

Senior Mentoring/Coaching TARGET SETTING GROUP\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mentor/Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OVERALL ATTAINMENT TARGET\_\_\_\_\_\_\_\_\_\_

Strategies identified from initial questionnaire to improve metacognition :-

MENTORING SESSION 1 – INTRODUCTION TO MENTORING AND METACOGNITIVE SKILLS

* Students issued with STUDY PLANNER
* Mentor/Coach space defined- Google Classroom/ Physical space agreed/ Time set.
* Learner Conversations defined
* Interventions defined- Things teachers and students can do to improve learning e.g. Mind maps, Brain storming, colour coding, highlighting, summarising, skimming

and scanning, note-taking, use of paper, notebooks, jotters, organisational management, Time management, stress management, physical exercise, mental health and wellbeing supports, family support, motivational tools, inspirational tools, Growth mindset, Mindfulness.

* Explanation of what students complete prior to mentoring/coaching session
* Resources needed- copy of school calendar for each student.
* [Exam timetable and learner apps - SQA](https://www.sqa.org.uk/sqa/1439.html) You can download study planners/study timetable via apps found using this link

**Tracking information- OVERVIEW**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Subject | Target grade | Learner Conversations  | Tracking 1 Working Grade  | InterventionsTeacherStudentBoth  | MENTORING/COACHING SESSION 1What can I do to improve? | MENTORING/COACHINGSESSION 2 Review What can I do to improve? | ReviewHow successful were interventions 5-10 \*What can I do to improve? | Learner Conversations 2 | Tracking 2 Working grade  | InterventionsTeacherStudentBoth |
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**CORE QUESTIONS FOR EVERY SESSION**

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| **How am I? Physical and mental/emotional wellbeing?****How am I feeling about my learning and teaching?** |

**LEARNER CONVERSATIONS BETWEEN A TEACHER AND A STUDENT NOV-DEC**

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| **What are Learner Conversations? Please see attached sheet.**  |
| **Where do I want to be?** |
| **Where am I now?** |
| **What do I need to do to get there?** |
| **What can others do to support me?** |
| **What interventions can be put in place to allow me reach my full potential?** |
| **What metacognitive skills will support me?** |

**MENTORING SESSION**

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| **Tracking Period DATE**  | **SUBJECT** | **TEACHER**  | **STUDENT**  |
| **December** |  |  |  |
| **December** |  |  |  |
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**LEARNER CONVERSATIONS BETWEEN A TEACHER AND A STUDENT 1 OCTOBER-DECEMBER**

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| **What are Learner Conversations? Please see attached sheet.**  |
| **Where do I want to be?** |
| **Where am I now?** |
| **What do I need to do to get there?** |
| **What can others do to support me?** |
| **What interventions can be put in place to allow me reach my full potential?** |
| **What metacognitive skills will support me?** |

**MENTORING**

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| **MENTORING SESSION**  | **TARGET GRADE**  | **SUBJECT** | **TEACHER**  | **STUDENT**  |
| **JANUARY**  |  |  |  |  |
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**LEARNER CONVERSATIONS 3**

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| **What are Learner Conversations? Please see attached sheet.**  |
| **Where do I want to be?** |
| **Where am I now?** |
| **What do I need to do to get there?** |
| **What can others do to support me?** |
| **What interventions can be put in place to allow me reach my full potential?** |
| **What metacognitive skills will support me?** |

**Prelim preparation**

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| --- | --- |
| **Metacognitive skills I need to use** |  |
| **How am I feeling about the prelims?** |  |
| **Interventions**  |  |
| **Has my resilience increased?** |  |

**POST PRELIM**

**LEARNER CONVERSATIONS BETWEEN A TEACHER AND A STUDENT February- March**

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| **What are Learner Conversations? Please see attached sheet.**  |
| **Where do I want to be?** |
| **Where am I now?** |
| **What do I need to do to get there?** |
| **What can others do to support me?** |
| **What interventions can be put in place to allow me reach my full potential?** |
| **What metacognitive skills will support me?** |

**INTERVENTIONS POST PRELIM – MENTORING FEB/MARCH**

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| **SUBJECT** | **PRELIM GRADE**  | **TARGET GRADE**  | **SUBJECT** | **TEACHER**  | **STUDENT**  |
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PRE EXAM LEAVE

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| SUBJECT | TARGET GRADE | WHAT I NEED TO DO | WHAT I NEED FROM OTHERS TO SUPPORT ME  |
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SQA TIME TABLE /SIGN UP FOR SQA EXMA RESULTS TO BE DLEIVERED VIA EMAIL. TEXT OR POST.