

Supporting Study

Parent Session 2024



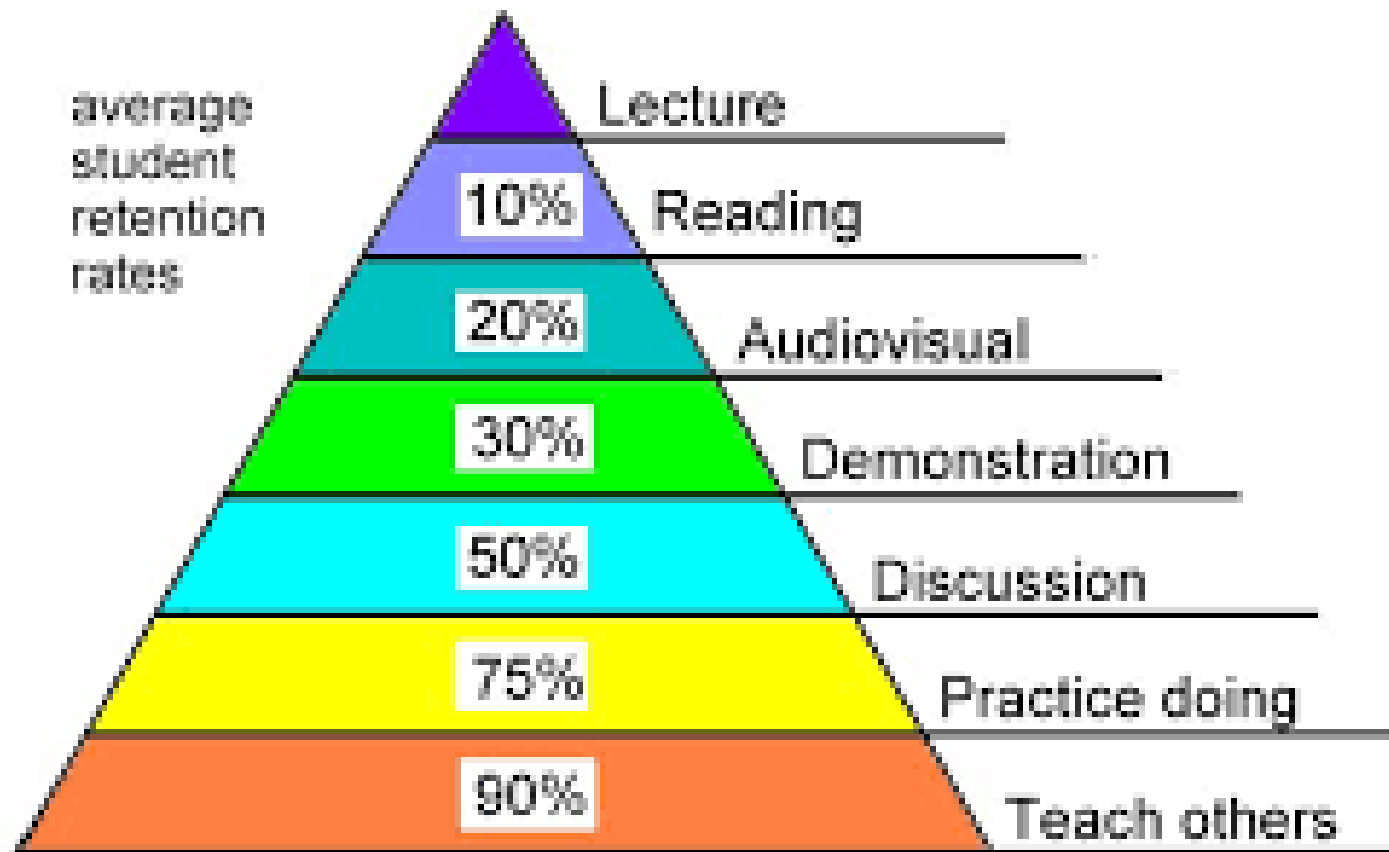
Helping you to help them: Aims of the Session

- Creating a study timetable
- Supporting resources
- Study Strategies
- Beating Procrastination
- Questions



Active Revision

Learning Pyramid



Source: National Training Laboratories, Bethel, Maine

First Steps

- Organise your notes
- Find and tidy a revision space
- Remove distractions – phone on flight mode/set Down Time/Do not Disturb
- RAG subjects
- Break subjects into topics and identify what you don't know/RAG topics
- Create a revision timetable
- Make revision active



You can't eat an elephant...



- Split subjects into topic areas so when you start studying, you know exactly where to start...

Study Topics

	Chemistry	French	English
1.	Rates of Reaction	Perfect Tense	Bold Girls - Imagery
2.	Chemical Formulae	Imperfect Tense	Critical Reading Paper 2018
3.	Atomic Structure	Directions Vocab	RUAE 2021
4.	Rates of Reaction		Bold Girls - key quotes
5.			
6.			

Study Timetables

- Be **realistic** – 30 minutes is better than nothing (and might be better than 2 hours!)
- Be **specific** – what are you revising and how will you know you've succeeded?
- 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**
- Include breaks, time off and other priorities...reward them and let them reward themselves 😊



A Starting Point (BBC Bitesize)



WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM - 4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM - 10AM	BREAKFAST / SHOWER	BREAKFAST / SHOWER
4PM - 5PM	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	10AM - 11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM - 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM - 1PM	SEEING FRIENDS / LUNCH	SPORT / LUNCH
6PM - 7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM - 3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM - 8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM - 5PM	OUT WITH FAMILY	SPORT / TV / GAMING
8PM - 9PM	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	6PM - 8PM	DINNER / FREE TIME	DINNER / FREE TIME

The Detail



REVISION BUDDIES

WEEKLY PLANNER

WEEK COMMENCING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-10						CHEMISTRY: Chemical Formula	
10-11							
11-12							
12-1							
1-2							
2-3							ENGLISH: Critical Reading Paper (timed 90 mins)
3-4							
4-5	CHEMISTRY: Rates of Reaction		Basketball Practice				
5-6	Dinner	Dinner	Dinner	Dinner			
6-7	FRENCH: Pluperfect Tense		FRENCH: Imperfect Tense				

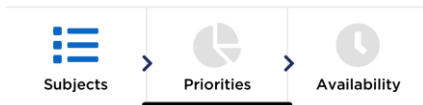


SQA Study Plan App



Getting Started

Welcome to the SQA MyStudyPlan. Please start by adding your subjects, followed by adjusting your priorities then finally adding your availability.



English

Ideal Study Period: 45m
Next Exam Date: 18 May 2024

Maths

Ideal Study Period: 45m
Next Exam Date: 15 May 2024

Biology

Ideal Study Period: 45m
Next Exam Date: 22 May 2024



Low Medium High

English **LOW**

Maths **HIGH**

Biology **MEDIUM**



Monday 02hr 00m

Tuesday 02hr 00m

Wednesday 01hr 00m

Thursday 02hr 00m

Friday None

Saturday 04hr 00m

Sunday 03hr 00m



09:58
App Store 5G

My Plan

Today

Maths HIGH
Next Exam: National 5
45m Start Timer

Biology MEDIUM
Next Exam: National 5
45m Start Timer

English LOW
Next Exam: National 5
30m Start Timer

19 March 2024

Maths
45m

Biology
45m

English
30m

20 March 2024

Maths
45m

Biology

09:59
App Store 5G

My Progress

Weekly Monthly Total

Maths

Time Studied 00m
Time Remaining 9hr 0m

Biology

Time Studied 00m
Time Remaining 8hr 0m

English

Time Studied 00m
Time Remaining 2hr 0m

09:59
App Store 5G

Export

- Export My Plan by Email**
Generate your plan as a HTML attachment and send by email
- Export My Progress by Email**
Generate progress exams as a HTML attachment and send by email
- Export to Calendar**
Add your exams to your calendar on your device

Generates...



18 March 2024

Maths	45m
Biology	45m
English	30m

19 March 2024

Maths	45m
Biology	45m
English	30m

20 March 2024

Maths	45m
Biology	15m

Which websites can help?



- We have a section of our website dedicated to study with lots of links and resources 😊

- <https://forresterhighschool.org.uk/>
- Go to “Student Zone”
- Click on “Study”

The screenshot shows the Forrester High School website. At the top left is the school logo and name. At the top right is contact information: 'Contact the School 0131 334 9262'. Below the header is a banner for '2022 past papers available' with a link to 'With marking instructions'. Below the banner are navigation links: 'National Qualifications subjects', 'Assessment arrangements', 'Qualifications', and 'Units'. The main content area features three cards: 'SQA Home' (Subjects and qualifications, exam timetable, past papers and updates), 'Study Support' (Study Support is available in subject departments), and 'Study Skills Booklet' (Believe in yourself and achieve your potential). Each card has a 'Read More' or 'Download Now' button. To the right of the 'Study Support' card is a 'SUPPORTED STUDY TIMETABLE' table.

DAY	SUBJECT	TIMES
MONDAY	BIOLOGY/CHEMISTRY – Mrs Bruce	LUNCHTIME
	MATHS – Mrs Walker	3.35 – 4.15PM
	MATHS – Miss Burr	3.35 – 4.15PM
	DRAMA – Miss Hood/Miss Robertson	3.40 – 4.30PM
	BIOLOGY/CHEMISTRY – Mr Gray	3.35 – 4.30PM
TUESDAY	SPANISH – Ms Hastings	3.35-4.30PM
	PE – Ms Paton	LUNCHTIME
TUESDAY	MATHS – Mrs Walker	LUNCHTIME
	COMPUTING – Miss Stevenson (Higher & Nat 5)	LUNCHTIME

SQA site -

<https://www.sqa.org.uk/sqa/70972.html>



- Click on “past papers”, you can see copies from each year
- Scroll down for Marking instructions
- We strongly recommend using these

A screenshot of the SQA search interface. It features a search bar with the text 'Topic name'. Below the search bar are two dropdown menus: the first is set to 'History' and the second is set to 'National 5'. To the right of these dropdowns is a blue 'Go >' button. Below the search bar, there is a checkbox labeled 'Include Marking Instructions' which is checked, and a link that says '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

Top Tips –

- Use the Marking instructions to check answers
- When looking at Marking instructions, ensure they are for the same year/paper type
- Look at papers from each year to notice patterns in question type/order/structure of paper
- Use Bitesize/Achieve/Teams to help you if you come across a question you are unsure of
- Reach out to the teacher!

BBC Bitesize -

<https://www.bbc.co.uk/bitesize/secondary>



- Go to Scotland
- Click Level
- Find subject

Top Tips –

- If you are using past papers online, use Bitesize to improve understanding of different elements
- For certain subjects i.e Modern Studies, students will not study ALL units. Only study the topics you have been taught – Check on Teams or with your teacher if not sure
- Check “Exam Structure” or “Exam Skills” section so you are familiar with what to do

BITESIZE

Home | Learn | Study support | Careers | My Bitesize

National 5

The exam paper

Exam structure

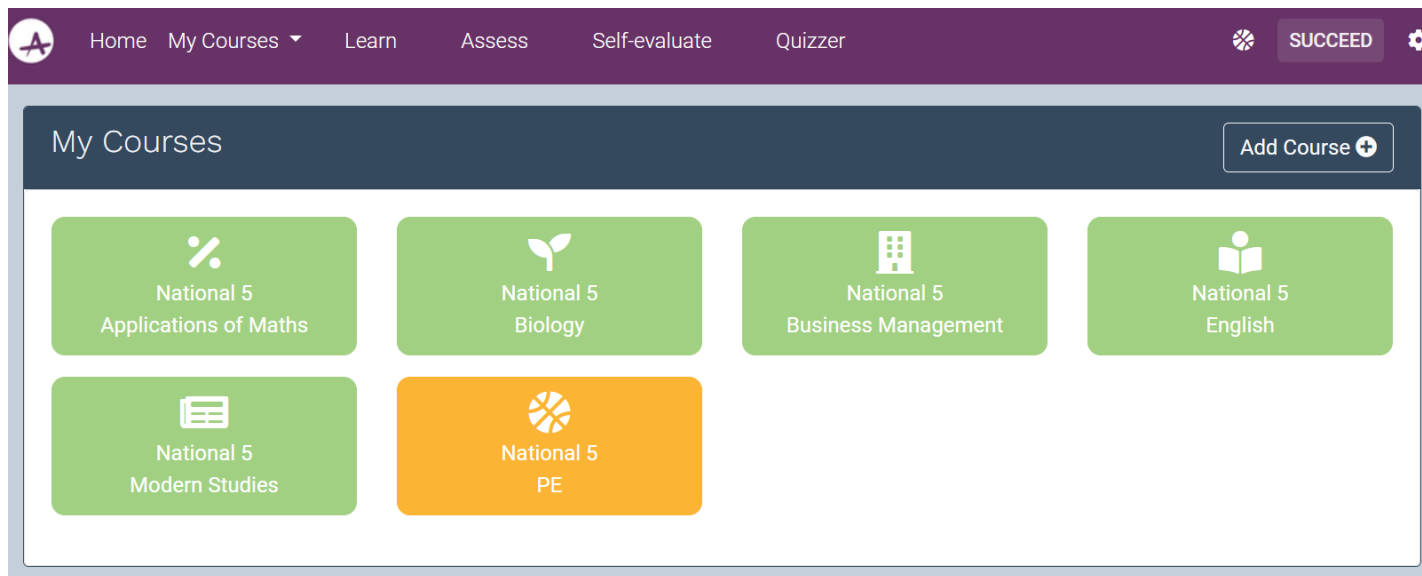
How to answer National 5 Modern studies exam essay questions

Part of Modern Studies | Exam and assignment

Achieve - <https://achieve.hashtag-learning.co.uk/user-start/?next=/>

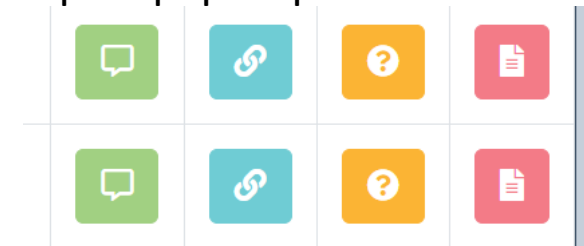


- Create/Sign in to account
- Add your courses

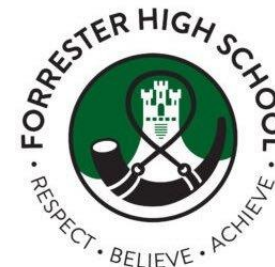


Top Tips –

- Use Green box “explanation” first. Then revise using Orange box “questions/activities” and “past paper questions”



- Use “Assess” tool to practise exam style questions
- Use “Self Evaluate” tool to see where areas for improvement are and what you need to revise



Microsoft Teams

- All pupils have an account on Teams and teachers upload revision materials and assignments to their class “Team”.
- Work may be in “files”, “channels”, “onenote” or “assignments” depending on the subject and teacher.
- If you aren’t sure/your child cannot find their work, get in touch or post on the Team to ask 😊

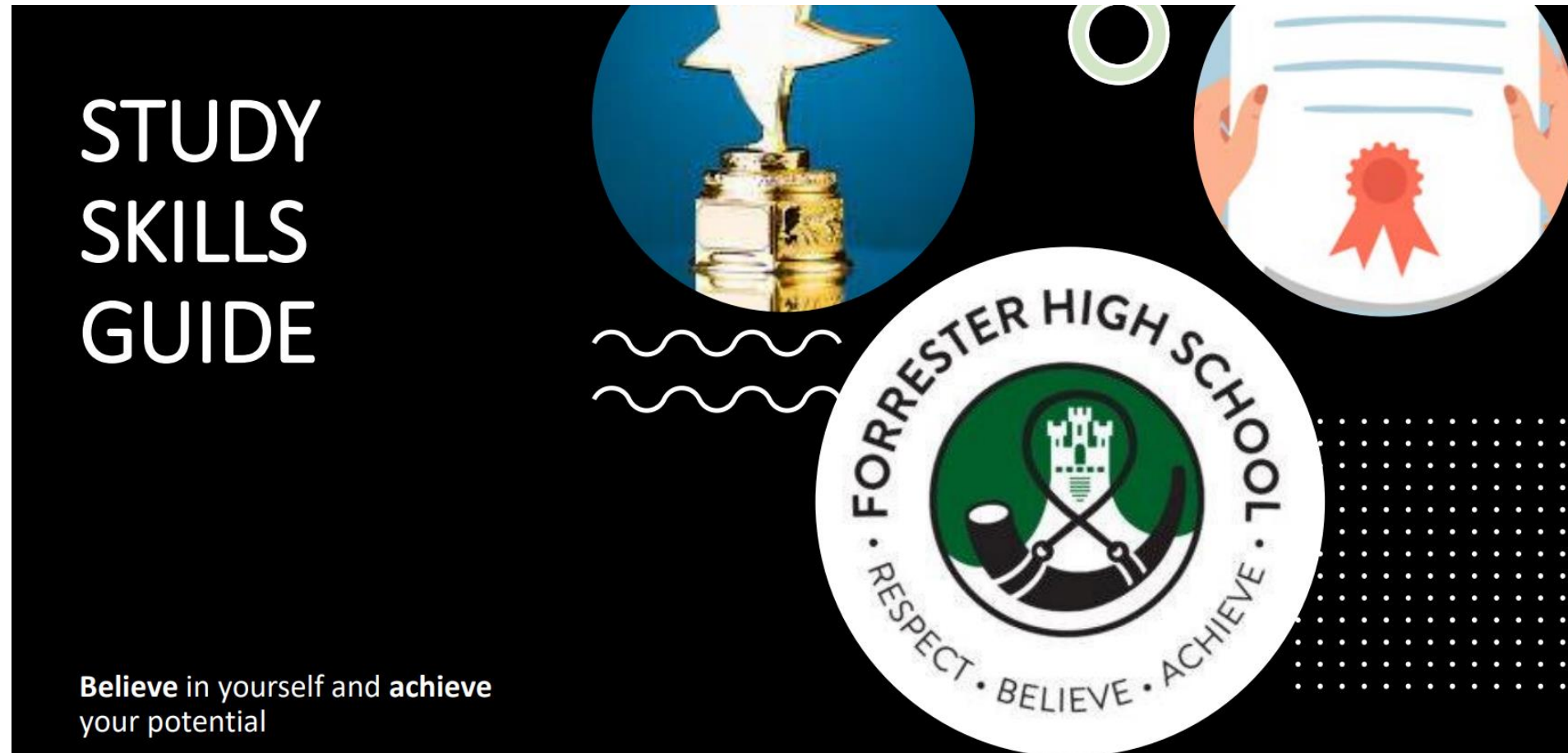
The screenshot shows the Microsoft Teams interface for a team named 'Modern Studs'. The left sidebar lists navigation options: Home page, Class Notebook, Classwork, Assignments, Grades, Reflect, Insights, and Channels. Under Channels, 'General', 'Geography', 'Modern Studs', and '3 hidden channels' are visible. The main area shows the 'Modern Studs' team page with a file list:

Name	Modified
Nat 3 ModS Booklet	September 27, 2023
Nat 3 ModS Materials	September 27, 2023
Nat 4 ModS Booklet	September 27, 2023
Nat 4 ModS Materials	September 27, 2023

Carousel Activities



Check out our Study skills guide - [Study-Skills-Booklet-1.pdf](https://forresterhighschool.org.uk/Study-Skills-Booklet-1.pdf) (forresterhighschool.org.uk)

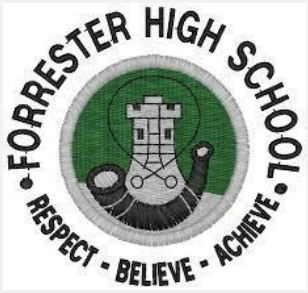


The graphic features a black background with several elements: a gold trophy with a star on top in a blue circle; a pair of hands holding a white certificate with a red ribbon seal in a white circle; the Forrester High School crest in a white circle, which includes a castle tower, crossed oars, and a shield, surrounded by the text 'FORRESTER HIGH SCHOOL' and 'RESPECT • BELIEVE • ACHIEVE • 700'; and the text 'STUDY SKILLS GUIDE' in large white letters. At the bottom left, the text 'Believe in yourself and achieve your potential' is written in white. The background also includes a green circle, white wavy lines, and a black dotted pattern.

**STUDY
SKILLS
GUIDE**

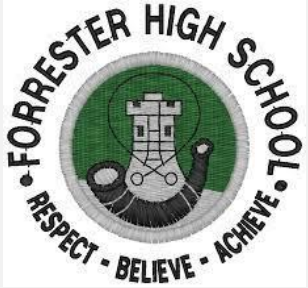
Believe in yourself and achieve
your potential

FORRESTER HIGH SCHOOL
RESPECT • BELIEVE • ACHIEVE • 700



8 ways to beat procrastination

1. Breaking big tasks down into small ones
2. Using favourite distractions as rewards (throughout!)
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



To avoid putting things off
make a study plan.

Focus on the process not the
product- for example " I am going
to do 20 mins English revision on
RUAE " rather than " Help! I have
got so much English to do!"

Do the hardest part first

LATER

NOW

