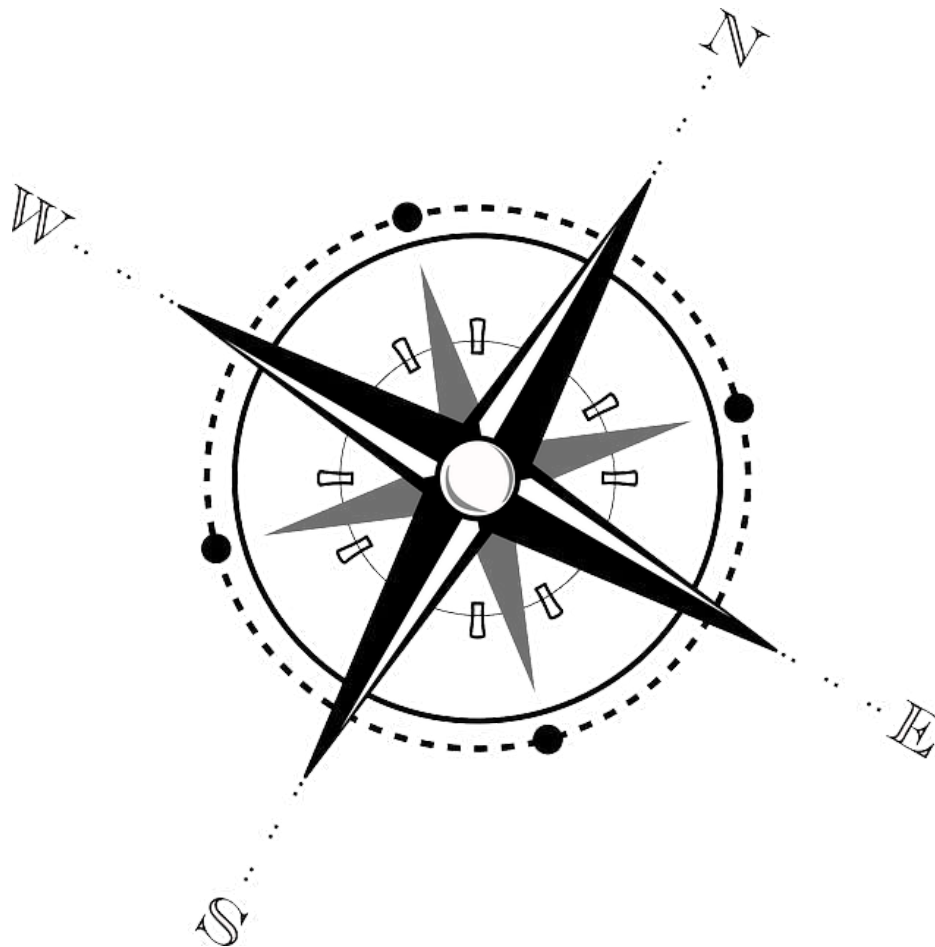


# 2022 WCHS Navigator Programme

Support programme to ensure that all young people in S4-S6 are prepared for the SQA National Qualification assessments and exams in May/June 2022.



## Support schedule Feb-April 2022 including...

- Navigator conference programme
- Conference workshop information
- Study Support arrangements
- Study lates programme
- Sunday sessions
- National e-sgoil programme
- Who to speak to if you need additional help or support



# Contents

Page 3  
How to use this booklet

Page 4  
Navigator conference

Page 5-7  
Conference workshops

Page 8  
Special events list

Page 9  
After school study support  
programme

Page 10  
Study late programme

Page 11  
Sunday sessions

Page 12  
National e-learning offer

Page 13  
Peer support

Page 14  
Study support programme

# How to use this booklet

This booklet aims to support you to prepare for the National Qualifications exam diet in May. The booklet was devised following consultation with staff and young people and we have designed the Navigator programme in response to the feedback they provided.

The booklet will provide everything you need to help plan revision and study over the coming weeks and includes the following...

- The Navigator conference programme - including information about each workshop
- Study skills information - The most effective ways to study
- Study support programme
- Study lates schedule
- Sunday sessions
- National e-learning offer
- Peer support programme

Please remember that if you have any questions or queries or just need to seek some advice you can speak to your teacher, learning mentor, head of house or year head. We are all here to support you and will do everything we can to ensure you meet your potential.

You will see the icons below used across the various pages of this booklet. Beside each icon is the activity it refers to.



**Special events including study workshops, wellbeing activities, mentoring sessions**



**After school study support programme**



**Study Lates session**



**Sunday tutorials and open learning sessions**



**Easter school**



**Parent/carers session**



# NAVIGATOR Conference 2022

Helping you to achieve your  
potential in your National  
Qualifications

## 21st Feb 2022

**DAY SESSION:**  
**9:00AM – 3.00PM**

**OPTIONAL EVENING SESSION**  
**4.00PM – 6.00PM**

The aim of the Navigator conference is to support you as you prepare for your National Qualification assessments and exams. Through a series of workshops and practical activities you will discover how you can use a range of tools to help you achieve your potential.



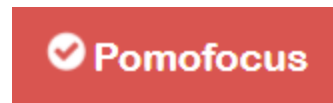
Group size	50	50	50	60	60	90			
Periods	S4 A-G	S4 H-N	S4 M-Z	S5 A-L	S5 M-Z	S6 All			
1	online	online	online	online	online	online	Session A	Super classroom	
2	B	A	C	class	class	optional	Session B	Dance Studio	
3	class	B	A	C	class	optional	Session C	Small gym	
4	class	class	B	A	C	optional	Session D	Super classroom (	
5a	C	class	class	B	A	optional			
5b	A	C	class	class	B	optional			
6	class	class	class	class	class	A,B			
7	D virtual	D virtual	D virtual	D virtual	D virtual	D			

# Workshop A - Super classroom

## The basics of planning your study

### Mr McDowall & Miss Napier

The aim of this workshop is to provide practical advice and support to help you plan your study and discuss some of the challenges that are listed below. We'll explore some digital tools that can support your planning but we'll use pen and paper as a starting point!



#### **Planning and prioritising**

You may find yourself overwhelmed by the sheer range and number of activities you're expected to tackle while studying. Figuring out how to plan your time and prioritise study tasks, and how to juggle all your other commitments (such as work, family, friends and hobbies), can prove quite challenging. It's worth thinking ahead to organise your time and reflect on why, what, how and when to prioritise.

#### **Setting and achieving goals**

Your motivation for studying can be improved if you reflect on your study goals and relate them to the broader goals in your life, both personal and professional. Reflection can help you to define immediate goals and then devise strategies to achieve them.

#### **Dealing with procrastination and anxiety**

Procrastination, the art of putting things off until they absolutely have to be done, is both a cause and a symptom of anxiety. It can lead you to miss deadlines or fall behind with your study schedule and can severely affect your confidence. Reflecting on how, when, where and why you procrastinate can help you to recognise and challenge your routines and habits.

#### **Recognising and overcoming obstacles**

How often do you make negative assumptions about your ability to study? These beliefs can undermine your confidence and motivation but by reflecting on the assumptions you can make positive changes.

Regardless of whether or what you've studied before, chances are that you've gained expertise and insights from your vocational or personal experience. Be aware of the useful skills that you bring with you to your study. However, also be aware of when you might need to let go of preconceived ideas of what is required from your studies.

# Workshop B - Dance Studio

## Personal Power, Performance and Perspective

### Jamie McIntyre & Ross Beveridge

#### 'More than Academic'

This course will help you discover a clear idea of WHY you want success and what that looks like for YOU. With a clear personal goal and a planned route to get there, your self-belief will grow, and so will your results.

We'll show you the best way to memorise facts and the programs used to do it. Most importantly, we'll also show you how to implement each of the strategies consistently as if you had your own personal trainer by your side!



As part of the workshop we will introduce you to Anki. Anki is a program which makes remembering things easy. Because it's a lot more efficient than traditional study methods, you can either greatly decrease your time spent studying, or greatly increase the amount you learn.



At More Than Academic, we believe in world class education for all.

We know that to achieve this, we need to adopt world-class methods and techniques using the latest evidence-based research to direct us.

This strategy is not only used in the area of education; when aiming for excellence and success in art, sport, music, science or just generally improving our lives and developing skills and training, we use the latest data and knowledge to enhance our experience and improve results.

# Workshop C - Small gym

## Effective Revision Strategies

### Mr Duffie, Mr Smillie and Miss Stirling

This workshop will focus on 3 specific and highly effective strategies for revision that focus on retrieval practice

Retrieval practice is any activity that means you have to retrieve information from your long-term memory. This is crucial because of the way in which our memories work. Our long-term memory is where we store information that we have learned previously. However, we have to be able to retrieve this from our long-term memory to our working memory, otherwise it will be forgotten. Retrieval is practising this retrieval. This makes the memory stronger and means you can recall the information more easily in the future. This is shown in the diagram below.

This has been called the 'testing effect'. Research has shown that pupils do better in their final exams if they learn the information once and then do lots of tests (retrieval practice) rather than if they try to go over the information lots of times and only have one test.

This means that it is really important that when you are doing retrieval practice you do not use your notes and instead complete any of the activities from memory.

After you have completed the retrieval practice it is important to make sure you check and correct your responses. This will make sure that you remember the right answers in the future





# Special Events



1. Wellbeing Wednesday - optional wellbeing sessions from 7-8pm on most Wednesdays organised by the pupil support team - full schedule will be published at end of Feb and will include study skills support sessions, yoga, sport and exercise, healthy eating and various other classes.
2. National study support programme (e-Sgoil) - every week - see page 12 for full details
3. Sunday sessions - The school will be open on 6th, 13th, 20th and 27th March from 10-2pm. Come along, grab a coffee and do some study. 13th is an English specific session (all levels) and 20th is a Maths specific session (all levels)
4. Inspired Learning sessions - We have teamed up with our colleagues in The James Young High School and St Margaret's Academy to provide you with a variety of 'Inspired Learning' sessions. These pre-recorded subject specific revision sessions will be released mid March following the SQA update on the 7th March.
5. Easter school will run during the two weeks of the Easter holidays. Full schedule will be issued mid March
6. Immersion programme - this is a series of subject specific intensive study days throughout the study leave period. The intensive study session will typically take place just before the actual exam. Full details will be issued before the Easter break.
7. Parent/carer support session will run throughout March. These sessions will be advertise via snippets and will be designed to help your parents/carers to support you as you prepare for their National Qualifications.
8. The Coffee Bar will be open during some of the study late sessions and the Sunday classes.



# After school study support schedule

(full page version on back page of this booklet)



WEST CALDER HIGH SCHOOL- STUDY SUPPORT SCHEDULE 2021/22



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.30-4.30PM</p> <p>N5 &amp; HIGHER GEOGRAPHY N4 &amp; N5 HISTORY N5 HEALTH &amp; FOOD TECH</p> <p>3.45-4.45PM</p> <p>N5 SPANISH</p> <p>3.45-6.00PM</p> <p>N5 HEALTH &amp; FOOD TECH</p>	<p>3.30-4.30PM</p> <p>N5 COMPUTING (FORTNIGHTLY) HIGHER HISTORY N5 APPS OF MATHS HIGHER MATHS N5 MODERN STUDIES N5 AND HIGHER MUSIC ALL LEVELS PE PRACTICAL HIGHER PHILOSOPHY</p> <p>3.30-5.45PM</p> <p>N5 ART &amp; DESIGN</p>	<p>3.30-4.30PM</p> <p>HIGHER COMPUTING HIGHER &amp; N5 GEOGRAPHY HIGHER HEALTH &amp; FOOD TECH N5 MATHS HIGHER PHILOSOPHY HIGHER RMPS</p> <p>3.30-5.45PM</p> <p>N5 ART &amp; DESIGN</p> <p>3.30-6.00PM</p> <p>N5 HEALTH &amp; FOOD TECH</p> <p>3.45-5.00PM</p> <p>N4/N5/HIGHER ENGLISH (FORTNIGHTLY)</p> <p>4.00-6.00PM</p> <p>PRACTICAL WOODWORKING</p>	<p>3.30-4.30PM</p> <p>N5 ACCOUNTING N5/HIGHER ENGLISH (FORTNIGHTLY)</p>	<p>12.30-1.00PM</p> <p>N5 HEALTH &amp; FOOD TECH</p> <p>12.45-1.45PM</p> <p>N5 &amp; HIGHER GERMAN N5 &amp; HIGHER SPANISH</p> <p>12.30-2.30PM</p> <p>N5/H GRAPHIC COMMUNICATION</p>

PLAZA 5 STUDY LATE:  
3.30-6.00PM MON-THURS

Our after school study support sessions are subject to change, including courses still to be added. **For the most up-to-date schedule over the next 10 weeks:**

- Check out the final page of the Learning Planner emailed by Miss Stirling to you, and your parents, at the end of each week.
- Follow @WestCalderHigh on Twitter and look out for the study support post every Friday.

# Study Late sessions



Plaza 5 (library) will be available every evening from 3.30-6.30pm for self-study. Subject specific study late sessions will also take place on the following dates and times. Food (soup and sandwiches) will be available free of charge at most of the sessions and class teachers will inform you about the specific information in terms of teaching areas and food etc... If you require transport home then please speak to someone in the school office.

All sessions 3.30-6.30pm unless otherwise stated

- **Wednesday 23rd Feb - Maths National 5, Fashion and Textiles, Health & Food Technology** (HFT available every Wed)
- **Thursday 24th Feb - English National 5**
- **Tuesday 1st March - Maths Higher**
- **Thursday 3rd March - English Higher**
- **Friday 4th March - N5/H History, H Geography (12.45-3pm)**
- **Monday 7th March - Biology N5/H and Chemistry Higher**
- **Tuesday 8th March - Chemistry N5 and Physics N5/H**
- **Wednesday 9th March - Maths National 5, HFT**
- **Tuesday 15th March - Maths Higher, Computing (N5/H), Accounting (N5/H)**
- **Wednesday 16th March - Design and Manufacture**
- **Thursday 17th March - English N5**
- **Wednesday 23rd March - Dance N5/H, Administration & IT N5/H**
- **Thursday 24th March - English H**
- **Monday 28th March - Biology N5/H, Chemistry H**
- **Tuesday 29th March - Chemistry N5, Physics N5/H**
- **Wednesday 30th March - Business Management (N5/H)**
- **EASTER SCHOOL - 4th-14th April (full details tbc)**
- **Tuesday 19th April - Maths Higher**
- **Wednesday 20th April - Maths N5**
- **Friday 23rd April - History N5 (12.45-3pm)**

It is common for sessions to clash - try to use your time effectively and split your study session. Alternatively, try to prioritise each session.

# Sunday study sessions and open learning sessions



The school will be open every Sunday throughout March for self study. Sunday the 13th and 20th will have a specific subject focus but will still be open for general study if you require a quiet place to work. When you arrive at school you will be required to sign in at the front door.

**Sunday 6th March - Open Learning sessions. Plaza 5 and Plaza 2 will be available for self-study**

**Sunday 13th March - English N5/H support session in Plaza 2 and self-study in Plaza 5**

**Sunday 20th March - Maths N5/H support session in Plaza 2 and self-study in Plaza 5**

**Sunday 27th March - Open Learning session. Plaza 5 and Plaza 2 will be available for self-study**

# National e-Learning Offer



Education Scotland offer a range of study support webinars.

The full timetable and sign up form can be accessed using the link below...

The timetable below may be difficult to read so please use the weblink to access the information.

<https://bit.ly/33DHlol>

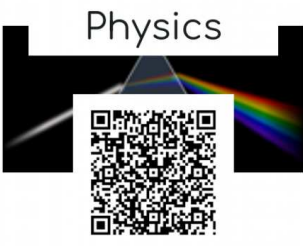
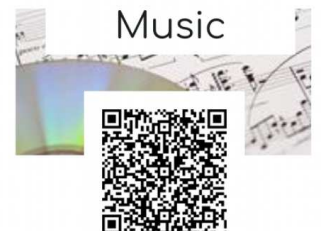
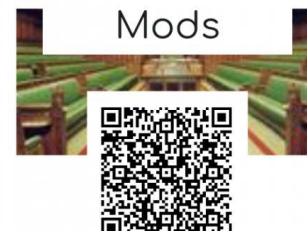
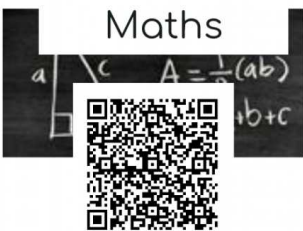
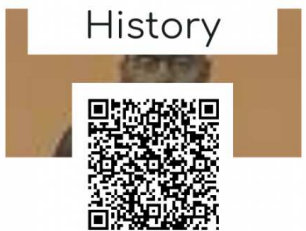
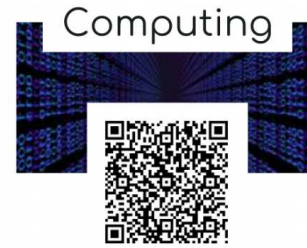
Study Support			
Live webinar lessons - week beginning Monday 21st February			
w/b 21st Feb			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	Section 1 Questions	
11am	Politics	Electoral/Referendum Questions	
11.30am	History	Revision	
12pm	Business Management	QA Command Words	
1pm	Geography	Physical Landforms	
1.30pm	Maths	Differentiation	
2pm	Modern Studies	World Issues - United Kingdom	
2.30pm	Chemistry	Periodicity	
3pm	Human Biology	Gene Expression	
3.30pm	Physics	Special Relativity	
4pm	History	Assessing English Questions	
4.30pm	Computing Science	Computer Systems	
5pm	WPT	Revision	
w/b 28th Feb			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	Reference Techniques Section 1B	
11am	Business Management	QA Command Words	
11.30am	Geography	Physical Landforms	
12pm	Maths	Fractions & Percentages	
1.30pm	Modern Studies	Learning in Scotland	
2pm	Chemistry	Analytical Chemistry	
2.30pm	History	Search Engineering	
3pm	Physics	Electrical Power	
3.30pm	History	English Questions	
4pm	Computing Science	Computer Systems	
4.30pm	WPT	Revision	
w/b 7th Mar			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	TBC	
11am	Politics	Unit 2 Campaign Strategies	
11.30am	History	Revision in Geography & History	
12pm	Business Management	Understanding Business	
1pm	Geography	Human Environments	
1.30pm	Maths	Integration	
2pm	Modern Studies	Revision	
2.30pm	Chemistry	Bonding & Structure	
3pm	Human Biology	Neurological Pathways	
3.30pm	Physics	The Expanding Universe	
4pm	History	Short Film Questions	
4.30pm	Computing Science	Software Design & Development	
5pm	WPT	History Questions & Short Film Questions	
w/b 14th Mar			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	Reference Section 1	
11am	Business Management	Understanding Business	
11.30am	Geography	Human Environments	
12pm	Maths	Graphical Equations & Graphs	
1.30pm	Modern Studies	Unit 2: Law	
2pm	Chemistry	Redox Reactions	
2.30pm	History	Revision & Information	
3pm	Physics	Properties	
3.30pm	History	Unit 2: Law (The What Matters)	
4pm	Computing Science	Software Design & Development	
4.30pm	WPT	History Questions & Unit 2 Questions	
w/b 21st Mar			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	TBC	
11am	Politics	Unit 2: Campaign Strategies	
11.30am	History	Unit 2: Campaign Strategies	
12pm	Business Management	Marketing & Operations	
1pm	Geography	Global Issues	
1.30pm	Maths	Trigonometry in Real-World Contexts	
2pm	Modern Studies	Health & Wellbeing Inequality	
2.30pm	Chemistry	Bonding & Structure of Carbon Compounds	
3pm	Human Biology	Structure & Function of the Heart	
3.30pm	Physics	Collisions, Reflections & Refraction	
4pm	History	Evaluate the Contribution of	
4.30pm	Computing Science	Web Design & Development	
5pm	WPT	History Questions & Unit 2 Questions	
w/b 28th Mar			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	Reference Section 2	
11am	Business Management	Marketing & Operations	
11.30am	Geography	Global Issues	
12pm	Maths	Trigonometry in Real-World Contexts	
1.30pm	Modern Studies	Unit 2: Law	
2pm	Chemistry	Bonding	
2.30pm	History	Transport Systems: Animals	
3pm	Physics	Radioactive Decay	
3.30pm	History	Evaluate the Contribution of	
4pm	Computing Science	Web Design & Development	
4.30pm	WPT	History Questions & Unit 2 Questions	
w/b 25th Apr			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Geography	Geographical Skills & Exam Advice	
11am	Politics	Unit 2: Campaign Strategies	
11.30am	History	Unit 2: Campaign Strategies	
12pm	Business Management	Finance & Profit	
1pm	Maths	Fractions & Graphs	
1.30pm	Modern Studies	Unit 2: Law	
2pm	Chemistry	Calculation in Chemistry	
2.30pm	Human Biology	Physiology of Cardiovascular System	
3pm	Physics	Electrical Circuits & Internal Resistance	
3.30pm	History	Unit 2: Campaign Strategies	
4pm	Computing Science	General QA & Database Design	
4.30pm	WPT	Functional Properties of Vegetables	
w/b 2nd May			
Time	Course	Topic	
9.30am	English	ESAC	
10.30am	Science	Final Paper Questions: Mathematics	
11am	Maths	Pythagoras	
11.30am	Business Management	Finance & Profit	
12pm	Modern Studies	Unit 2: Law	
1.30pm	History	Photography	
2pm	Physics	Scalars & Vectors	
2.30pm	History	How-It-Works: The Expert	
3pm	Computing Science	General QA & Database Design	
4pm	WPT	Functional Properties of Vegetables	



# 2022 /// WCHS Navigator Programme

## PEER SUPPORT

Scan the QR code and request help from an S6 pupil who knows their stuff and can help you know yours...



# WEST CALDER HIGH SCHOOL- STUDY SUPPORT SCHEDULE 2021/22



## MONDAY

3.30-4.30PM

N5 & HIGHER GEOGRAPHY  
N4 & N5 HISTORY  
N5 HEALTH & FOOD TECH

3.45-4.45PM

N5 SPANISH

3.45-6.00PM

N5 HEALTH & FOOD TECH

## TUESDAY

3.30-4.30PM

N5 COMPUTING (FORTNIGHTLY)  
HIGHER HISTORY  
N5 APPS OF MATHS  
HIGHER MATHS  
N5 MODERN STUDIES  
N5 AND HIGHER MUSIC  
ALL LEVELS PE PRACTICAL  
HIGHER PHILOSOPHY

3.30-5.45PM

N5 ART & DESIGN

## WEDNESDAY

3.30-4.30PM

HIGHER COMPUTING  
HIGHER & N5 GEOGRAPHY  
HIGHER HEALTH & FOOD TECH  
N5 MATHS  
HIGHER PHILOSOPHY  
HIGHER NMPS

3.30-5.45PM

N5 ART & DESIGN

3.30-6.00PM

N5 HEALTH & FOOD TECH

3.45-5.00PM

N4/N5/HIGHER ENGLISH  
(FORTNIGHTLY)

4.00-6.00PM

PRACTICAL WOODWORKING

## THURSDAY

3.30-4.30PM

N5 ACCOUNTING  
N5/HIGHER ENGLISH  
(FORTNIGHTLY)

## FRIDAY

12.30-1.00PM

N5 HEALTH & FOOD TECH

12.45-1.45PM

N5 & HIGHER GERMAN  
N5 & HIGHER SPANISH

12.30-2.30PM

N5/HIGHER GRAPHIC COMMUNICATION

PLAZA 5 STUDY LATE:

3.30-6.00PM MON-THURS