

# Senior Phase Induction

Monday 5<sup>th</sup> June 2017- Tuesday 6<sup>th</sup> June 2017



**Mackie Academy Senior Phase Induction 2017** is a two day event designed to **support** you as you move through the Senior Phase of Curriculum for Excellence and consider the **pathways** you will follow as you move into **further and higher education, apprenticeships** and the **world of work**. The event is designed to equip you with the **practical skills** you require to be **successful** in your studies; to **support** you as you face the **emotional and personal challenges** of the Senior Phase; and to provide you with the information you need to be **fully informed** in the **choices** you begin to consider as you look towards **life beyond school**.



This booklet is designed to help you make **informed choices** about the sessions you will attend during the Senior Phase Induction event. The event has been designed in such a way that you have completely **free choice** about which sessions you attend, so that the induction days are **a bespoke experience** for you, tailored to **meet your individual needs**.

Monday 5<sup>th</sup> June 2017

**SENIOR PHASE INDUCTION 2017 (S5/6): DAY**

	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7	OPTION 8	OPTION 9	OPTION 10	
08.40-09.00	<b>WELCOME AND INTRODUCTION</b> Main Hall										
<b>SESSION 1</b> 09.00-10.30	Tree of Knowledge <i>Reach for the Power</i> (S5 session)	Leadership and Your Advert Drama Studio	Growth Mind-set & Resilience	Preparing for Life as a Student	Tree of Knowledge <i>Intriguing Futures</i> (S6 session) Library	Pathways to Positive Destinations <i>Energy &amp; Engineering</i>	Pathways to Positive Destinations <i>Teaching: Primary School</i>	Pathways to Positive Destinations <i>Media, PR &amp; Journalism</i>			Mindfulness
10.30-11.00	<b>BREAK</b>										
<b>SESSION 2</b> 11.00-12.30	Tree of Knowledge <i>Reach for the Power</i> (S5 session)	Personal Statements & UCAS Drama Studio	Coping with Stress and Anxiety	Preparing for Life as a Student	Tree of Knowledge <i>Intriguing Futures</i> (S6 session) Library	Pathways to Positive Destinations <i>Care &amp; Health</i>	Pathways to Positive Destinations <i>Marketing, Events Management &amp; Finance</i>	Pathways to Positive Destinations <i>Armed Forces</i>			Mindfulness
12.30-13.30	<b>LUNCH</b>										
<b>SESSION 3</b> 13.30-15.00	Tree of Knowledge <i>Reach for the Power</i> (S5 session)	Leadership and Your Advert Drama Studio	Growth Mind-set & Resilience	Preparing for Life as a Student	Tree of Knowledge <i>Intriguing Futures</i> (S6 session) Library	Pathways to Positive Destinations <i>Physiotherapy</i>	Pathways to Positive Destinations <i>Medicine &amp; Dentistry</i>	Pathways to Positive Destinations <i>Emergency Services</i>	Pathways to Positive Destinations <i>Teaching: Secondary</i>		Mindfulness

Tuesday 6<sup>th</sup> June 2017

**SENIOR PHASE INDUCTION 2017 (S5/6): DAY 2**

<b>S5/6</b>	OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7	OPTION 8	OPTION 9	OPTION 10
08.40-09.00	<b>WELCOME AND INTRODUCTION</b> Main Hall									
<b>SESSION 1</b> 09.00-10.30	Roles, Responsibilities & Expectations of Pupil Leadership Team (House Captains)	Roles, Responsibilities & Expectations of Pupil Leadership Team (Prefects)	Personal Statements & UCAS	Mindfulness	Pathways to Positive Destinations <i>Construction</i>	Pathways to Positive Destinations <i>Hospitality</i>	Pathways to Positive Destinations <i>News Broadcasting</i>	Leadership and Your Advert	Coping with Stress and Anxiety	CVs, Applications and Modern Apprenticeships
10.30-11.00	<b>BREAK</b>									
<b>SESSION 2</b> 11.00-12.30	Tree of Knowledge <i>Perfect Presentations</i> (Session for House Captains)	Roles, Responsibilities & Expectations of Pupil Leadership Team (Prefects)	Leadership and Your Advert	Mindfulness	Pathways to Positive Destinations <i>Animals, Land &amp; Environment</i>	Pathways to Positive Destinations <i>STEM</i>	Pathways to Positive Destinations <i>Psychology</i>	Pathways to Positive Integrity & Decision Making	Growth Mind-set & Resilience	CVs, Applications and Modern Apprenticeships
12.30-13.30	<b>LUNCH</b>									
<b>SESSION 3</b> 13.30-15.00	Tree of Knowledge <i>Perfect Presentations</i> (Session for House Captains)	Roles, Responsibilities & Expectations of Pupil Leadership Team (Prefects)	Personal Statements & UCAS	Mindfulness	Pathways to Positive Destinations <i>Creative Industries</i>	Pathways to Positive Destinations <i>Progression Routes into Further &amp; Higher Education</i>	Pathways to Positive Destinations <i>Law</i>	Pathways to Positive Destinations <i>Sport Science</i>	Coping with Stress and Anxiety	CVs, Applications and Modern Apprenticeships
15.00-15.15	All pupils return to Main Hall for Issue of Timetable									

## **Signing Up**

To sign up for your chosen sessions, please click on the link below to access the *Eventbrite* website, where you will be able to make your choices:

<https://www.eventbrite.co.uk/e/senior-phase-induction-s56-tickets-34316455442>

Please note that all sessions other than the *Pathways to Positive Destinations* options and the sessions for House Captains run on more than one occasion over the two days. Please consider all of your choices and where they fit best before finalising your choices on the website. **You are expected make a choice for all three sessions on both days.**

House Captains are expected to attend **all of the relevant leadership training sessions** on Day 2 which will take all three of the sessions.

Prefects are expected to attend **one** of the Prefect Training sessions on Day 2.

Please be reminded that attendee numbers for sessions are limited, and sign-up will take place on a first come, first served basis.

### **Session Descriptor**

#### **Tree of Knowledge Workshops**

##### **“Reach for the Power” (S5)**

We all have power, the power to choose how we see the world and the path that we take. Why is it then that we choose to only see difficulty when there is opportunity? And why is it we choose to be bored or to follow a path that we do not enjoy? These are questions tackled in ‘Reach for the Power’, challenging you to think differently in order to see your opportunities and more importantly take them. We have a bad habit of copying each other because it’s safe. This course questions this habit; opening your eyes to aspire to a career you love instead of a job for money.

##### **“Intriguing Futures” (S6)**

*Intriguing Futures* actively motivates you to lead the session in preparation for the leadership you will apply not only in school, but in your own lives as well. *Intriguing Futures* is designed to allow you to embrace and overcome personal challenges towards leadership, unlocking confidence in your abilities thus relishing your responsibilities. This course leaves you feeling empowered, ready to lead yourselves into your very own Intriguing Future.

##### **“Perfect Presentations” (House Captains)**

Power, Responsibility, Presentations... All things that House Captains will have to cope with in the final year of school. But why are you doing it? Because it looks good on your CV or because you really want to make a difference to your school? This workshop will help you realise the type of House Captain you want to be by developing an understanding of the qualities and behaviours expected of you whilst simultaneously developing invaluable and transferrable presentation skills.

### **Leadership and Your Advert**

At Mackie Academy, you have had the opportunity through lessons, wider achievement opportunities and community involvement to build your skills for learning, life and work. This will be ongoing throughout S5 and S6. These skills will ultimately become your “advert” as you move onto Higher or Further Education, Apprenticeships or the work place. This session will allow you to consider how you can best present your “advert” as you look towards the future beyond school.

### **Personal Statements & UCAS**

Looking forward to life after school, your Personal Statement and UCAS form will be crucial documents for further and higher education and for the world of work. This session will help you to develop and build these key documents in order to be able to communicate “your advert” in the best possible way.

### **Growth Mind-set and Resilience**

The terms fixed mind-set and growth mind-set describe the underlying beliefs people have about learning and intelligence. In a growth mind-set, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. This session will help you develop and sustain a growth mind-set as you continue to tackle the demands of the Senior Phase.

### **Coping with Stress and Anxiety**

Everyone feels stressed during exams. This usually means that you may feel tired, under pressure, confused or worried that you won't do well. This is normal and often encourages us to do that extra bit of revision, listen a little more to the information in a lesson and work a bit harder. This is good. However, too much pressure and anxiety can make you feel really bad. This may mean that you are unable to concentrate on your work and may find that you are overly worrying about how you will do in your exams. This session will provide you with practical coping mechanisms that you can employ to tackle stress and anxiety.

### **Mindfulness**

Worried about getting to grips with the next stage of Senior Phase? Or perhaps needing to find some space in your busy timetable, just for you? Then try our Mindfulness Taster! You'll come away with an idea of what Mindfulness is all about, find out how mindless you might be, along with tips for making sure you stay healthy! At the very least you'll have time to yourself with absolutely nothing to do apart from relax! Interested? Curious? We'd be delighted to meet you!

### **Roles, Responsibilities & Expectations of Pupil Leadership Team (House Captains)**

An explanation and discussion of the roles and responsibilities of the Pupil Leaders in the coming year for their respective posts. This will involve noting and discussing the core and additional responsibilities for each level of pupil leadership. The session will provide guidelines and expectations with discussion as to the duties, expectations and support that will be in place for each roles including the creation of a Pupil Leadership year planner. You will also have the opportunity to consider the leadership skills required to be a successful House Captain at Mackie Academy

### **Roles, Responsibilities & Expectations of Pupil Leadership Team (Prefects)**

An explanation and discussion of the roles and responsibilities of the prefect team in the coming year. This will involve noting and discussing the core and additional responsibilities for prefects. The session will provide guidelines and expectations with discussion as to the duties, expectations and support that will be in place for your role as a prefect, as well as looking at the leadership skills required to be a successful prefect at Mackie Academy.

### **Preparing for Life as a Student**

Think you know what student life is about? This session will be led by current university students who will share their experiences of student life with you, allowing you to learn from their mistakes, share with you key tips for becoming a successful student, and finding that perfect balance between study and leisure time!

### **CVs, Applications and Modern Apprenticeships**

Looking forward to life after school, your CV, Application & Covering Letters will be documents for entry into the world of work and Modern Apprenticeships. This session will help you to develop and build these key documents in order to be able to communicate "your advert" in the best possible way in your chose pathway.

### **Pathways to Positive Destinations**

#### **Energy & Engineering**

This session will be presented by representatives from Angus Training Group and from Tullos Training.

#### **Related careers include:**

Mechanical Engineering, Chemical Engineering, Civil Engineering, Electrical Engineering, Surveying, Joinery, Carpentry, Painting and Decorating, Mechanic, Plasterer, Electrician, Plumber, Railway Maintenance, Motor Vehicle Repair, Construction Crafts, Oil and Gas

#### **Care & Health**

This session will be run by representatives from the Health and Social Care, Occupational Health and Radiography departments of Robert Gordon University, as well as from Clashfarquhar House in Stonehaven.

**Related careers include:** Medical Assistant, Nursing Assistant, Home Health Aid, Licensed Practical Nurse, Therapist, Registered Nurse, Pharmacy Technician.

### **Physiotherapy**

This session will be presented by three representatives with careers in this sector who will offer different perspectives on a pathway physiotherapy.

#### **Related careers include:**

Physiotherapist to a national sporting team; Physiotherapy lecturer in a university; a researcher for a patient charity such as the Multiple Sclerosis Society; Consultant physiotherapist in musculoskeletal services; Physiotherapist running their own private practice; Physiotherapy services manager.

### **Teaching: Primary**

This session will be presented by two local primary teachers from Dunnottar Primary School.

**Related Careers include:** Community education officer; Early years teacher; Education administrator; English as a foreign language teacher; Further education teacher; Learning mentor; Primary school teacher; Secondary school teacher; Additional support needs teacher

### **Marketing, Events Management & Finance**

This session will be presented by a successful business owner, a representative from accountancy and finance, and the University of Aberdeen

#### **Related Careers include:**

Accountancy, Finance, Banking, Marketing, Administration, Teaching/ Lecturing, Event Management, Computing, Advertising, Civil Service, Economics, Public Relations, Business Development, Property Management, Book-keeping, Retail

### **Medicine & Dentistry**

This session will be presented by representatives from Robert Gordon University and will focus on pathways in Medicine and Dentistry

**Related careers include:** General practice doctor; Hospital doctor; Physician associate; Psychiatrist; Health promotion specialist; Health service manager; Higher education lecturer; Medical sales representative; Dentist

### **Media, PR & Journalism**

This session will be presented by Robert Gordon University and will focus on the challenges and opportunities of pathways in this sector.

**Related careers include:** Media planner; Multimedia specialist; Public relations officer; Programme researcher, broadcasting/film/video; Television/film/video producer; Advertising account executive; Broadcast journalist; Editorial assistant; Event manager; Information officer; Magazine journalist; Market researcher; UX designer; Writer

### **Armed Forces**

This session will be represented by the Army and the Royal Air Force.

#### **Related careers include:**

Infantry soldier; Comms Systems Engineer; Intelligence, IT & Comms Electronic, Warfare OpIntelligence, IT & Comms Intelligence Operative, Combat Unmanned Aircraft Op, Combat SAS soldier (Reserve), Intelligence, IT & Comms Installation Tech, Intelligence, IT & Comms Intelligence Officer.

### **Emergency Services**

This session will be represented by Police Scotland, Scottish Fire & Rescue and Paramedics

#### **Related careers include:**

Police officer, Firefighter, Paramedic, Service advisor, Administrator, Solicitor, Mechanic, Analyst, Programmer, Accountant, HR

### **Teaching: Secondary**

This session will be presented by two of our very own secondary teachers from Mackie Academy.

**Related careers include:** Community education officer; Education administrator; English as a foreign language teacher; Further education teacher; Learning mentor; Primary school teacher; Secondary school teacher; Additional support needs teacher

### **Construction**

This session will be presented by Balfour Beattie, Tullos Training and Aberdeen Western Peripheral Route (AWPR).

**Related careers include:**

Mechanical Engineering, Chemical Engineering, Civil Engineering, Electrical Engineering, Surveying, Joinery, Carpentry, Painting and Decorating, Mechanic, Plasterer, Electrician, Plumber, Railway Maintenance, Motor Vehicle Repair, Construction Crafts, Oil and Gas

### **Animals, Land and Environment**

This session will be presented by a representative from the Murton Trust (Farm and Tearoom, Nature Reserve and Education Centre) and Scotland's Rural College (SRUC).

**Related careers include:**

Gardening, Agricultural chemical manufacturing, Livestock farming or fisheries, Veterinary surgeries, Educational institutions, Stables and riding schools, Zoos and wildlife parks, Conservation trusts, Research

### **Creative Industries**

This session will be presented by representatives from Aberdeen Performing Arts, Aberdeen Youth Festival and Performing Arts Youth Development

**Related careers include:**

Actor, Dancer, Singer, Make Up Artist, Teacher - Dance, Singing, Drama, Music, Costume Designer, Set Designer, Lighting Designer, Director, Prop Maker, Location Finder, Artistic Director, Front of House, Presenter, Stage School Owner/Teacher Musical Theatre, PR, Events Management, Artist Management, Promotions

### **Hospitality**

This session will be presented by representatives from Speyside Craft Brewery and Macphies of Glenbervie Ltd.

**Related careers include:**

Food and drink manufacturing, Buying, Process engineering, Operations management, Factory operations and management, Food technologist, Taster, Beverage technician.

### **STEM**

This session will be presented by the University of Aberdeen with ambassadors from Chemistry, Computing, Maths and Physics backgrounds

**Related careers include:**

Astronomer, Audio and Video Equipment Technician, Aviation Inspector, Chemical Technician, Chemist, Chemistry Teacher, Electrician, Film and Video Editor, Food Science Technician, Food Scientist or Technologist, Forensic Science Technician, Nuclear Monitoring Technician, Nuclear Power Reactor Operator, Occupational Health & Safety Specialist, Physicist, Physics Teacher, Pilot

### **Progression Routes into Further and Higher Education**

This session will be presented by North East of Scotland College (NESCOL), Robert Gordons University, and Dundee and Angus College, and will focus on looking at the opportunities and pathways on offer via further and higher education.

### **News Broadcasting**

This session will be presented by STV

#### **Related careers include:**

Administration & Finance, Broadcasting, Development & Commissioning, Distribution & Acquisition, Engineering & Technology, Exhibitions & Festivals, Journalism, Legal & Business Affairs, Multi-Platform Broadcasting, Post Production, Production, Sales, Marketing & PR, Scriptwriting, Senior Management 3

### **Psychology**

This session will be presented by the University of Aberdeen and will explore the opportunities and career pathways available to Psychology graduates.

#### **Related careers include:**

Clinical psychologist, Counselling psychologist, Educational psychologist, Forensic psychologist, Further education teacher, Health psychologist, High intensity therapist, Occupational psychologist, Primary care graduate mental health worker, Psychological wellbeing practitioner, Sport and exercise psychologist

### **Law**

This session will be presented by representatives from the University of Aberdeen's Faculty of Law.

#### **Related careers include:**

Barrister, Barrister's clerk, Chartered legal executive (England and Wales), Licensed conveyancer, Solicitor.

### **Integrity and Decision Making**

This session will be run by industry representatives who know exactly what it takes to succeed in the world of graduate employment. You will have the opportunity to make parallels between the world of work and personal integrity, and to consider how this is important all the way through schooling and further education e.g. responsible use of social media as this can now be considered in job applications. This is something that is important for deciding on choosing careers, particularly as industry has changed and opportunity has broadened.

### **Sports Science**

This session will be run by Mackie Academy and Network's Active Schools Coordinator as well as a representative from Robert Gordon University's department of Applied Sport Science.

#### **Related careers include:**

Exercise physiologist, Fitness centre manager, Secondary school teacher, Sports administrator, Sports coach, Sports development officer, Sports therapist.