



# MY JOURNEY TO S3

S3  
at STA

S2  
at STA

1

## 1. Reflect and Review

- **Review your learning across the BGE (S2 Tracking):** identify where you've progressed most and shown the greatest strength.
- **Use what you learned from the S3 Choices Evening in November:** reflect on what our expert staff shared with you about subject areas.
- **Draw on PSE lessons:** use what you've learned about career education, skills for learning, and planning next steps.

2

## 2. Research and Information Gathering

- **Explore subject information:** course outlines, assessments, expectations for National 4/5 or Level 4/5 pathways for after S3.
- **Check progression routes:** how S3 subjects link to S5/S6 Highers, college, university, and apprenticeships.
- **Check entry requirements:** college / apprenticeship / uni websites and match choices to your goals using profiling!

3

## 3. Seek Advice and Discuss Options

- Discuss progress and suitability with your **class teachers**.
- Speak to your **Careers Adviser** for personalised support.
- Chat with **Mrs Morrison or Pastoral Care** in the Social Area at break / lunch.
- Consult with **family/carers** about all of the information you have.

4

## 4. Make Good, Realistic Choices

- **Balance your timetable:** choose subjects that play to your strengths and keep future routes open.
- **Be aspirational but realistic:**
  - **Love talking, debating and writing?** Essay-based subjects could help you shine.
  - **Enjoy problem-solving and working with numbers?** Maths- and science-led pathways may open exciting doors.
  - **Prefer learning by doing?** Practical and creative subjects might be where your confidence grows fastest.
  - **Developing core skills just now?** Choosing subjects that build these step by step can set you up for success later.

5

## 5. Follow the Timeline

- **S3 Choices Evening:** 20.11.25
- **S3 Choices Assembly:** 10.02.26
- **Parent/Carer Info:** Link sent 10.02.26
- **1:1 Careers Advisor Interviews:** ongoing
- **Digital Choice Form opens:** 7.30pm 10.02.26
- **Digital Choice Form closes:** 7.30pm 17.02.26
- **Pastoral Care Interviews:** 19+20.02.26

***If deadlines are missed, choices will be made for you and any changes you request thereafter will be subject to availability.***

**REMEMBER: Completing the digital form and attending your interview are the final steps — you must research and prepare before both.**



# MY JOURNEY TO S3

## S2 INTO S3 CHOICES



In addition to your **5 subject choices from the lists below**, everyone in S3 will study *English or ESOL* and *Mathematics* **4 periods** per week, and *Spanish* for **3 periods** per week. You'll also continue with *RE* and *PE* for **2 periods** per week each, and *HWB* and *PSE* for **1 period** per week. You'll have choices throughout the year for **2 Wider Achievement periods** per week, too.

CHOICE 1 <i>3 periods per week</i>	CHOICE 2 <i>3 periods per week</i>	CHOICE 3 <i>3 periods per week</i>	CHOICE 4 <i>3 periods per week</i>	CHOICE 5 <i>3 periods per week</i>
<b>SOCIAL SUBJECTS</b> <ul style="list-style-type: none"> <li>• Geography</li> <li>• History</li> <li>• Modern Studies</li> </ul>	<p>If you choose from CHOICE 2A, you must then choose from CHOICE 3A. If you choose from CHOICE 2B, you must choose from 3B.</p>		<b>ART AND DESIGN</b> <ul style="list-style-type: none"> <li>• Art and Design</li> </ul> <b>BECS</b> <ul style="list-style-type: none"> <li>• Business Management</li> </ul> <b>MODERN LANGUAGES</b> <ul style="list-style-type: none"> <li>• French</li> </ul> <b>PERFORMING ARTS</b> <ul style="list-style-type: none"> <li>• Drama</li> <li>• Music</li> </ul>	<b>ART AND DESIGN</b> <ul style="list-style-type: none"> <li>• Art and Design</li> </ul> <b>DESIGN AND TECHNOLOGY</b> <ul style="list-style-type: none"> <li>• Design and Manufacture</li> </ul> <b>HEALTH &amp; FOOD TECHNOLOGY</b> <ul style="list-style-type: none"> <li>• Fashion and Textiles</li> </ul> <b>PERFORMING ARTS</b> <ul style="list-style-type: none"> <li>• Music</li> </ul> <b>SCIENCE</b> <ul style="list-style-type: none"> <li>• Chemistry</li> </ul> <b>SOCIAL SUBJECTS</b> <ul style="list-style-type: none"> <li>• Geography</li> <li>• History</li> <li>• Modern Studies</li> </ul>
	<b>CHOICE 2A</b> → <b>CHOICE 3A</b>			
	<b>SCIENCE</b> <ul style="list-style-type: none"> <li>• Biology</li> <li>• Science</li> </ul>	<b>BECS</b> <ul style="list-style-type: none"> <li>• Administration and IT</li> </ul> <b>DESIGN AND TECHNOLOGY</b> <ul style="list-style-type: none"> <li>• Creative Thinking</li> <li>• Practical Woodwork</li> </ul> <b>HEALTH &amp; FOOD TECHNOLOGY</b> <ul style="list-style-type: none"> <li>• Health and Food Technology</li> </ul>		
	<b>CHOICE 2B</b> → <b>CHOICE 3B</b>			
	<b>BECS</b> <ul style="list-style-type: none"> <li>• Business Management</li> <li>• Computing</li> </ul> <b>DESIGN AND TECHNOLOGY</b> <ul style="list-style-type: none"> <li>• Graphic Communication</li> </ul>	<b>SCIENCE</b> <ul style="list-style-type: none"> <li>• Chemistry</li> <li>• Physics</li> </ul>		

IF THERE IS AN ISSUE WITH ONE OF YOUR CHOICES, YOUR PASTORAL CARE TEACHER OR YEAR HEAD WILL LET YOU KNOW AS SOON AS POSSIBLE.



# MY JOURNEY TO S3



**1**  
1. Reflect and Review

**2**

2. Research and Information Gathering

**3**

3. Seek Advice and Discuss Options

**4**

4. Make Good, Realistic Choices

**5**

5. Follow the Timeline

REMEMBER: Completing the digital form and attending your interview are the final steps — you must research and prepare before both.