

# S4 Core Period

Introductory Assembly

# S4 Core Period

- In S4 you are:
  - A pupil
  - A student
  - An SQA candidate
- We will use the S4 Core Period to help you prepare for the challenges which lie ahead in S4 when you become an SQA candidate

# S4 Core Period

- The S4 Core Period is split into 4 Main Parts:
  - 1) Mindsets (3 lessons)
  - 2) Study Skills (6 Lessons)
  - 3) Financial Education (2 lessons)
  - 4) Subject Study Support

Some of the work you have undertaken in other subjects will link in with this. For instance, you have learned about mindsets and study skills in PSE; we will take what you've learned a few important steps further.

# S4 Core Period

- This whole programme has been designed with the help of students from previous S4 Year Groups;
- These students have already been through the SQA process;
- They know what is needed to do well.
- Take their advice!

# S4 Core Period

- 1) Mindsets
  - S4 is your first year as an SQA candidate
    - You will face a number of challenges:
      - Unit assessments
      - Externally assessed coursework
      - Preparing for exams
  - You will need to learn how to overcome these difficult challenges
    - We will look at ways to develop a growth mindset
    - A growth mindset will allow you to know how to meet these challenges in practical, step-by-step ways.

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- 2) Study Skills
  - At University, students are taught HOW to study for exams and assessments;
  - This means that, in their own time, students can revise and consolidate the work they're undertaken in classes;
  - We will look at how the following study strategies might be used
    - » Flashcards
    - » Mind-Mapping
    - » Note-Making
    - » Studying in Groups
    - » Study Timetabling;
  - You will be given tasks to help you practice using these study strategies.

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## What did last year's S4 say?

- *"I used the study skills I'd learned in: Computing, Biology, Physics, English, and Spanish."*
- *"The study skills were quick to learn and easy to use."*
- *"I learned how to figure out what I needed to do to improve in my subjects."*
- *"Learning the study skills meant I didn't sit around wasting time, doing nothing."*
- *"I felt less pressure with exams coming up."*

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- Each student will have their folder of study skills/mindsets materials kept by their class teacher;
- Mr Mochan may ask to any individual student's folder **AT ANY TIME** – particularly where a student is NOT working hard enough to revise what they have learned in class;
- Mr Mochan will share your folder with parents at Parents' Evenings (where appropriate).
  - Study Skills Evening (October)
  - Targeted Parents' Evening (November)
  - S4 Parents' Evening (February)



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- To prepare for next week's lesson on growth mindsets, we will watch a short video.
- It is about the experiences of a woman named Diana Nyad.
  - She is an endurance swimmer, and was the first person ever to swim from Cuba to Florida.
  - It is called “**Never, Ever Give Up**”.
  - It shows us the advantages of a growth mindset.

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- The distance from Cuba to Florida is roughly 100 miles.

For comparison:

- The distance from Glasgow to Edinburgh is 46 miles;
- The distance from Glasgow to Perth is 62 miles;
- The distance from Glasgow to Carlisle (i.e. just over the border with England) is 99 miles.