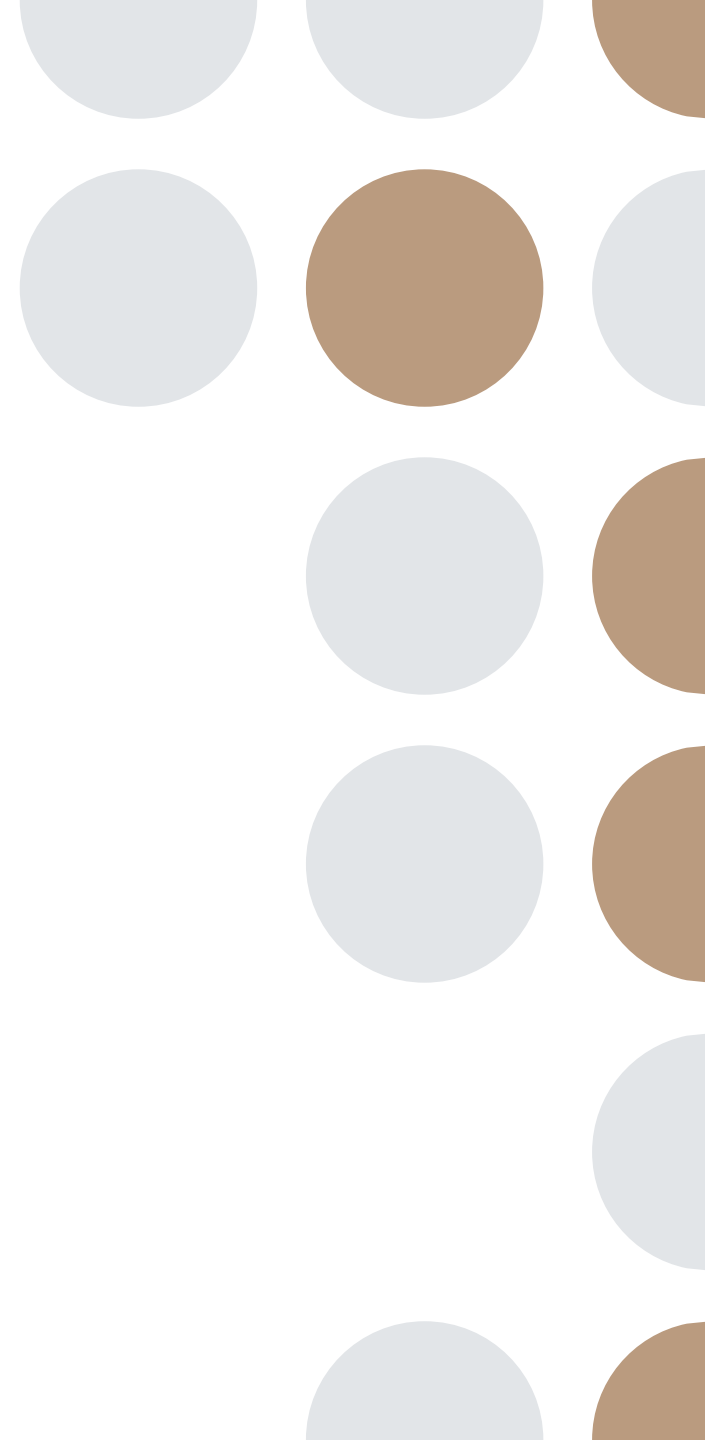
In geometry, what is an angle called if it is less than 90° ?



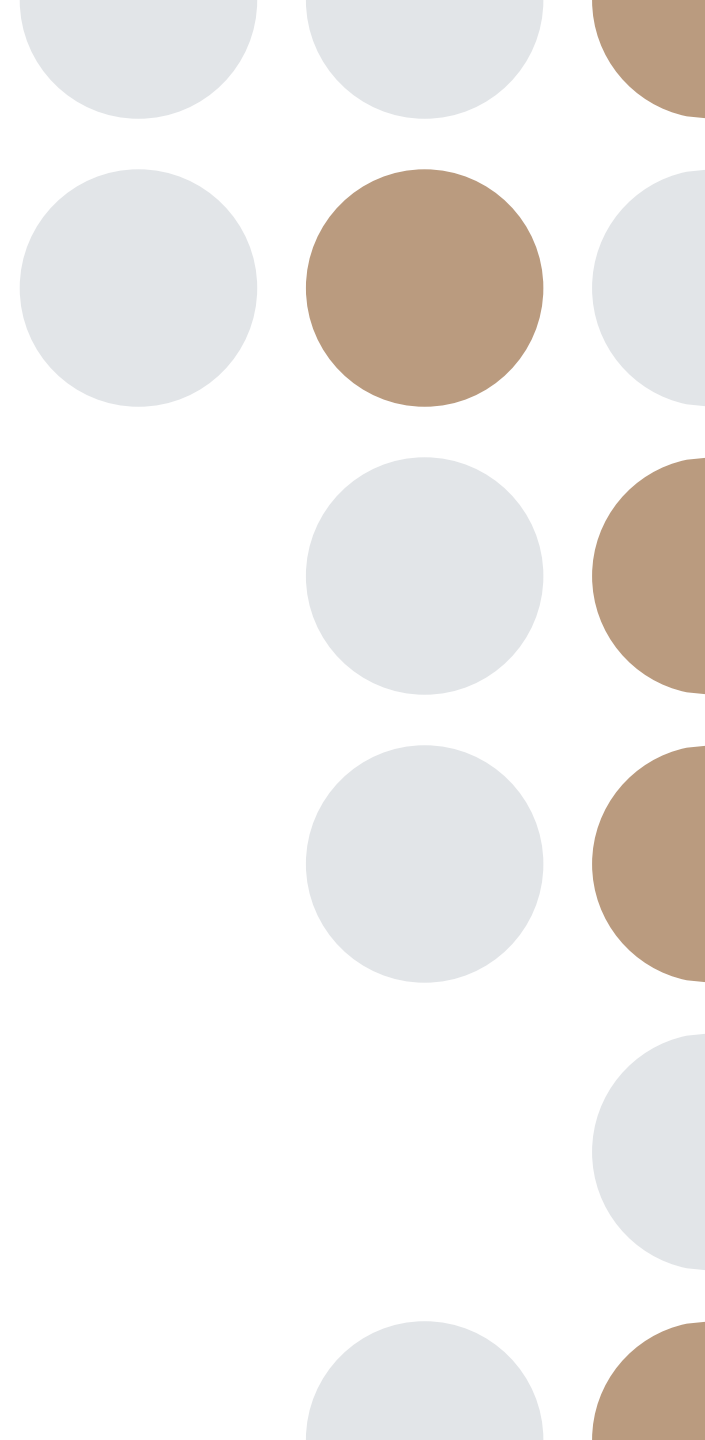
Acute



What is the definition of a herbivore?



An animal that eats only
plants



What a Flashcard is NOT

- A flashcard is **not** a rewrite of your notes crammed onto a small card:

N5 Modern Studies

Voting Systems

- 1) First past the post
 - When candidate with most votes is elected.
 - As in UK general elections
- 2) Proportional Representation (PR)
 - Number of votes a party gets is proportional to the number of seats it gains
 - o In the Scottish Parliament we have a form of PR known as the Additional Member System (AMS)

Why use Flashcards?

- A gold standard of retrieval practice supported by an enormous evidence base.
 - Quickly identifies gaps in your knowledge.
 - Pupils can use independently for revision at home.
 - Can use with friends, siblings and **parents/guardians**.
 - Flashcards are FUN!
 - Can use **Quizlet** as digital alternative - <https://quizlet.com/en-gb>
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Brain-dumps A.K.A. Free Recall

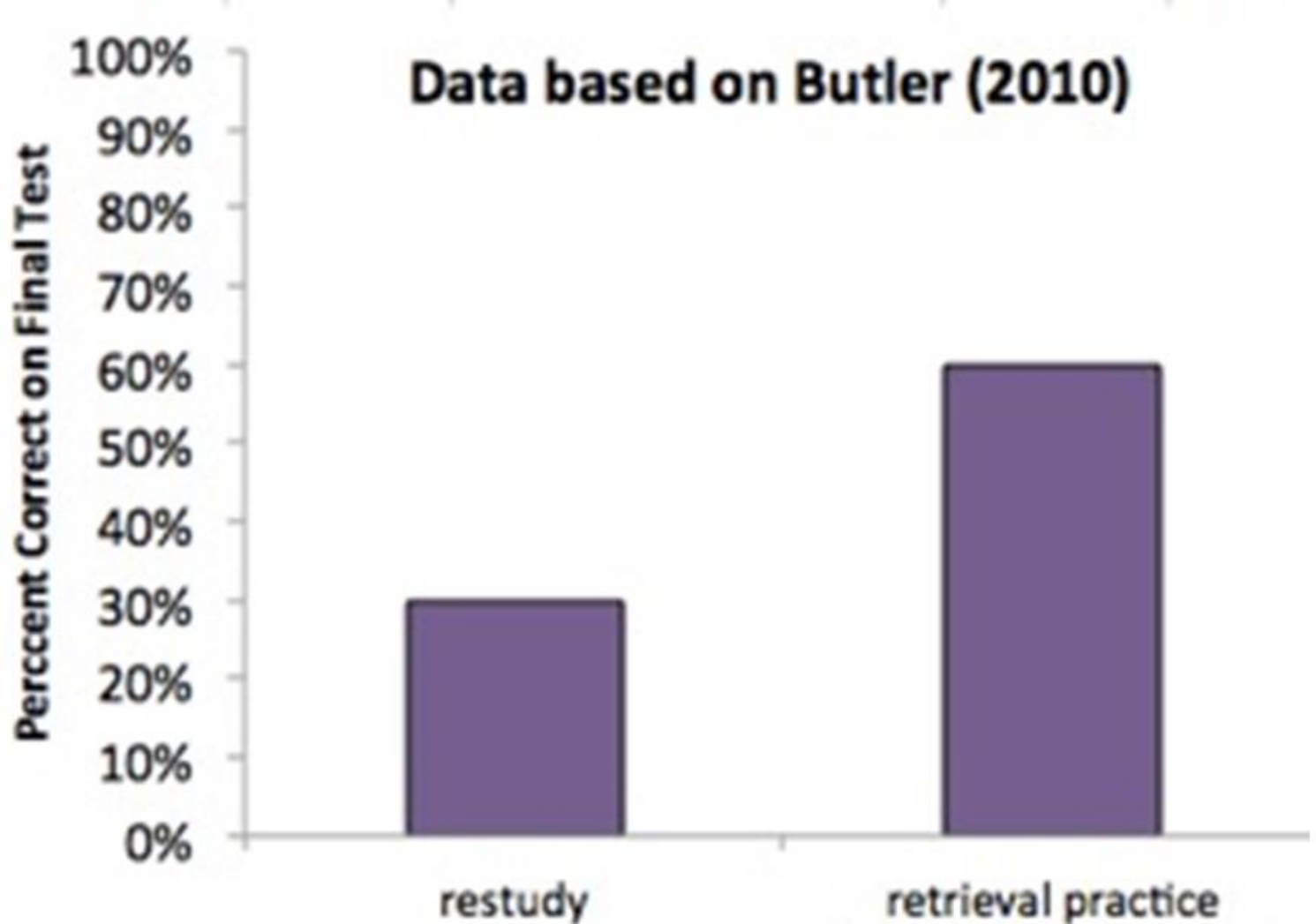
- Pupils select a subject
 - Select a topic within that subject
 - Write us much as they can remember about that topic
 - Write ideas as bullet points, use diagrams where necessary
-
- ❖ Check against notes / revision guide / textbook
 - ❖ The information not recalled shows the gaps in knowledge
-

Keep repeating retrieval

- SQA past paper questions, flashcards, free recall are key, keep doing them, this is how to close gaps in knowledge.
 - Any time pupils re-read notes or watch teaching videos, they should turn that activity into retrieval by summarising what they have learned.
 - That is the only way to make re-reading effective.
-



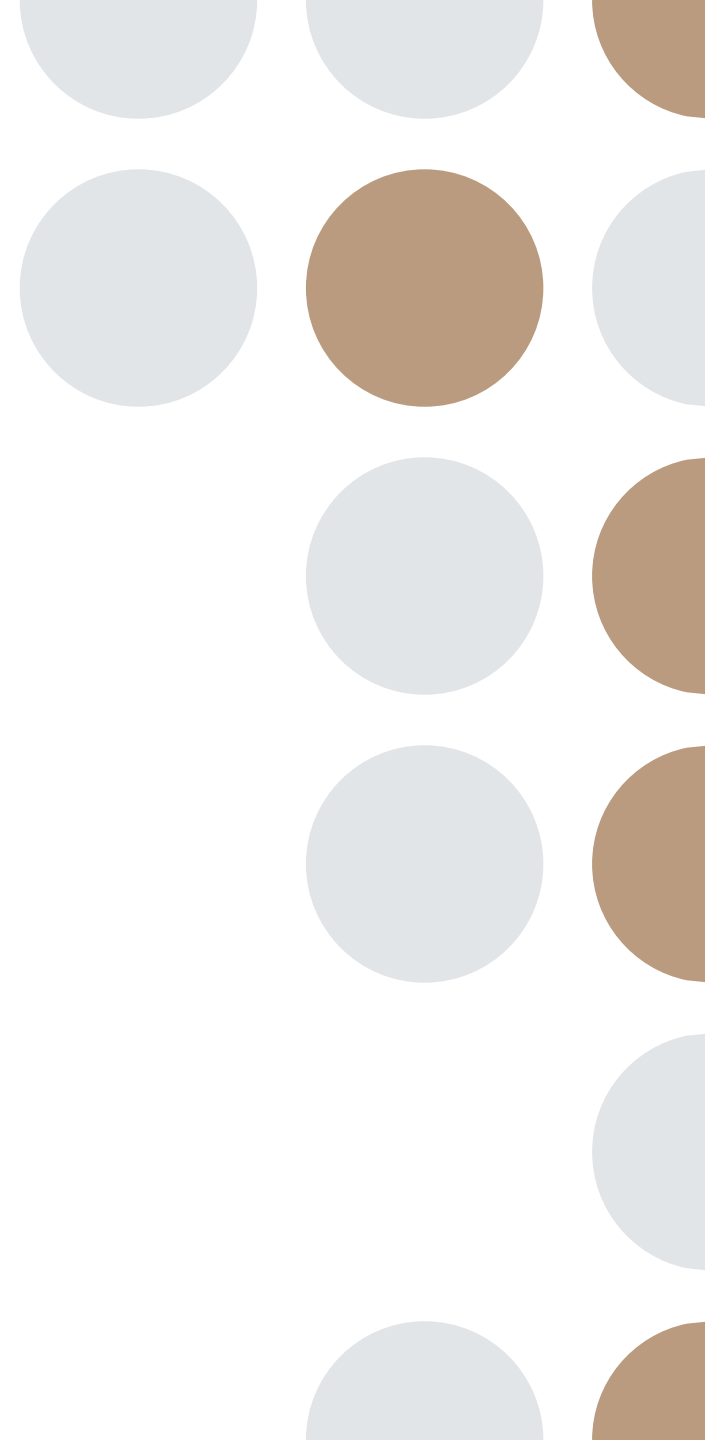
The Power of Retrieval



Study Environment

- Effective study space
- Data on music

- Breaks and sleep are key, a good plan will help in this
 - more on this later.



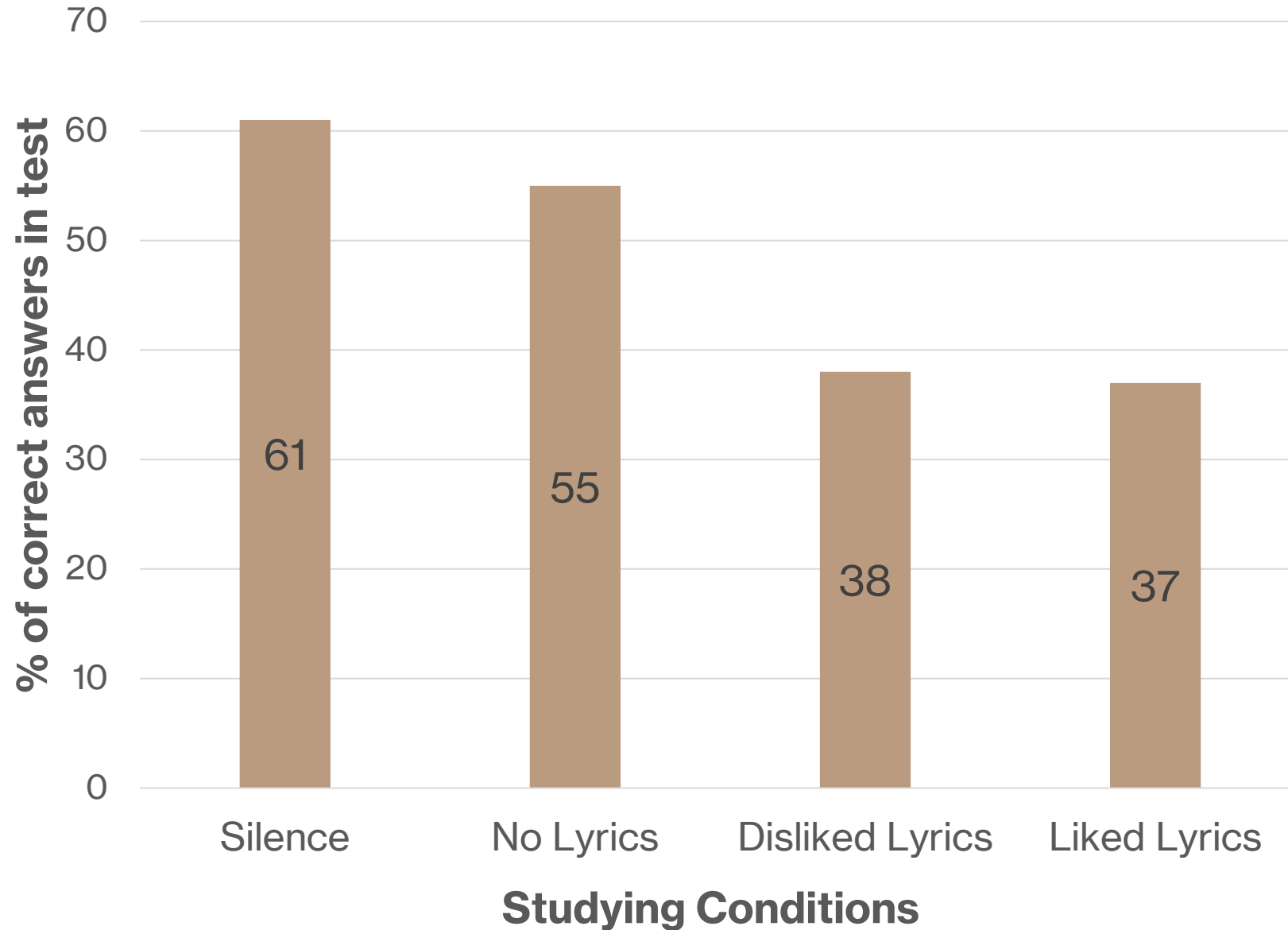
Effective Study Space

Students must know what they need to study, why they need it and how to use it.

- Get rid of everything else, **especially their phone**
 - Note data shows a **30% drop** in performance comparing children with / without mobile phone during studying.
-



Negative effects of music on studying

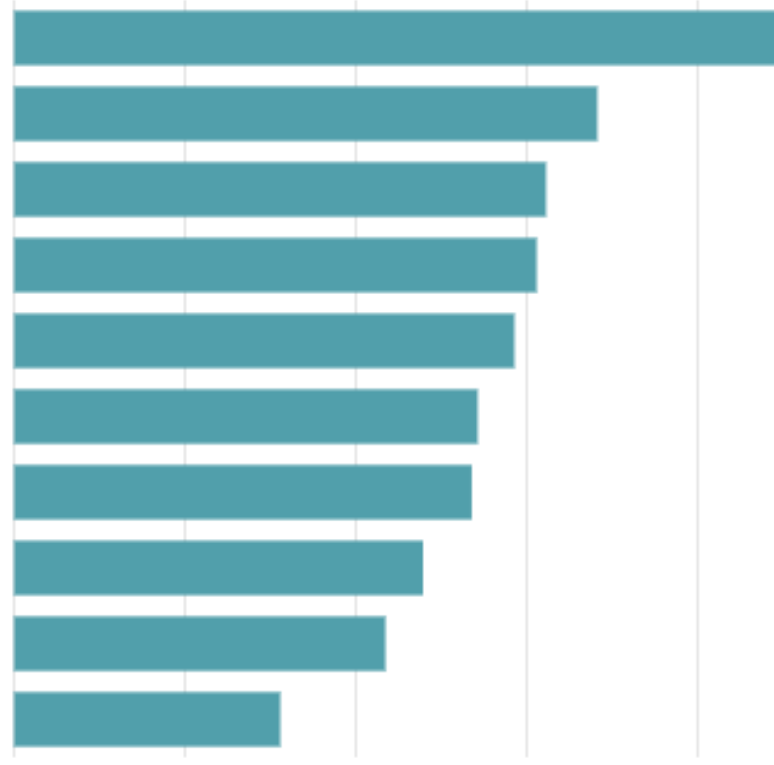


Pupil attainment survey – Feb 2024

1. Consider your ideal learning and teaching environment for a given subject. Rank the following in order of importance in terms of raising your attainment (improving your grade). NOTE - To do this move options up or down.

[More Details](#)

- 1 I get regular feedback on my w...
- 2 I get regular homework
- 3 The teacher asks us lots of ques...
- 4 I have regular assessments (aro...
- 5 I don't get much homework but...
- 6 I have a big assessment once a t...
- 7 I use my iPad in most lessons
- 8 I get in trouble if I don't do my ...
- 9 I have a seat which is decided b...
- 10 We use show me boards regularly



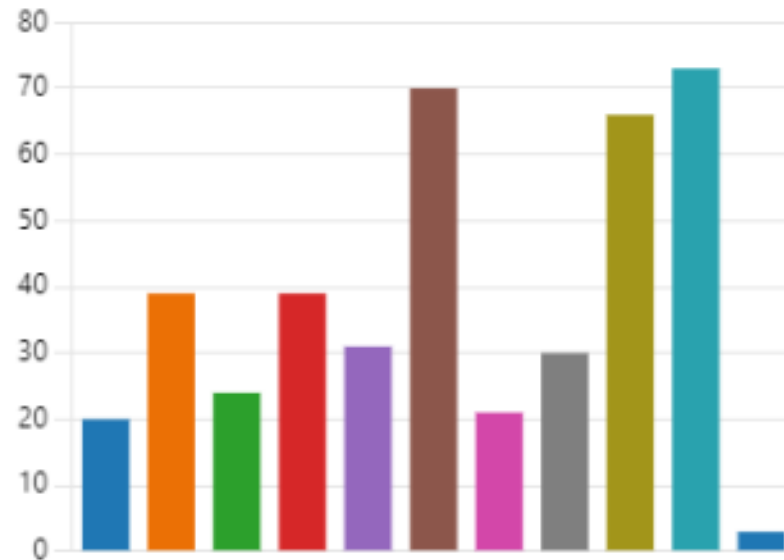
Top ranked 4 were:

- Feedback on work
- Regular homework
- Teacher asks lots of questions
- regular assessments

3. In your best performing subject what do you think your teacher is doing to help you reach your potential?
You must select 4 things.

[More Details](#)

● Homework is write on work she...	20
● Gives regular homework	39
● Has a seating plan	24
● Has regular assessments	39
● Uses iPads in most lessons	31
● I get regular feedback on my pr...	70
● Homework is accessed and don...	21
● I have learning conversations wi...	30
● My teacher asks us lots of quest...	66
● My teacher has high expectatio...	73
● We regularly use show me boar...	3



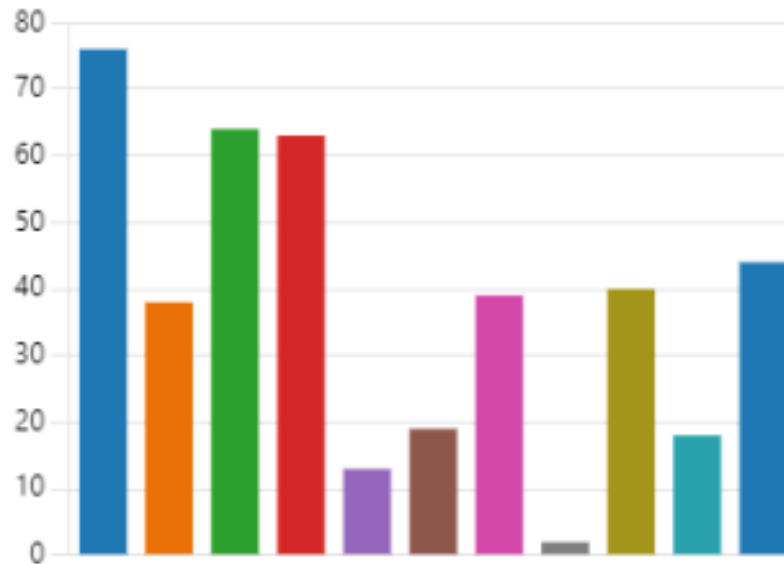
Top selected 5 were:

- Teacher has high expectations & pushes me
- I get regular feedback on my progress
- My teacher asks us lots of questions
- Regular Assessments
- Regular Homework

4. In your best performing subject what are you doing to reach your potential? You must select 4 things.

[More Details](#)

- I am motivated because I see th... 76
- I do lots of past paper questions... 38
- I am rarely/never late for the su... 64
- I am rarely/never absent for the ... 63
- I use #achieve and/or scholar to... 13
- I use retrieval practice strategies... 19
- I attend supported study in sch... 39
- I attend e-Sgoil supported study 2
- I use my iPad effectively to enha... 40
- I use a study plan to guide my h... 18
- I regularly review my notes after... 44



Top 3 things

- I am motivated because I see the purpose of the subject
- I am rarely/never late
- I am rarely/never absent and catch up on missed work

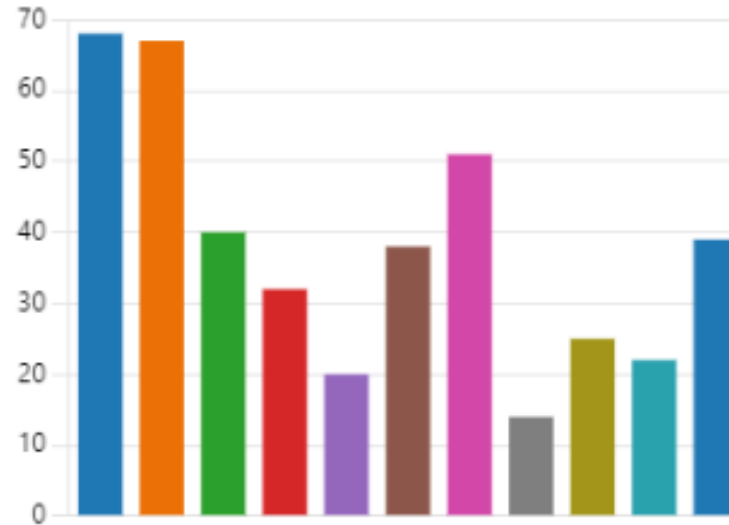
Next 4 things

- I regularly review my notes after class
- I use my iPad effectively to enhance my learning
- I attend supported study when offered
- I do lots of past paper questions at home

5. What can you apply from your best performing subject to your other subjects to improve your performance across all subjects? You must select 4.

[More Details](#)

- I will become more motivated a... 68
- I will do lots of past paper quest... 67
- I will rarely/never be late for any... 40
- I will rarely/never be absent for ... 32
- I will use #achieve and/or schola... 20
- I will use retrieval practice strate... 38
- I will attend supported study in ... 51
- I will attend e-Sgoil supported s... 14
- I will use my iPad effectively to e... 25
- I will use a study plan to guide ... 22
- I will regularly review my notes ... 39



Top 3

- I will become more motivated and see the purpose of all my subjects
- I will do lots of past paper questions at home
- I will attend supported study in school when offered

Next 4

- I will rarely/never be late for any of my subjects
- I will regularly review my notes in all my subjects
- I will use retrieval practice strategies like braindumps and flashcards
- I will rarely/never be absent for any subject

Target Setting – Post Prelim



Are you currently on track or off track? Do you know your areas for development?



If not, you will need to speak with your teachers. If you do, then what is your action plan? How are **YOU** going to improve your grades?

BE SPECIFIC! E.g., Independently do SQA past paper questions and use the marking schemes to understand how to apply my knowledge.

<u>Subject/Level:</u>	<u>On/Off Track:</u>	<u>Target Grade:</u>	<u>Action Plan:</u> I am disappointed, but I know and believe I can do better by:
N5 Maths	Off Track	B4 (60%)	<ul style="list-style-type: none">• Do all possible questions from the 10 N5 past papers (2014 to 2023 + the specimen). I will do all the questions I can and complete at least one past paper a week. I will start with the 2023 paper and work back the way. This is on top of the homework I get. I will use the SQA marking scheme. I will seek help from my teacher(s) on any questions I am stuck with.• I will limit my absences. Aim for zero.• I will attend all supported study sessions

Study Plan – Weekly Plan

- All S4-6 Pupils have access to a study plan template
 - Study planning has been covered in PSE
 - Pupils should have a complete plan
 - Pupils should reflect on their plan each week and adjust it if required
 - Pupils should try to complete at least three study sessions a week for each subject

 - Next slides – pupil template and model plan
-



St Thomas Aquinas RC Secondary Weekly Study Plan – Week Beginning 18th September 2023

- Your plan needs to be realistic and suited to your needs. What are your priorities?
- Add the STA supported study you are attending.
- Space your learning, do not do just one subject a night, do each subject regularly throughout the week.
- You **MUST** study by doing SQA past paper questions. Also, use other retrieval practice with flashcards, mindmaps and braindumps.
- Reflect on your studying in each subject. What do you know well? Which areas do you need to work on?
- Reflect on this plan at the end of each week – What are you changing? Keep it up to date with homework deadlines & upcoming assessments.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Homework Due						10:00 - 11:00		
Assessments						11:00 - 12:00		
15:00 - 16:00						12:00 - 13:00		
16:00 - 17:00						13:00 - 14:00		

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
After School Supported Study	Walk home	STA SS H Maths	STA SS H Chemistry STA SS H Geography (Mostly go to chemistry because I'm doing better in Geography, and I have e-sgoil Geo later.)	STA SS H Human Bio	STA SS H Maths (Going to both sessions because I need as much help as possible in Maths.)	10:00 - 11:00	English Close Reading	Chilled morning
16:00 - 17:00	30 mins writing and using Geography flashcards	Walk (the dog) with family/friends	Walk (the dog) with family/friends	Walk (the dog) with family/friends	Walk (the dog) with family/friends	11:00 - 12:00	Sports Training	Chilled morning
17:00 - 18:00 e-sgoil?	English homework – Portfolio preparation	30 mins Biology SLOP booklet BREAK	e-sgoil H Geography Will attend every week	e-sgoil H English Will attend every week	45 mins Biology mindmaps / braindumps. Do them from memory and then check them.	12:00 - 13:00	Sports Training	Maths SQA past papers
18:00 - 19:00 e-sgoil?	30 mins with Biology Flashcards *e-sgoil Human Bio* (I won't attend this session as e-sgoil teach the course in a different order.)	30 mins Biology SLOP booklet	e-sgoil H Maths Will attend every week	e-sgoil H Chemistry Prefer STA supported study so will only attend sometimes. Will do my own chemistry work SQA past paper Qs	NIGHT OFF	13:00 - 14:00	LUNCH	LUNCH
19:00 - 20:00 e-sgoil	DINNER	DINNER	DINNER	DINNER	NIGHT OFF	14:00 - 15:00	Biology flashcards BREAK Biology essay homework	English Critical Reading work. Flashcards for McCaig poems. BREAK
20:00 - 21:00	Chemistry Homework SQA past paper Qs	Geography Homework SQA past paper Qs	Netflix and chill	Maths Homework SQA past paper Qs		15:00 - 16:00	Geography flashcards / mindmaps	English critical reading work
21:00 - 22:00						16:00 - 17:00	Catch up on homework or flashcard session or Evening off	Catch up on homework or flashcard session or Evening off

Dos and Don'ts of Study Planning

Dos

- 45-50 mins per study slot with 10-min break before next slot
- Several subjects in one evening
- Retrieval practice to self-assess
- Time yourself using past papers
- Work on areas that challenge you
- Plan in concrete life plans and have a rest evening
- Surrounded by required resources
- Reflect and adapt plan

Don'ts

- Work endlessly and get tired
- One subject crammed into an evening.
- Only re-reading & other poor methods
- Avoid past papers until Spring
- Only restudy things I already know, it makes me feel good.
- Get stressed and put off ***me time***
- Distracted by phone etc.
- Put off planning.

Supports and resources

- Day in day out, committed teachers
- Interventions from all teachers to raise attainment
- STA supported study
- e-Sgoil supported study & Easter School
- PSE inserts on how to raise attainment
- Supply of flashcards
- #Achieve revision app / scholar
- Teams / OneDrive for all resources
- West OS which should be on pupils Glow Launch Pad
- BBC Bitesize revision App and website
- Quizlet – digital flashcards
- Scottish teacher YouTube channels



Take home messages

Promote a growth mindset:

- *'We are but the product of our thoughts, what we think, we become.'*
- A growth mindset means awareness of the science of learning and using effective retrieval strategies to close gaps in knowledge.
- You can do flashcards with them.

Study Environment:

- Help your child set up an effective study space – no phone.

Study Plan – weekly plan:

- Support your child with their study plan. It needs to space learning, have breaks, allow for homework. Help them prioritise the supported study sessions they will attend based on their recent results.

Praise, encourage, motivate and forgive

Tonight's Session

- Countdown to exams and Supports
 - E-Sgoil and other supported study
 - Step up S5/6 – realising progression
 - Science of learning & retrieval strategies
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Bonus - Get that motivation mojo

- Watch this training montage from Rocky:

https://www.youtube.com/watch?v=_YYmfM2TfUA

- Rocky is training to fight Apollo Creed. His goal is to beat him.

- What is your goal?
- Visualise yourself achieving that goal.
- Picture your 'training montage' which will lead to the achievement of your goal.
- Think of a theme tune for your montage.
- Google an inspirational quote.

Next Steps... In the words of Nike:

- ❖ Just do it... Positive thinking is step 1. You need to follow it up with positive action.