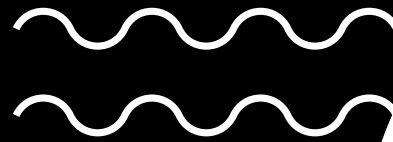
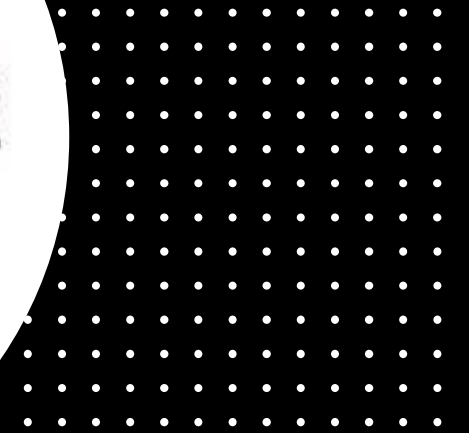


STUDY SKILLS GUIDE



Believe in yourself and **achieve**
your potential





Study Skills Section 1

Being Ready for Study





What do you mean study preparation? The term has only just begun!

While that may be true, it's never too early to start planning and avoid being caught off guard when the exams start knocking on your door.

With our tips on starting exam preparation, time management, and effective learning, you'll sail through your exams next year.

Check out this [countdown](#) to the start of the SQA exams.



Study preparation

We don't all have a designated room or desk to study.

What can you do with the space you have available to make the most out of your study?

- Create a peaceful study space
- Remove distractions
- Take screen breaks
- Get everything you need before you start





Good phone habits

Downtime – set do not disturb on your phone at specific times

. Leave your phone downstairs or in another room

. Buy an alarm clock, so you don't need your phone at night

You'll find these controls in Screen Time under "Downtime."





[Settings](#) **Screen Time**

MEIRA'S IPHONE

Daily Average
3h 43m 21% from last week

Day	Screen Time
S	~4h 30m
M	~3h 43m
T	~1h 30m
W	0
T	0
F	0
S	0

[See All Activity](#) >

Updated today at 9:44 AM

- Downtime** Schedule time away from the screen. >
- App Limits** Set time limits for apps. >
- Always Allowed** Choose apps you want at all times. >
- Content & Privacy Restrictions** Block inappropriate content. >

[Change Screen Time Passcode](#)

[Screen Time](#) **Downtime**

Downtime

Set a schedule for time away from the screen. During downtime, only apps that you choose to allow and phone calls will be available.

Every Day

[Customize Days](#)

From	10:00 PM
To	7:00 AM

Downtime will apply to this device. A downtime reminder will appear five minutes before downtime begins.

Block at Downtime

Turn on to block the device at downtime.



Why do teens need more sleep?

Sleep helps to fuel your brain and your body.

Teens need more sleep because their bodies and minds are growing quickly.

Scientific research shows that many teens do not get enough sleep. To be at your best, **you need between 8 and 10 hours of sleep every day.**

While you might not always be able to get this much, it's important to try and get as much as you can.



Here are some suggestions:

- **Have a relaxing bedtime routine.** Have a light snack (such as a glass of milk) before bed. Try to go to bed at about the same time every night. Keep your room cool, dark and quiet but open the curtains or turn on the lights as soon as you get up in the morning.
- **Always fall asleep in your bed.** Use your bed for sleeping only. Avoid doing homework, using a smartphone or tablet, or playing video games while in bed. Try to be in your bed with the lights out for at least 8 hours every night.
- **Napping during the day can make it difficult to fall asleep at night.** If you want to nap, keep it short (less than 30 minutes).
- **Get exercise every day** but avoid very hard exercise late in the evening.
- **Avoid caffeine** (coffee, tea, fizzy juice, energy drinks), especially after mid-afternoon.
- **Limit screen time before bed.** Using electronic media and being exposed to the screen's light before trying to sleep can make it harder to fall asleep.
- On weekends, no matter how late you go to bed, try to **get up within 2 hours to 4 hours of your usual wake time.** This is especially important if you have trouble falling asleep on Sunday nights.



Food

The [food](#) you put into your body can have a huge impact on how your brain works.

Your brain is the most complex part of your body. Like a computer, it runs millions of processes every day. It never stops working, so it needs constant topping up with the fuel it operates on—food.

If your [brain](#) isn't properly fuelled, you're likely to feel sad and irritable. You might also have trouble sleeping, poor memory, and difficulty problem-solving.



Eggs



Peanut Butter



Whole Grains



Salmon



Berries



Apples



Beans



Colorful Vegetables



Dairy



How can drinking water improve your grades?

One of the best ways to maximise your focus is to stay hydrated. Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration.

[Stay hydrated](#)





Study Skills Section 2

Planning and Preparing to Study





Planning for study

Everything's easier when you have a plan!

Having a plan can stop you feeling overwhelmed and unsure what to prioritise.



Study Plans

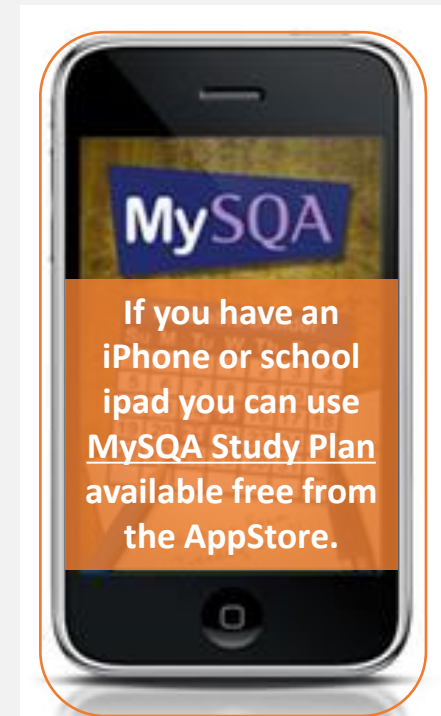
Use this guide to help you develop your own study plan:

- 1. Prioritise your subjects.*
- 2. Work out how much time you will be able to spend studying each week.*
- 3. Use the study planner template to produce your study plan.*
- 4. Print it off, share it, display it!*

A study plan is vital to ensure you don't become overwhelmed with all of the work you need to do for each subject... or leave everything to the last minute!

Click the link below -

[How to create a study plan - A guide – SQA](#)





Plan to Study

- Create a study timetable
- Think about how much time you have available to dedicate to studying each day. If you can't manage a 1 or 2 hour block, think about when you might have a 20 or 30 minute slot available. Think carefully about what you can achieve in this time and plan appropriately.
- Schedule backwards from exams so you can make sure you have enough time to prepare for everything
- If you can, study at the same time each day. This way your brain commits to a regular schedule



Creating a timetable

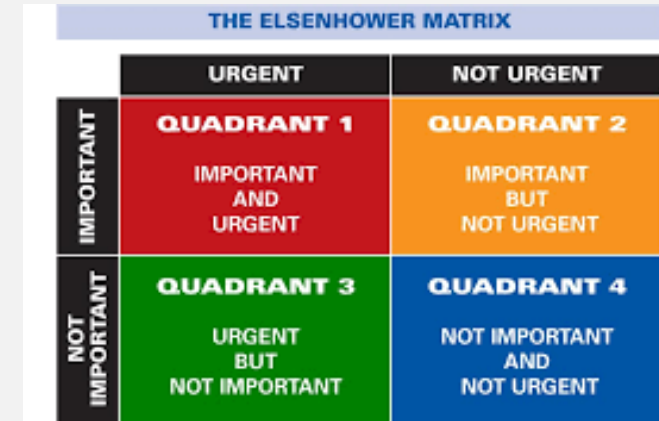
[How do I make a study timetable for my exams? - BBC Bitesize](#)

The above video gives some great tips on how to create a Study timetable.



Getting Started: 8 ways to beat procrastination

1. Breaking big tasks down into small ones
2. Using favourite distractions as rewards
3. Prioritise!
4. Worst-first: starting with the tasks always left to last
5. 10-minute technique: beginning with a 10-minute activity to get going
6. Changing the study environment – at school, in a library, a different room – to limit distractions and set new routines
7. Implementing 30-minute study blocks with specific activities for each burst
8. Setting a specific and regular time to start schoolwork, the earlier the better

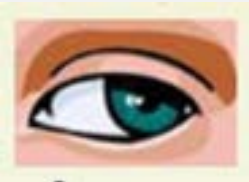




Learning Styles



There are 3 types of learner:



Visual Learner



Auditory Learner



Tactile/kinesthetic
Learner

There is an online quiz you can use to determine your preferred learning style and might help you know how best to study. You can try the quiz in your own time if you wish.



Revising for Success – a guide for students

WARNING! Studies clearly show some revision strategies are less effective than others.

The **least effective** revision strategies are:

- ❌ Re-reading notes
- ❌ Re-writing / summarising notes
- ❌ Highlighting or underlining notes
- ❌ Cramming



RETRIEVAL PRACTICE – THE BEST APPROACH TO REVISION!



What is Retrieval Practice?

Retrieval practice is doing revision activities which involve regularly recalling information from memory.

Why is retrieval practice the best way to revise?

Challenging your brain to recall information creates **stronger memory traces**, increasing the likelihood that the information will be stored in your **long-term memory**. Also, the more you practice retrieving information from long-term memory, the easier it is to do. This will help you in assessments when you are under pressure.



Improving Memory!

Memory is the process by which information is encoded, stored and retrieved. Cognitive function and brain efficiency can be improved through simple lifestyle changes such as incorporating memory exercises, increased physical fitness, sleep and stress reduction.

Stress Management

Meditation has been shown to increase the control over brain resource distribution, improving attention, concentration and self-regulation.



Exercise has been shown to improve cognitive performance

...so set aside some time in your study plan to get active!

Train your brain

Exercising your cognitive skills by playing brain games is a fun and effective way to boost your memory. E.g. crosswords, word recall games



Sleep plays an important role in memory consolidation, a process in which short-term memories are strengthened and transformed into long-lasting memories.



Improving Memory

Stages of memory process:

- 1. Taking in information - noticing or attending to information, and absorbing it
- 2. Retaining it in short term memory
- 3. Encoding it - interacting with the information in working memory so that the brain can store it in long term memory
- 4. Recalling it, retrieving or remembering information, whether on purpose, by accident, or in dreams



Improving Memory

Forgetting

- If new information is not reviewed within 24 hours, possibly 80% will be forgotten. However, even a quick read through of the notes made in a lesson will be sufficient to bring recall of that topic back to 100%. You may forget this information again over the next few days, but if the information is reviewed after a week, a month and then three months later it is possible to store most of it in long term memory.



Improving Memory - strategies

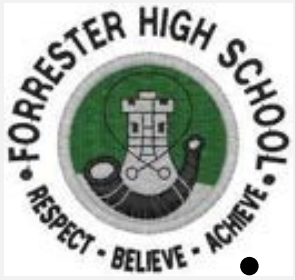
- Repetition
- Association
- Mnemonics
- Active listening
- Writing things down
- Personalising it
- Music or pictures
- Turn information into a diagram
- Say it aloud or sing it
- Make it bizarre
- Use colour
- Chunking information We can generally hold 5 chunks of information in short term memory



Study Skills Section 3

Strategies for Study





Established techniques for study

- Pomodoro Technique
- Flashcards
- Active Flashcards
- Quizlet
- Mnemonics
- Visual Memory
- Break it down and build it
- Mindmaps
- Scanning vs Skimming
- Brain dump
- Foldables and revision clocks
- “Cornell” Method
- SQ4R Reading system





Pomodoro Technique

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break



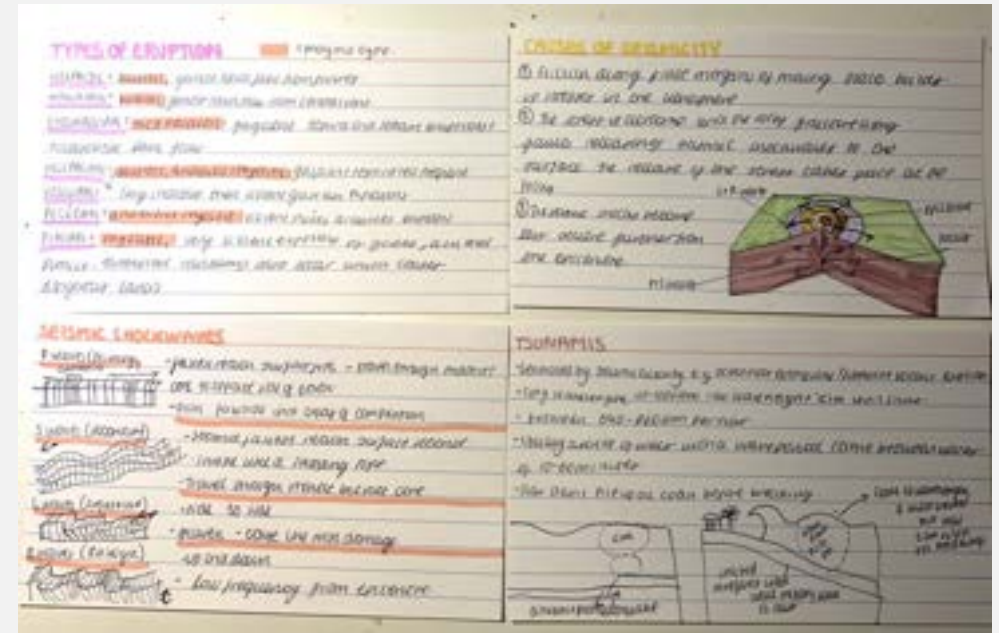
Flashcards

Flash cards are very useful for information recall



Flash cards can be used for definitions, key facts, vocabulary.

- Write a word, definition or key word on one side
- Write the meaning on the other side
- You can also add colours and pictures



Flash cards also come in digital format using apps like Quizlet so you can always have them with you.



Active Flashcards



Active flashcards is a way you can use flashcards to help store the information in your long term memory

1. Split a box into 5 different compartments or piles
2. Place all flashcards about a topic in compartment 1
3. Test yourself on a flashcard
4. If your correctly recall the information, place the flashcard into compartment 2, if not place it back in 1
5. Continue to test yourself, and each time you get it right, move the flashcard into the next compartment. Flashcards in compartment 1 should be reviewed daily, those in compartment 2 should be review every other day and so on.
6. Eventually, all flashcards should be in compartment 5 and the information stored in your long term memory!



Quizlet



- Quizlet lets you create flashcards online which means you can test yourself on your phone as well as printing them out, so you'll always have your flashcards with you.
- You can create your own flashcards, or search for some Quizlet
- Once you have created the flashcards you can learn the content in different ways
 - **Learn:** creates a multiple choice quiz
 - **Match:** creates a timed card match (you can challenge your friend)



Mnemonics

Creates a mental image or association to help you remember a word, rule or phrase.

- Use the first letter of a series of words to create another word or short sentence.
- The crazier you make it, the more likely you will remember it!

You can create your own or use <https://www.mnemonicgenerator.com/>
Let's have a look at this just now.

Here are a few examples:

COMPASS POINTS

Never Eat Shredded Wheat



GLACIAL EROSION FEATURES

CHAP RUT:

Corrie

Ribbon lake

Hanging valley

U shaped valley

Arete

Truncated spurs

Pyramidal peak



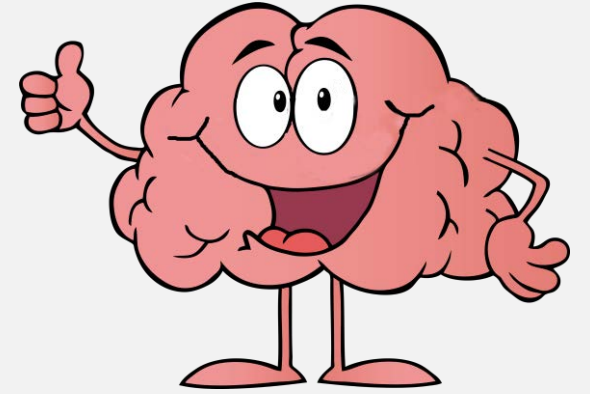
TRIGONOMETRIC FUNCTIONS

CAST Diagram

Sin	All
Tan	Cos



Visual Memory



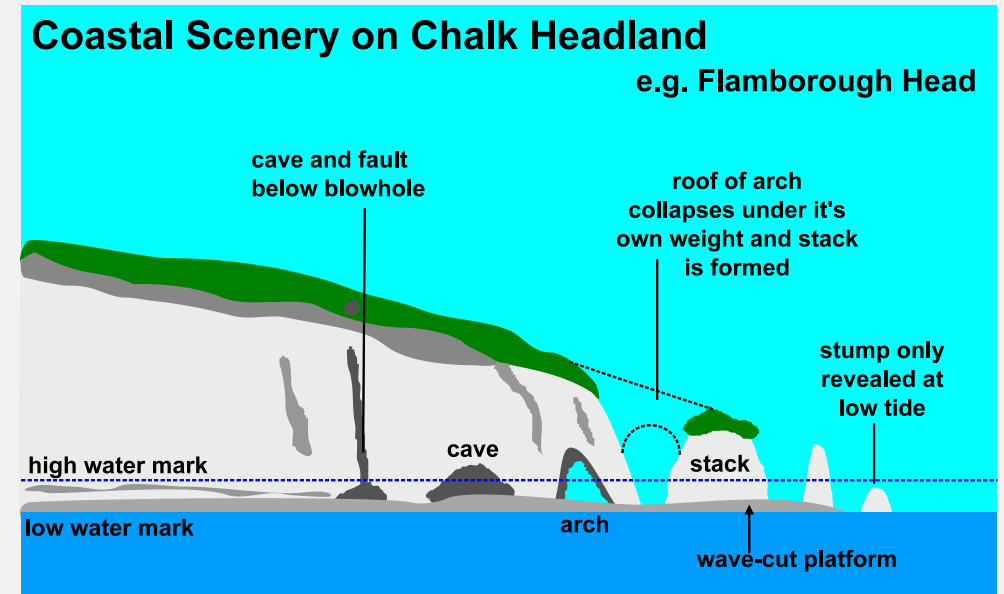
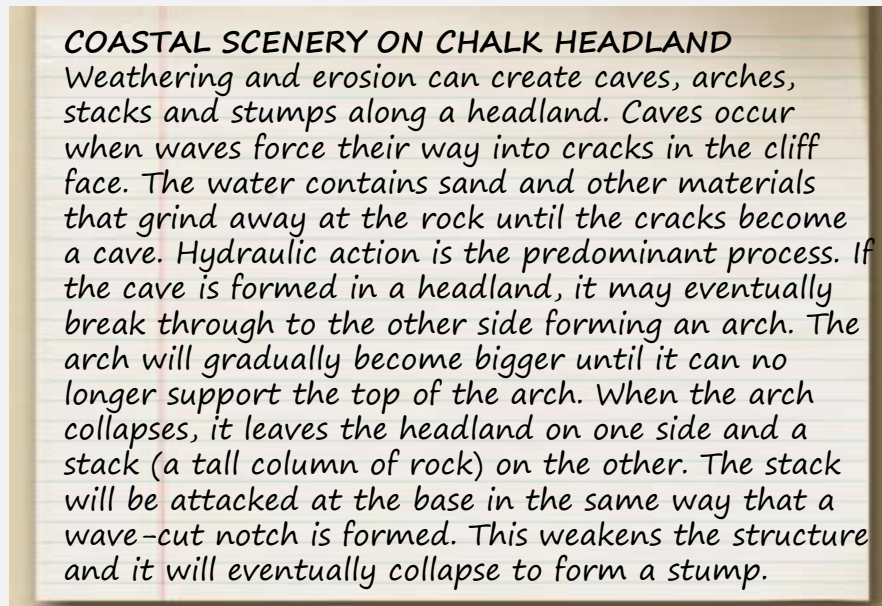
Pictures and diagrams benefit your learning.

- Visuals are easier for your brain to process
- Images attract and engage – too much text can lead to cognitive overload
- You remember what you see – your ability to remember images is better than your ability to remember words
- Colour keeps you alert



Visual Memory - Example

Both sources below show notes a pupil has made on Coastal Scenery.



Which would you find easier to remember?



Break it down and build it up

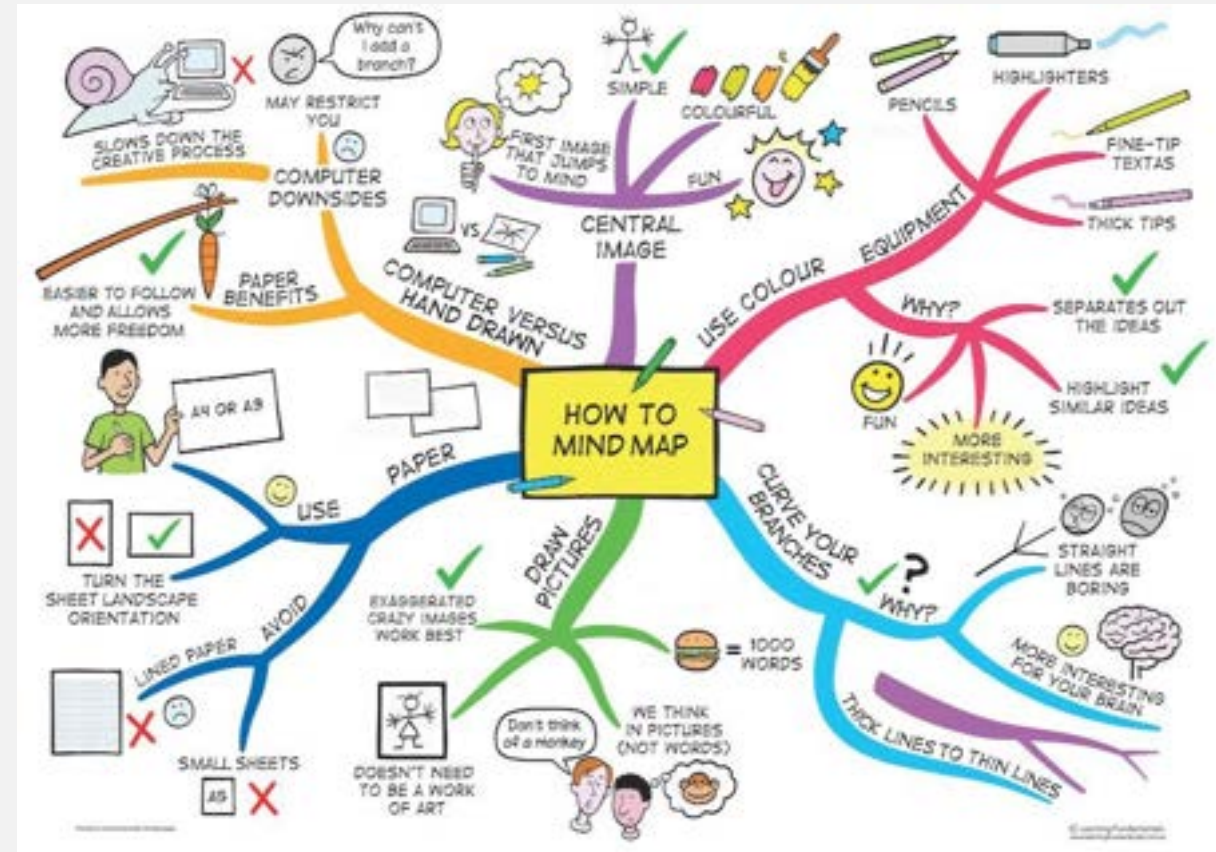
- This is useful when you have got a lot of information to try and remember.
- You start with the bulk of the information and then break it down into smaller chunks. Then without looking at the bulk of the information, you build it back up
 - ❖ To do this, break the bulk of information down into 10 bullet points, then break this down to 5 bullet points.
 - ❖ You then build the 5 bullet points up to 10 bullet points, then these up to the full bulk of information!



Mind Maps

Mind maps use pictures and words to help you remember what you are studying.

- Mind maps start with a central topic in the middle and branch out to involve key facts and information that link to this topic.
- They summarise only the **most important information** making it easier to learn from.
- You can make them **colourful** and include **pictures and diagrams**
- It is up to you how you choose to link everything together – by thinking about this, you are engaging with the information which in turn helps you remember it!





“Scanning”

VS

“Skimming”

- When “Skimming” readers should look only for the general or **main ideas**.
- When “Scanning”, should look only for a **specific fact** of information without reading everything.
- Click here for more info - https://youtu.be/t3F8pQLtY_Q



Scanning **looking for a specific piece of information.**



The Lady with the Lamp

Florence Nightingale was born on 12 May 1820, and named after the Italian city of her birth. Her wealthy parents were in Florence as part of a tour of Europe. In 1837, Nightingale felt that God was calling her to do some work but wasn't sure what that work should be. She began to develop an interest in nursing, but her parents considered it to be a profession inappropriate to a woman of her class and background, and would not allow her to train as a nurse. They expected her to make a good marriage and live a conventional upper class woman's life. Nightingale's parents eventually relented and in 1851, she went to Kaiserwerth in Germany for three months nursing training.

This enabled her to become superintendent of a hospital for gentlewomen in Harley Street, in 1853. The following year, the Crimean War began and soon reports in the newspapers were describing the desperate lack of proper medical facilities for wounded British soldiers at the front. Sidney Herbert, the war minister, already knew Nightingale, and asked her to oversee a team of nurses in the military hospitals in Turkey. In November 1854, she arrived in Scutari in Turkey. With her nurses, she greatly improved the conditions and substantially reduced the mortality rate.

Extract from BBC History Florence Nightingale.

Task 2 Scan the passage 'The Lady with the Lamp' so you can fill in the missing words in the sentences below. **Read the sentences first.**

1. Florence Nightingale was named after _____ .
2. Florence's parents expected her to _____ yet in 1851 she went to _____ for nursing training.
3. Florence's nursing team in Scutari, Turkey improved the _____ and reduced the _____ .

Skimming **Getting an idea of what it's about**

You only need to read:

- 1. The title and sub-headings**
- 2. The first sentence from each paragraph**
- 3. The last sentence of the passage**
- 4. If the chapter you are reading contains a summary then read that first**

You should also pay close attention to any diagrams, graphs and charts.

Your turn:

Skim the passage opposite then try answering the questions below.

1. What is the passage about?
2. How many forms of energy are there?
3. Complete the sentence:

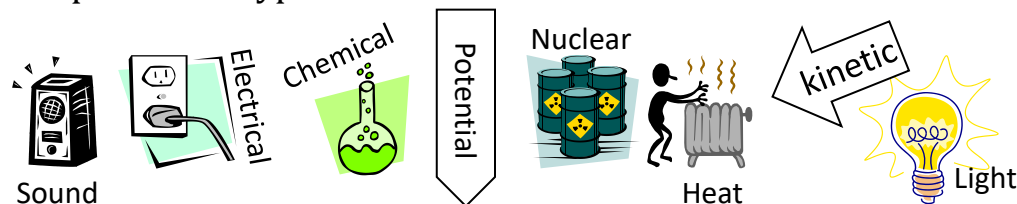
Machines are devices which _____

ENERGY

Everything that happens involves a transfer of energy. The sun has provided most of the energy which is *useful* to us.

Forms of energy transfer

There are many forms of energy transfer. These pictures show examples of the types:



Energy can be stored in the forms of chemical, nuclear or potential energy: it is harder to store other forms.

Energy transfer

One form of energy transfer can lead to another. If you clap your hands, chemical energy stored in your muscles is converted to movement then sound. When you travel on a bike or in a car and the brakes are applied, movement is converted to heat in the brakes. What energy transfers take place when some paper is burned? Machines can control the rate of transfer of energy and how much useful work it does. A human is an example of a machine in which energy transfers take place.



Identifying parts of a topic you need to focus on the most:

How it works:

1. Take a blank piece of paper and write down the topic name as a heading.
2. Set yourself an appropriate time limit and write down as much as you can remember on the page/
3. Read over your class notes again and then close your book.
4. Take a different colour pen and add more information to your page from memory.

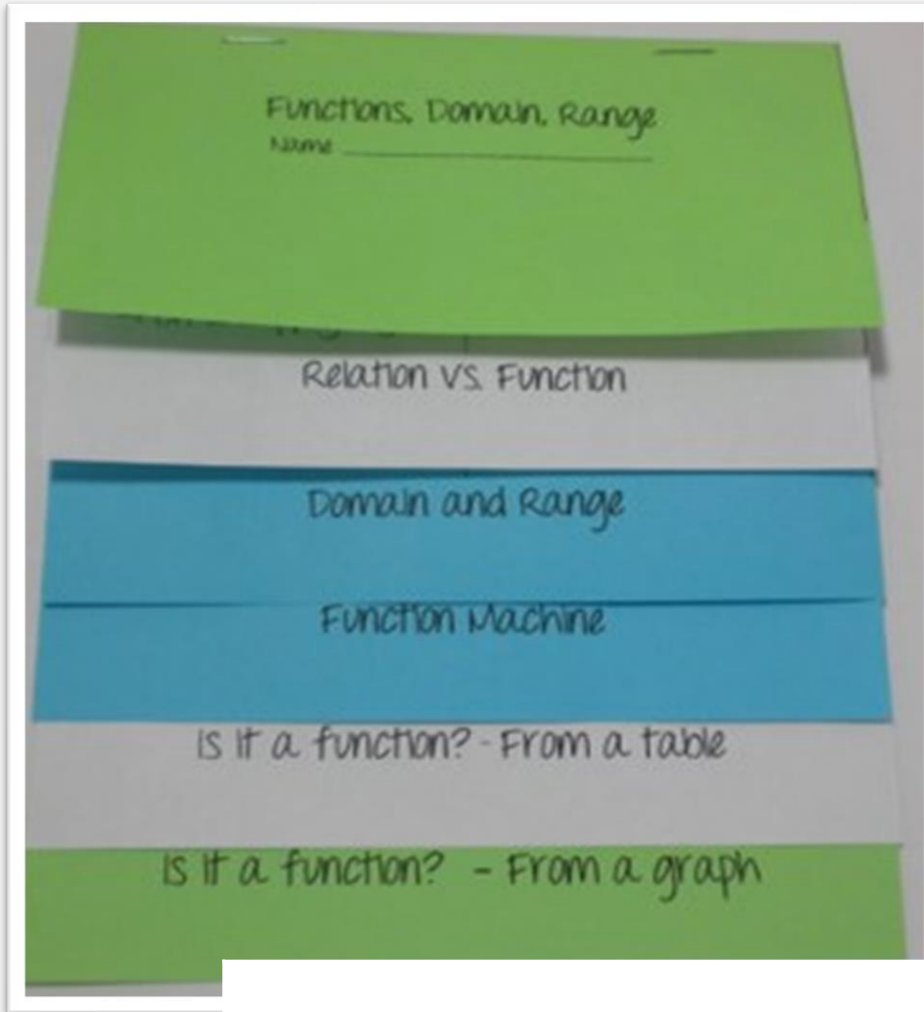
Click here for more info -

https://youtu.be/m1km_twDIL0



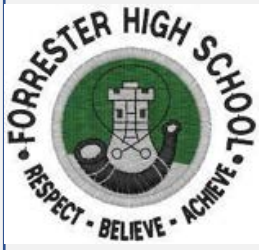


Foldables: Test Yourself with hidden answers.



Click the link for more info on how to use this method:

<https://youtu.be/iCrzYi9ETl8>

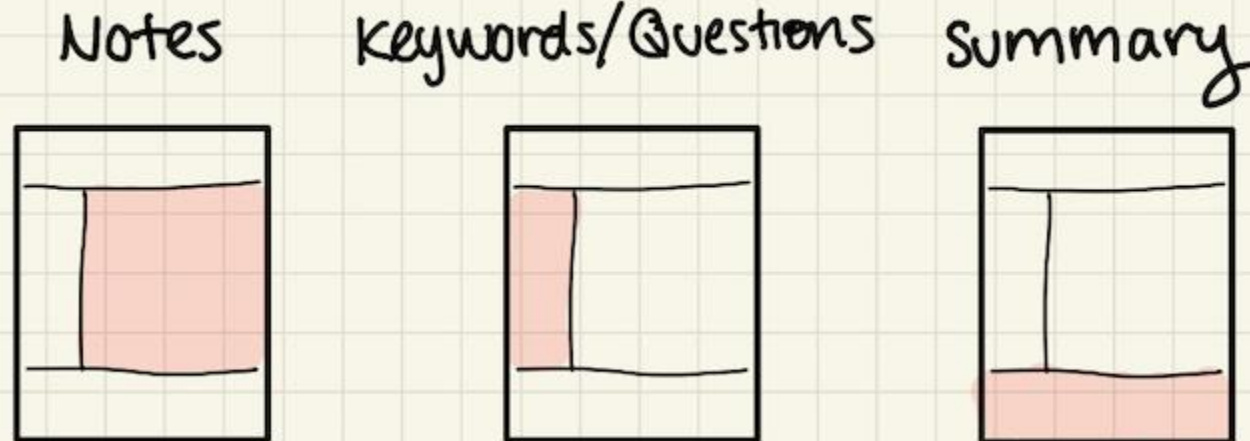


Cornell Note Taking:

How it works:

1. One block at the top of the page
2. Two columns
3. One block at the bottom of the page

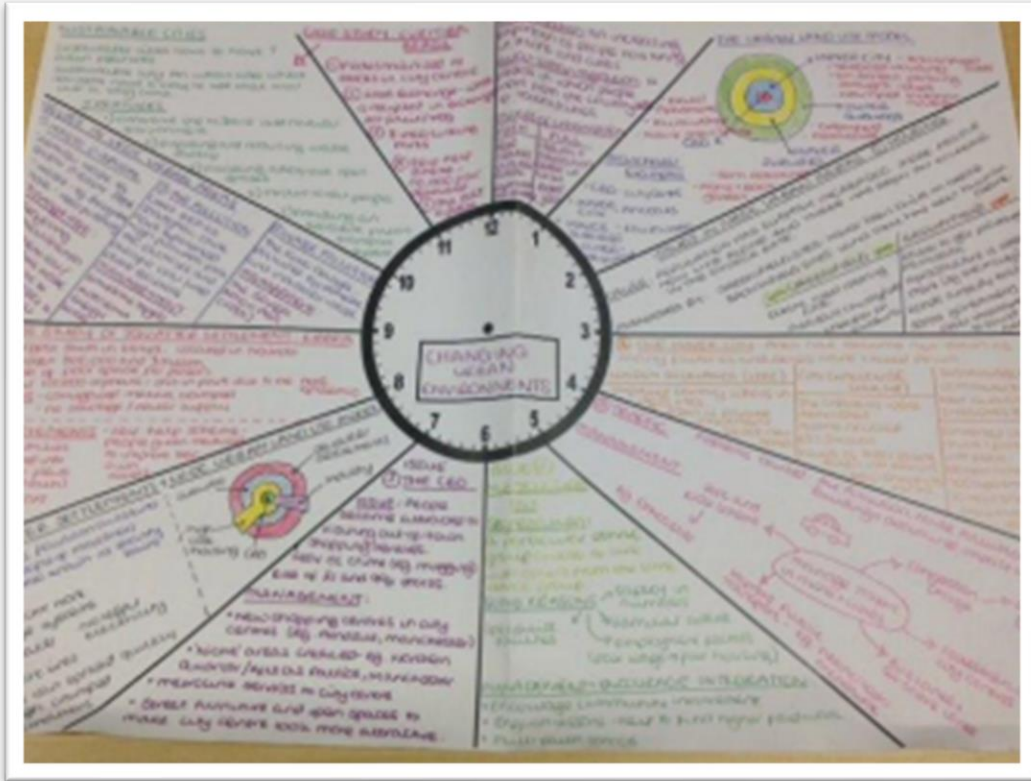
Click here for more info - <https://youtu.be/JrJt4QbFIP0>



Recalling the different parts of a larger topic:



Revision Clocks



How it works:

1. Use the revision clock template
2. Choose a topic and in each section write down the different questions or subtopics that make up this section of work.
3. Spend 5 minutes per segment writing down everything you can remember to complete a whole clock in 1 hour.
4. Now check your notes and take a different colour pen. Add to each section what you missed the first time.



SQ4R Reading system

<https://www.youtube.com/watch?v=UafJRBvaOEo>

SQ4R has six steps:

Survey *(or skim)*

Question

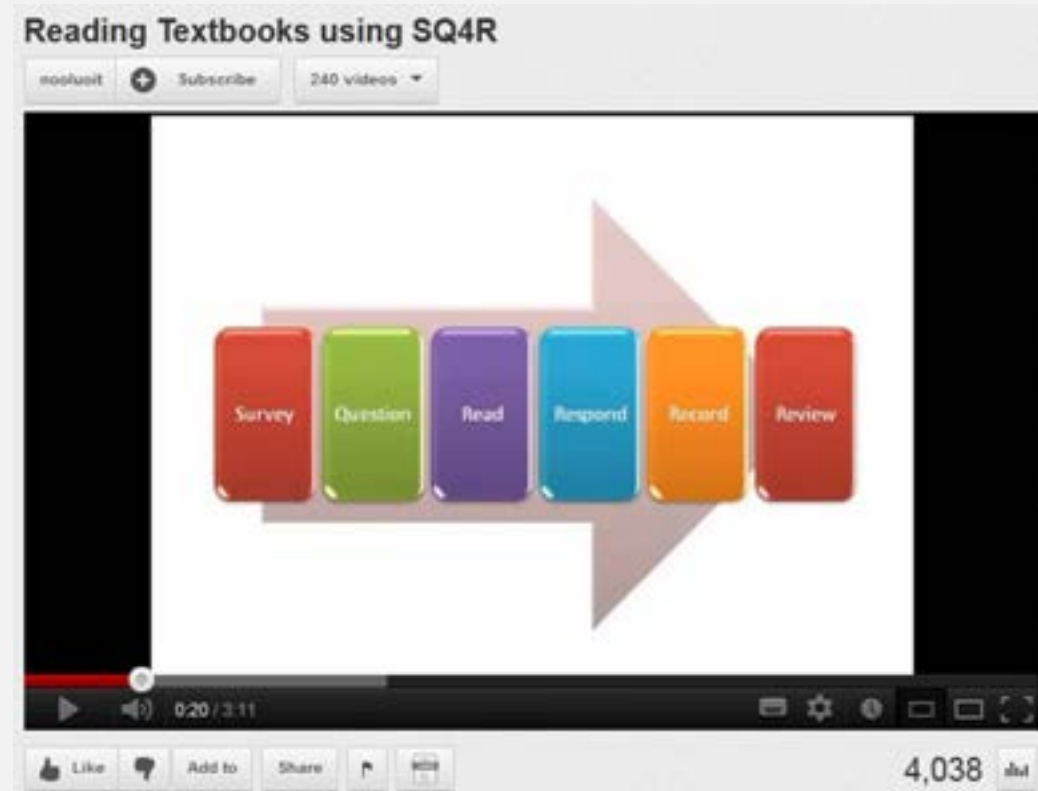
Read

Respond

Record *(or write)*

Revuew

Watch this short video:



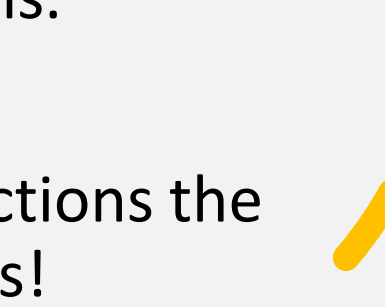


Study Skills Section 4

Exam Skills



Key Exam Skills

- Multiple choice can be made easier by removing known wrong answers first.
 - If under time pressure, take a moment to choose where you can most easily maximise marks. Don't give up!
 - You must turn up throughout the year so that you are not overwhelmed with the cognitive load when the revision period begins.
 - Last but not least, follow the instructions the paper gives you for maximum marks!
- 
- A decorative yellow dashed line consisting of several curved segments, located in the bottom right corner of the slide.



Key words to know:

Throughout the year

Past Papers

Look at past exam papers to familiarise yourself with the type of questions you will be asked and the structure of the exam. You can access past papers and marking instructions on the [SQA website](#).

Key Question Words

Make sure you understand the meaning of key question words. Check the table to find any you are unsure of.

Equipment and Timing

What are you allowed to take into the exam with you? Exactly how long is the exam? Take note of the number of marks for each section and then calculate how much time you have for each question. Practice past papers under timed conditions.

Prelims

Prelims help you to discover the weaknesses in your subject knowledge, how effective your study skills are and identify your strengths and weaknesses under pressure.

Calculate	Work out mathematically.
Compare	Are the things alike or are there differences? Which do you think is best? Why?
Contrast	Look for differences.
Define	Give the meaning.
Describe	Write in detail.
Discuss	Write about the important aspects of the topic. Are there two sides to the question? Consider the arguments for and against.
Evaluate	Judge the importance or success.
Explain	Make clear.
Illustrate	Give examples which make the point clear.
Interpret	Explain the meaning in your own words. For example, you may be asked to interpret a graph.
Justify	Give reasons to support an argument or action.
State	Write briefly the main point.
Summarise	Bring together the main points.

Navigating the SQA site

Google search results for "sqa past paper questions history N5". The search bar shows the query and filters for 2019, 2020, Maths, Mr marr, Pdf, Images, Videos, News, and Books. The results show about 126,000 results in 0.32 seconds. The top result is from the Scottish Qualifications Authority (SQA) website, titled "SQA - NQ - Past papers and marking instructions". A red arrow points to this result. Below it is another result titled "National 5 History - Course overview and resources".

Google search results for "sqa past paper questions history N5".

Filters: 2019, 2020, Maths, Mr marr, Pdf, Images, Videos, News, Books.

About 126,000 results (0.32 seconds)

Scottish Qualifications Authority
https://www.sqa.org.uk › pastpapers › findpastpaper

SQA - NQ - Past papers and marking instructions ←

Find **past papers** and marking instructions for your revision. You can search by topic and or refine by subject and level. To add the matching marking ...

https://www.sqa.org.uk › sqa

National 5 History - Course overview and resources

Find **SQA National 5 History past papers**, specimen **question papers** and course specification and important subject updates here.

https://www.sqa.org.uk › pastpapers › findpastpaper

SQA - NQ - Past papers and marking instructions

Find **past papers** and marking instructions for your revision. ... Specimen **question papers** are available for **National 5**, Higher and Advanced Higher ...

Search form for SQA past papers. Fields include "Topic name", "History", "National 5", and "Go". A checkbox for "Include Marking Instructions" is checked. A "Reset the search form" link is also present.

Topic name

History

National 5

Go

Include Marking Instructions

Reset the search form

5 Past Papers found

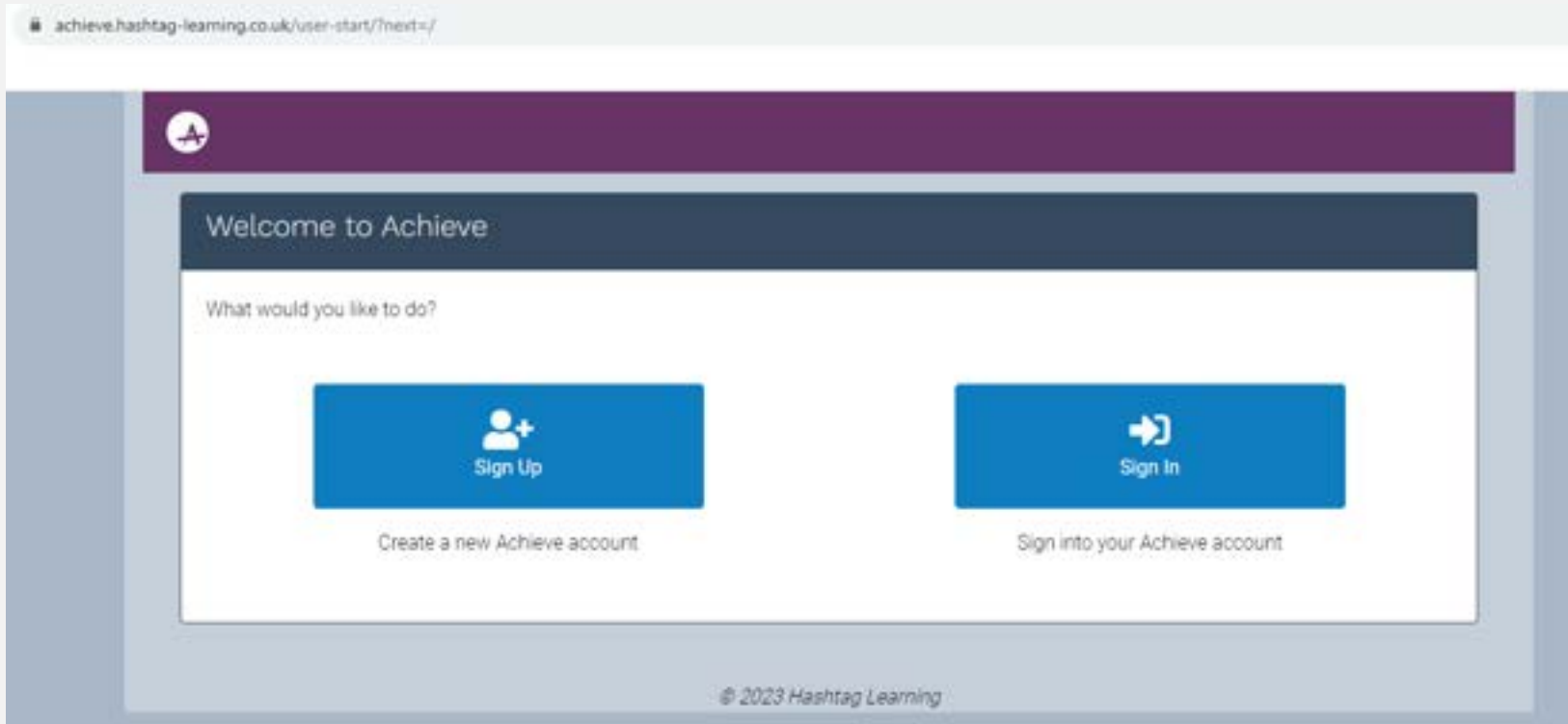
Select	Year	Qualification	Paper includes
<input type="checkbox"/>	2022	National 5 History - QP	1905 (pg 32) 1939 (pg 2 ,10 ,11 ,30 ,34 ,38 ,39 ,40) 1941 (pg 36 ,40 ,41) Read more
<input type="checkbox"/>	2019	National 5 History - QP	1905 (pg 28) Allied (pg 32) America (pg 2 ,25 ,26 ,30 ,33) Read more

3 Marking Instructions found

Select	Year	Qualification	Paper includes
<input type="checkbox"/>	2022	National 5 History - mi	1381 (pg 44) Additionally (pg 125) Africa (pg 57 ,59 ,64 ,65 ,105 ,130 ,140) Read more
<input type="checkbox"/>	2019	National 5 History - mi	Alabama (pg 106 ,110) Allied (pg 125) Allies (pg 125 ,126 ,128) Read more

Achieve


achieve.hashtag-learning.co.uk/user-start/?next=/




The image shows a screenshot of the Achieve user start page. At the top, there is a purple navigation bar with a white icon of a person. Below this is a dark blue header with the text "Welcome to Achieve". The main content area is white and contains the question "What would you like to do?". There are two blue buttons: "Sign Up" with a person icon and a plus sign, and "Sign In" with a right-pointing arrow icon. Below each button is a descriptive text: "Create a new Achieve account" and "Sign into your Achieve account". At the bottom of the page, there is a copyright notice: "© 2023 Hashtag Learning".

Welcome to Achieve

What would you like to do?

 Sign Up
Create a new Achieve account

 Sign In
Sign into your Achieve account

© 2023 Hashtag Learning

Scholar

- Login with school details

scholar.hw.ac.uk

SCHOLAR

Home Why Scholar? Using Scholar My Scholar

HERIOT WATT UNIVERSITY

Login →

Online courses for Scotland's schools and colleges

We offer [42 online courses](#) for Scottish schools and colleges aligned to the SQA curriculum at National 5, Higher and Advanced Higher level. We draw on the knowledge and experience of teachers and lecturers working in Scottish schools and colleges to develop our course materials. Our authors share their wealth of experience as educators.

Thanks so much for these great resources. We have been making good use of them during these challenging times.

– Teacher of Physics

Delve into the learning materials and activities provided for teachers, lecturers and students across Scotland:

[Try Scholar!](#)



The Night Before

Get Organised

Sort out everything you need so as to avoid a rush in the morning.

- ✓ SCN card
- ✓ Pens and pencils
- ✓ Spare pens and pencils
- ✓ Sharpener and eraser
- ✓ Correction fluid
- ✓ Highlighter
- ✓ Ruler
- ✓ *Calculator*
- ✓ *Protractor and compass*
- ✓ *Dictionary*
- ✓ Watch

Double check the date, time, location and level of the exam(s) you will be sitting the next day.

Swot Up

Some students prefer to take a complete break the night before but most people do some last minute revising. By briefly reviewing the main points in your notes you can prepare yourself mentally.



Get a good sleep!

Don't stay out late with friends or stay up to watch a movie. It's not any better staying up all night trying to cram in lots of last minute studying – you need a good sleep to provide you with energy to be focussed and alert during the exam!

Even if the exam is in the afternoon a disrupted sleep pattern the night before won't improve our performance.



The Big Day

THE EXAM DAY

Get up the first time your alarm goes off. Don't hit the snooze button!

Eat a healthy breakfast.

Dress comfortably. Layers are useful as exam halls tend to switch from roasting to freezing quickly!

Get to school early.

Ignore other people's fears and worries. Remind yourself of all the great studying and revision work you have done! 😊

Visualise the end of your exams if you feel nervous.

BEFORE THE EXAM

Check the paper for the correct subject and level.

Fill in all personal details.

Read all instructions carefully, highlight important instructions.

Note the start time of the exam and work out when you are due to finish.

THE FIRST FIVE MINUTES

Read through all questions.

If there is a choice of questions circle the ones you intend doing.

Decide how long you will need for each question.

DURING THE EXAM

Highlight key words in the questions to focus your attention on what you are being asked.

Plan how you are going to answer.

Re-read difficult questions or come back to them later.

If you get stuck, go on to the next question and come back to the unfinished one later.

Stay until the end of the exam and check your answers.

PRESENTATION

Write legibly, keep your work neat.

Show all working and underline final answers. Score through anything you do not want to be marked.

Ensure all graphs and diagrams are accurate and clearly labelled.

Webinar for info

- For more information and support, check out the below video webinar:
- [Effective Study Strategies: Webinar for parents and carers – YouTube](#)

