

Supporting Study

Parent Session 2024



Helping you to help them: Aims of the Session

- Study Myths v Truths
- Creating a study timetable
- Supporting neurodivergent learners
- Beating Procrastination
- Supporting resources
- Study Strategies
- Task



Documents

Resources for Reporting
Parents' Evenings

	1	2	3	4
Week 1	Week 1 Parenting 1 Week 1	Week 1 Parenting 2 Week 1	Week 1 Parenting 3 Week 1	Week 1 Parenting 4 Week 1
Week 2	Week 2 Parenting 1 Week 2	Week 2 Parenting 2 Week 2	Week 2 Parenting 3 Week 2	Week 2 Parenting 4 Week 2
Week 3	Week 3 Parenting 1 Week 3	Week 3 Parenting 2 Week 3	Week 3 Parenting 3 Week 3	Week 3 Parenting 4 Week 3
Week 4	Week 4 Parenting 1 Week 4	Week 4 Parenting 2 Week 4	Week 4 Parenting 3 Week 4	Week 4 Parenting 4 Week 4

teach!

FORRESTER IN ACTION

WATER TASK / REVIEW OF LAST LESSON

LEARNING INTENTIONS & SUCCESS CRITERIA
LEARNING FOCUS & ETHOS

PACE & CHALLENGE

in Action

son at Forrester follows
structure allowing
ncy, routine and pupil's
what to expect during
ning episode.

Learning

Forrester High
School

Digital Learning

National e-Learning



Helping @ home



National e-Learning Offer | Education Scotland

e-Sgoil



Supporting your child

Edinburgh Learns



Edinburgh Learns - Learning Together
Framework

Parental engagement

10 Questions to ask your
child after school?



Top 10 questions to ask your child

How parents can help



Study support

How to study



20 revision techniques



10 Study methods & tips



Dealing with stress

Dealing with stress of
exams



youngminds.org.uk
Exam Stress | How To Deal with Exam
Stress

Headspace: Reduce stress



headspace.org.au
How To Reduce Stress & Prepare for
Exams | headspace

Supporting Learners with
Autism

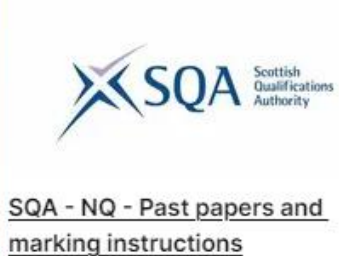


SQA

SQA timetable 2025



SQA




Careers




T A S

K



How was
school?

Fine!

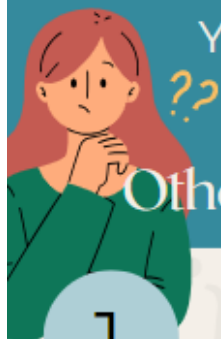


Do you have any
homework?

NO!!!!

Homework

10 QUESTIONS TO ASK YOUR CHILD AFTER SCHOOL



Other than how was school?

1

What was the best part of your day? What made it so good?



2

What lesson did you like best at school today? Why?



3

Tell me one thing you've learned today that you didn't know this morning



4

Can you give me an example of what you mean?



5

What do you think you will learn next lesson?



6

Did you find anything difficult? Tell me about it.



7

What do you do when you get stuck?



8

If I called your teacher tonight, what would they tell me about you?



9

Tell me something that made you laugh today?



10

Is there anything I can help you with?



Myths about Studying

I spend an enormous amount of time studying, which means I'm great at it

Highlighting is good!

I study better listening to music

I work better under pressure, so I wait until the last minute to study. Cramming!

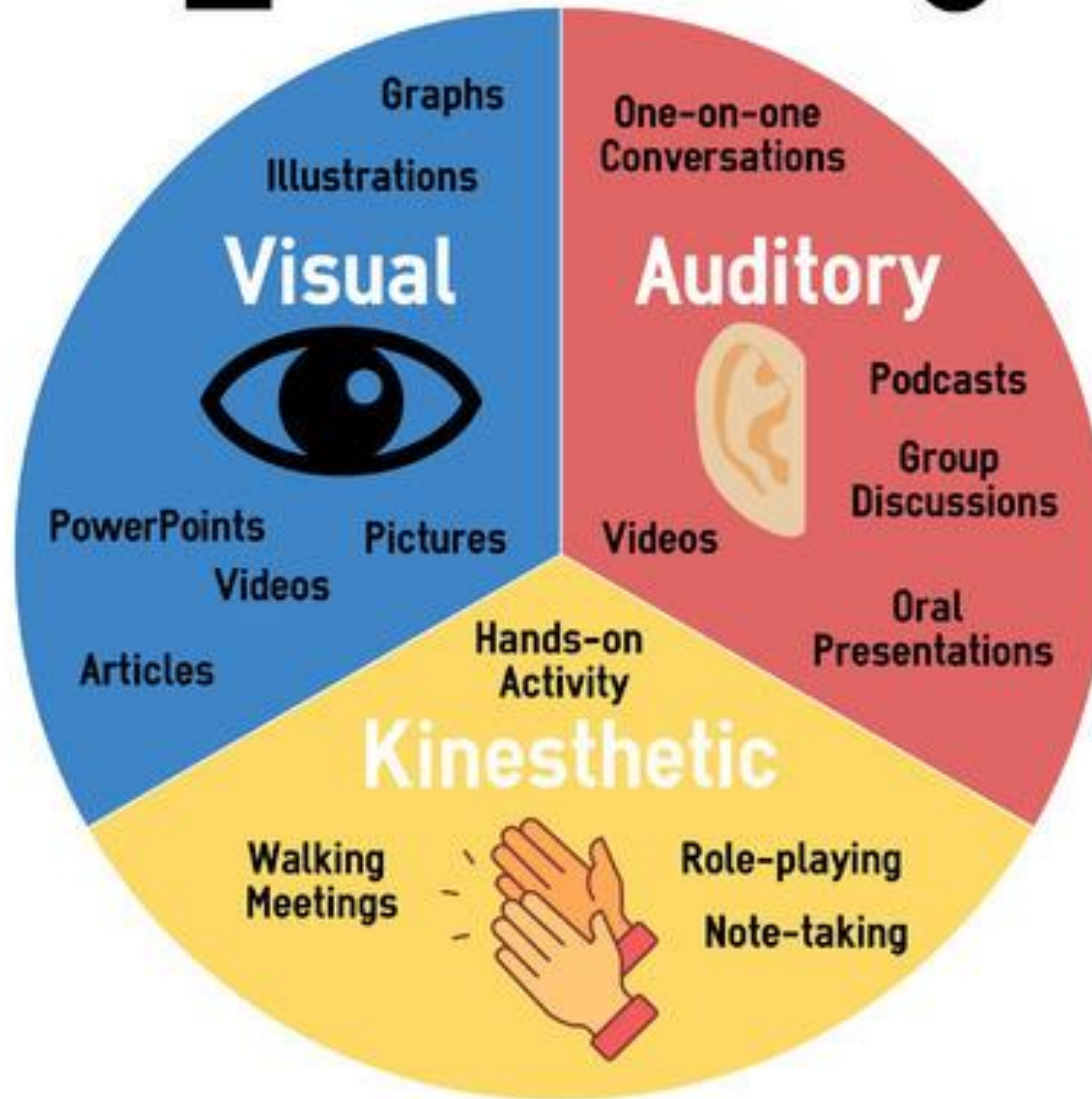
Taking notes in class is pointless.

I must study one subject at a time until I've mastered it.

If you start studying too early, you'll forget everything by the exam period

Intelligence is fixed at birth

LEARNING STYLES



How To Retain 90% Of Everything You Learn



When you are learning something new, do something with it.



Draw it in a jotter/ipad etc



Talk to other people about the concept.



Write a summary about it.



Make an audio recording.



Draw a picture of it.

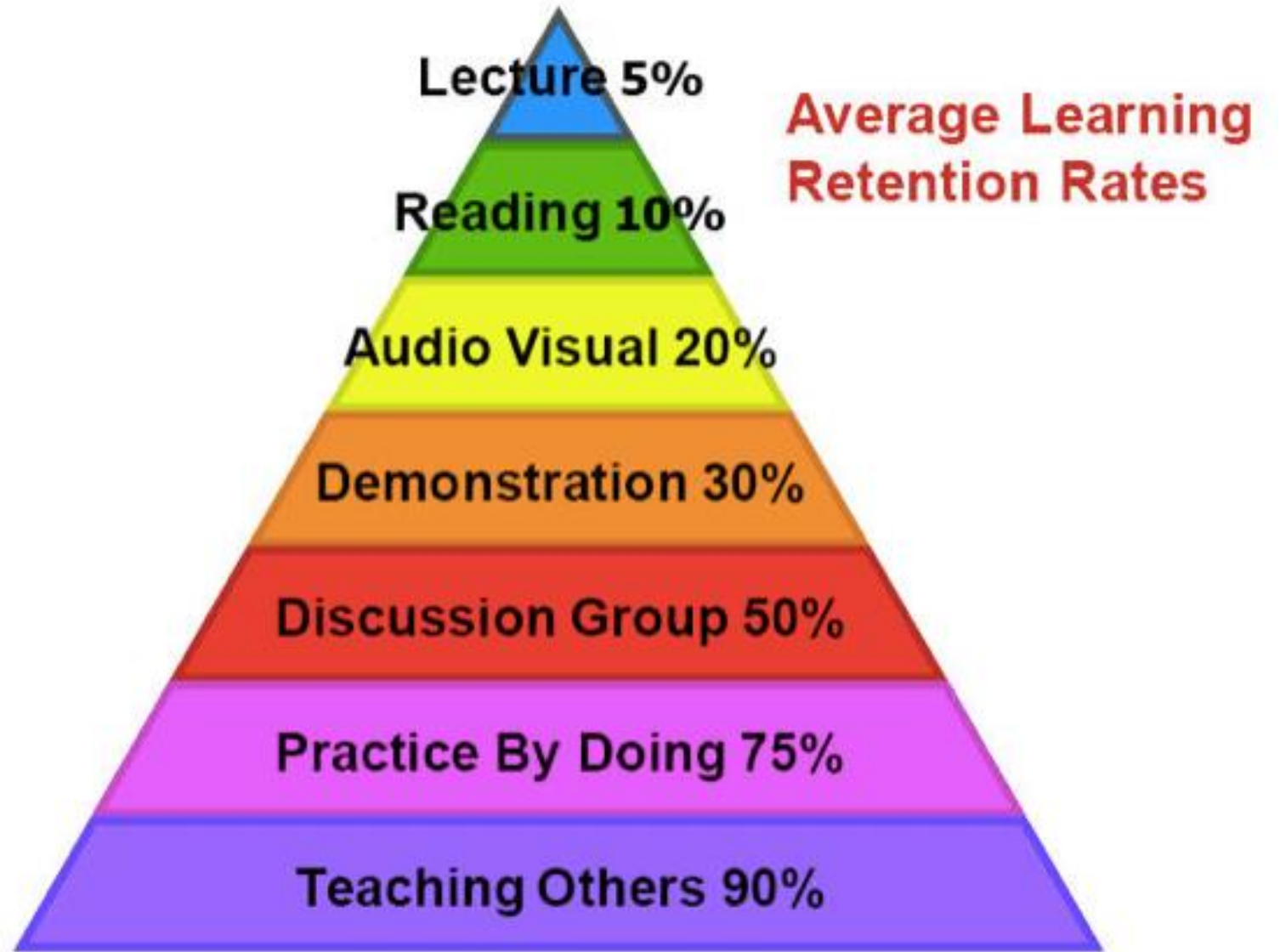


As parents, ask questions

The Leaky Bucket



Active Revision



Source: National Training Laboratories, Bethel, Maine

Effective study

Environment

Preparation

Techniques

Rewards

Mindset

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...

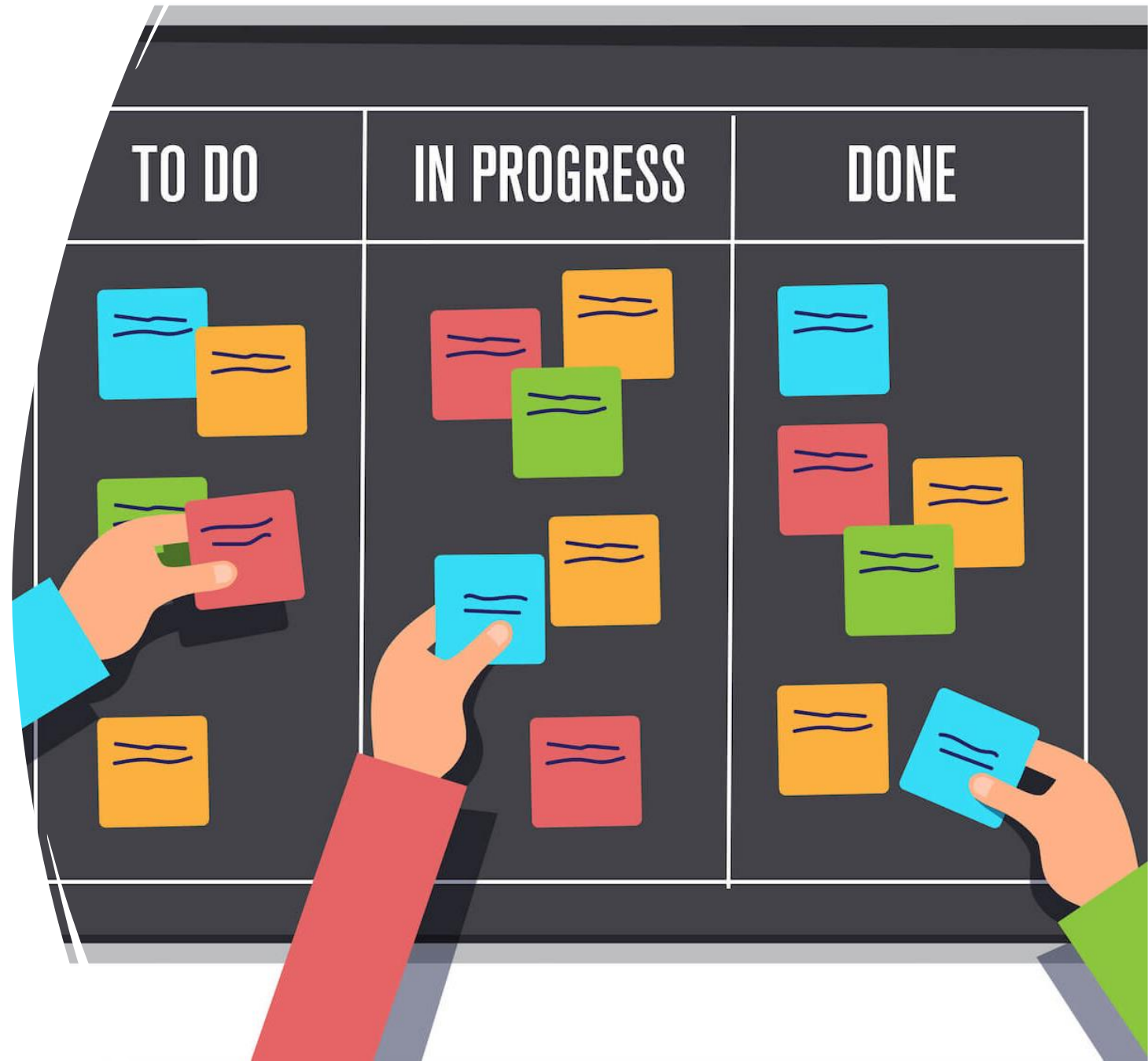


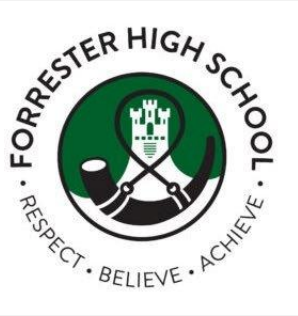
- Split subjects into topic areas so when you start studying, you know exactly where to start...

Study Topics

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

Planning





8 ways to beat procrastination

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

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				



Supporting neurodivergent learners

- Explain why you want your child to study and how it will help them?.....although it is not the only measure of success.
- Make a plan- Routine is key! Use a visual timetable
- Plan backwards- when is homework due, prelims, exams?
- Decide the best time study i.e mornings, after school, evenings.
- Create the correct environment- Consider removing all the sensory objects. Have all the equipment set up.
- Chunk learner(Break it down into achievable amounts)
- Ensure regular breaks (40 on 10 off)
- Use a stopwatch to time sessions
- Define success i.e target setting
- Create rules and rewards- stick to them
- Allow fidget toys if helpful, chewing gum, pacing etc
- Use coloured paper, overlays, highlighters, pictures
- Take advantage of read aloud features- word for example
- Use Audio recordings, apps that translate into text
- Use coloured post its, flash cards, mind maps-place around your house
- Offer support by asking questions to check for understanding
- Positive praise!

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, the school's logo and name are displayed. Below the header, there is a navigation bar with links to 'National Qualifications subjects', 'Assessment arrangements', 'Qualifications', and 'Units'. The main content area is divided into three columns:

- SQA Home:** A section titled 'SQA Home' with the text 'Subjects and qualifications, exam timetable, past papers and updates' and a 'Read More' button.
- Study Support:** A section titled 'Study Support' with the text 'Study Support is available in subject departments' and a 'Read More' button.
- Study Skills Booklet:** A section titled 'Study Skills Booklet' with the text 'Believe in yourself and achieve your potential.' and a 'Download Now' button.

On the right side of the website, there is a 'Contact the School' link with the phone number '0131 334 9262' and a hamburger menu icon.

2022 past papers available
With marking instructions

The heart of Scotland's world-renowned education system. Offering globally recognised qualifications and services to realise your potential.

SUPPORTED STUDY TIMETABLE

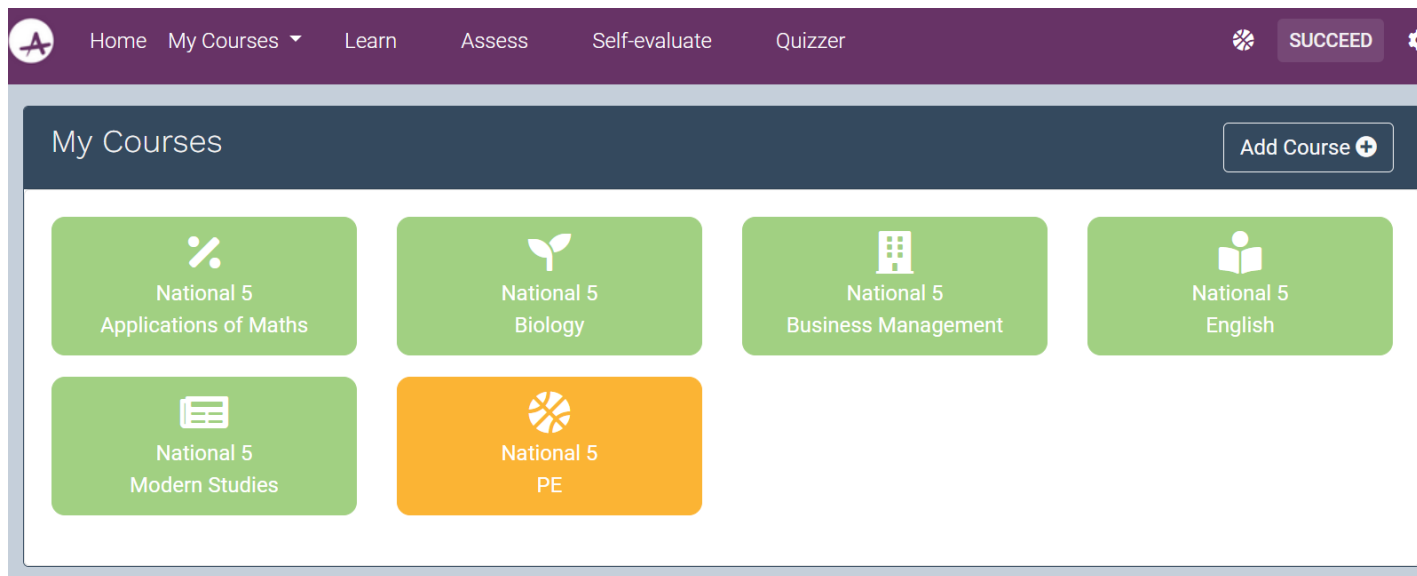
DAY	SUBJECT	TIMES
MONDAY	BIOLOGY/CHEMISTRY – Mrs Bruce	LUNCHTIME
	MATHS – Mrs Walker	3.35 – 4.15PM
	MATHS – Miss Burr	3.35 – 4.15PM
	DRAMA – Miss Hood/Miss Robertson	3.40 – 4.30PM
	BIOLOGY/CHEMISTRY – Mr Gray	3.35 – 4.30PM
TUESDAY	SPANISH – Ms Hastings	3.35 – 4.30PM
	PE – Ms Paton	LUNCHTIME
	MATHS –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

Be realistic
Don't prioritise the subjects you enjoy most
Allow time for social activities
Don't put off the subjects you least enjoy

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

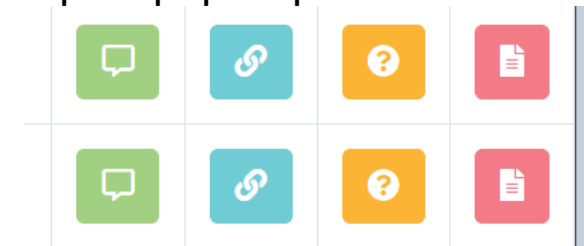


- Create/Sign in to account
- Add your courses



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

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

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

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](#)

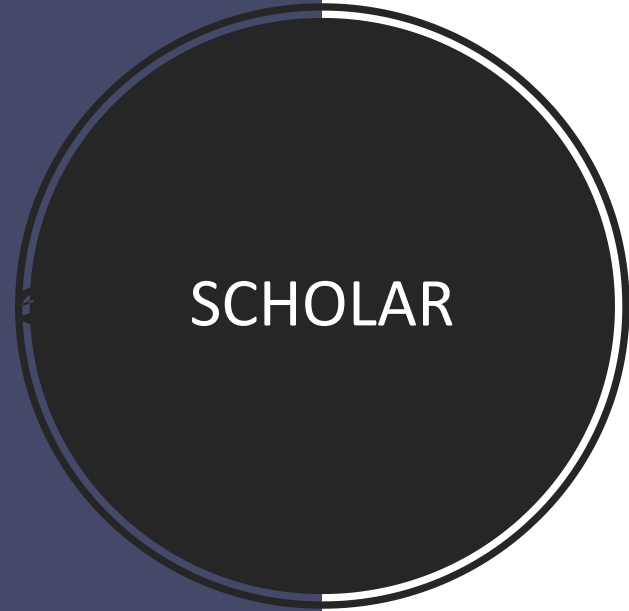
[National 5](#)

The exam paper

Exam structure

How to answer National 5 Modern studies exam essay questions

Part of [Modern Studies](#) | [Exam and assignment](#)



SCHOLAR

Courses

Reports


Search

Passwords

MacPhie

Logout

Timetabled Courses



National 5

Applications of Mathematics


0% Course Progress

Resume

Activities

Downloads

Reports



National 5

Biology

0% Course Progress

Start

Activities

Downloads

Reports

Courses > National 5 Applications of Mathematics > 1. Numeracy skills

National 5 Applications of Mathematics

1. Numeracy skills >

2. Financial skills >

3. Statistical skills >

4. Measurement skills >

5. Geometric skills >

6. Graphical data and probability skills >

Numeracy skills

1. Numerical notation >

2. Carrying out calculations >

3. Using measurements >

4. End of section test >

Numerical notation

Numerical notation

1. Adding, subtracting, multiplying and dividing

2. Order of operations

3. Greater than and less than

4. Converting units of length

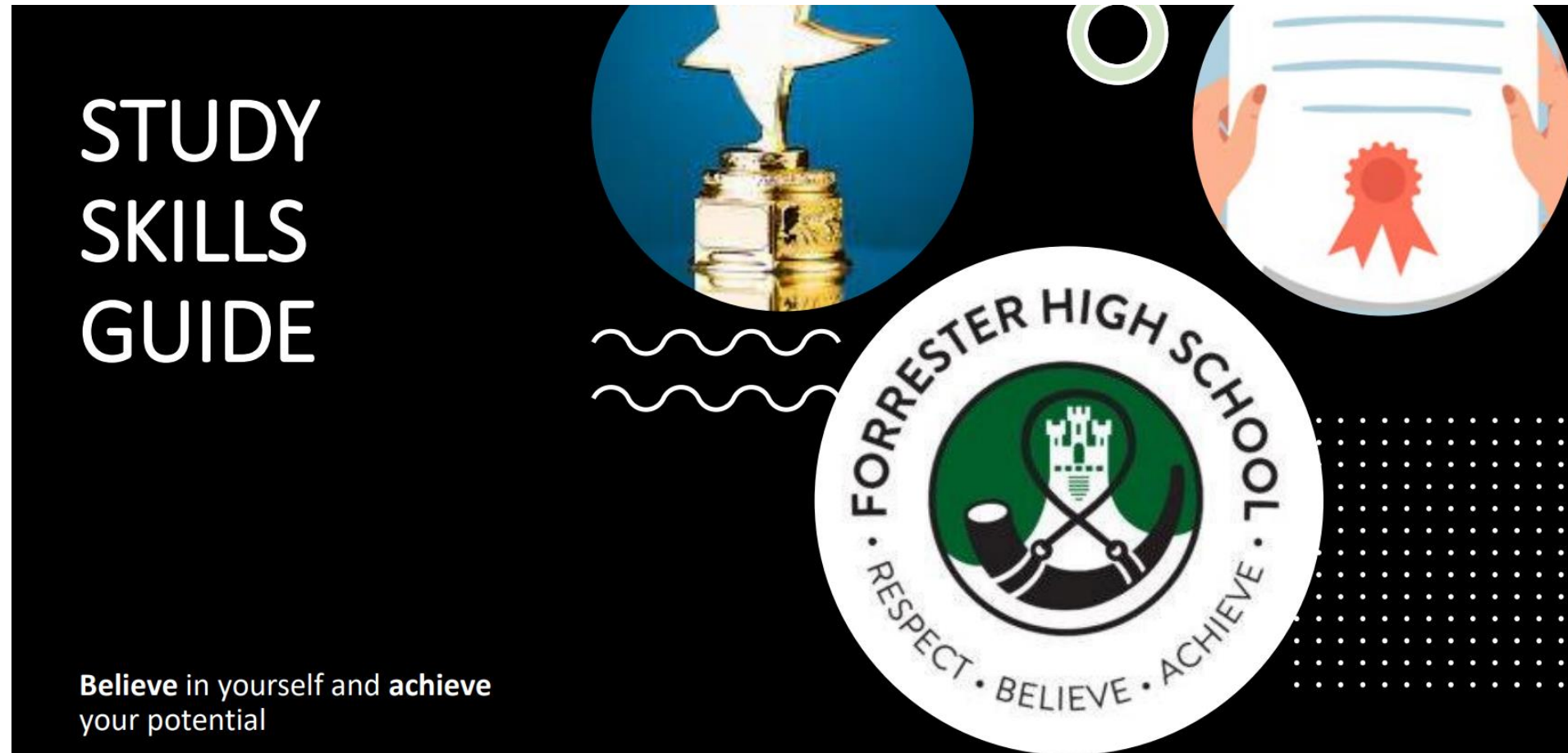
5. Converting units of weight and volume

6. Converting non-metric units

7. Summary

8. End of topic test

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





Home Learning-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 Studies'. On the left, the 'All teams' list shows 'Modern Studies' as the selected team. Below this, the 'AH & WBH Social Subj...' team is listed. The left sidebar contains a navigation menu with options: Home page, Class Notebook, Classwork, Assignments, Grades, Reflect, and Insights. Below this, the 'Channels' section lists 'General', 'Geography', 'Modern Studies' (which is highlighted), and '3 hidden channels'. The main area of the interface shows the 'Modern Studies' team page. At the top, there are tabs for 'Posts', 'Files', and 'Notes'. The 'Files' tab is active, showing a list of files. The files are listed in a table with columns for 'Name' and 'Modified'. The files are: 'Nat 3 ModS Booklet' (modified September 27, 2023), 'Nat 3 ModS Materials' (modified September 27, 2023), 'Nat 4 ModS Booklet' (modified September 27, 2023), and 'Nat 4 ModS Materials' (modified September 27, 2023). At the top of the file list, there are buttons for '+ New', 'Upload', 'Edit in grid view', 'Share', and 'Copy link'.

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

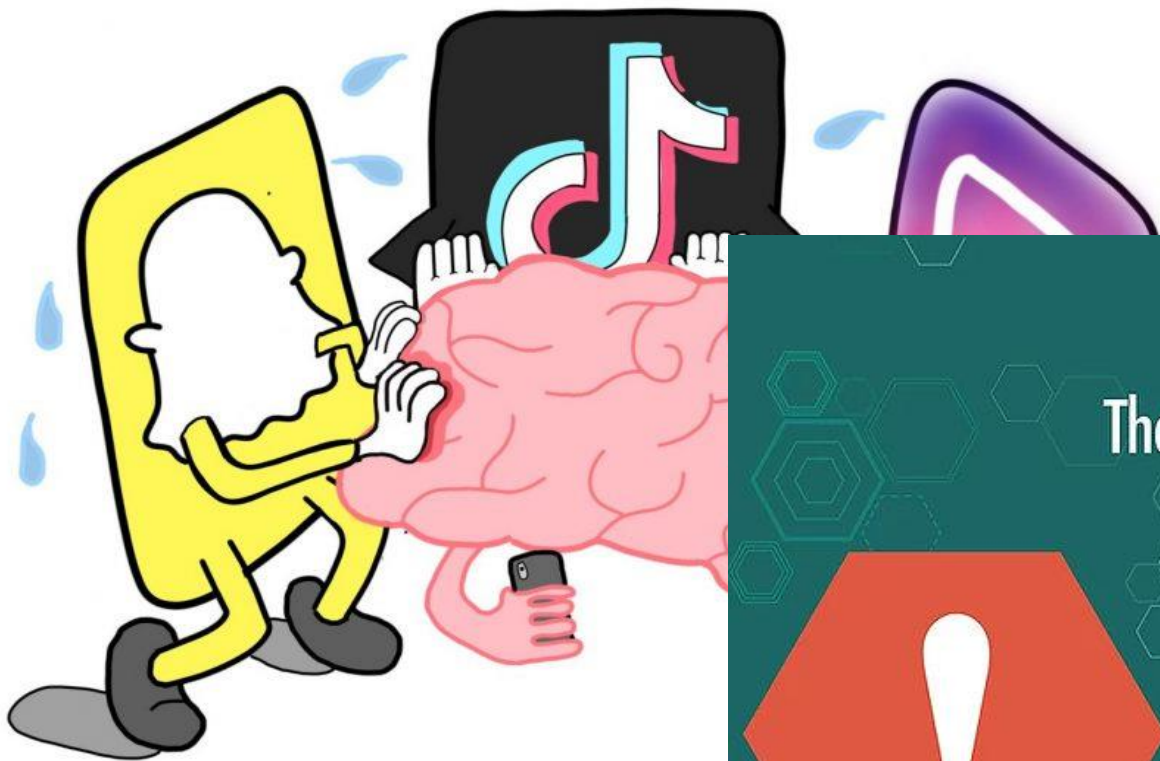


What the
research
says?

Retrieval Practice techniques are the best way to revise. Students perform on average 30% better than those who just read and highlight!

Best techniques

- Brain dump
- Flashcards
- Mnemonics
- Mind maps
- Read and rewrite
- Summarise what you remember
- Talk until you stop



Divided Attention

The Dwindling Attentions Spans of Your Audience

MADME



13 seconds

The average human attention span in **2000**



9 seconds

The attention span of a goldfish



8 seconds

The average human attention span in **2015**

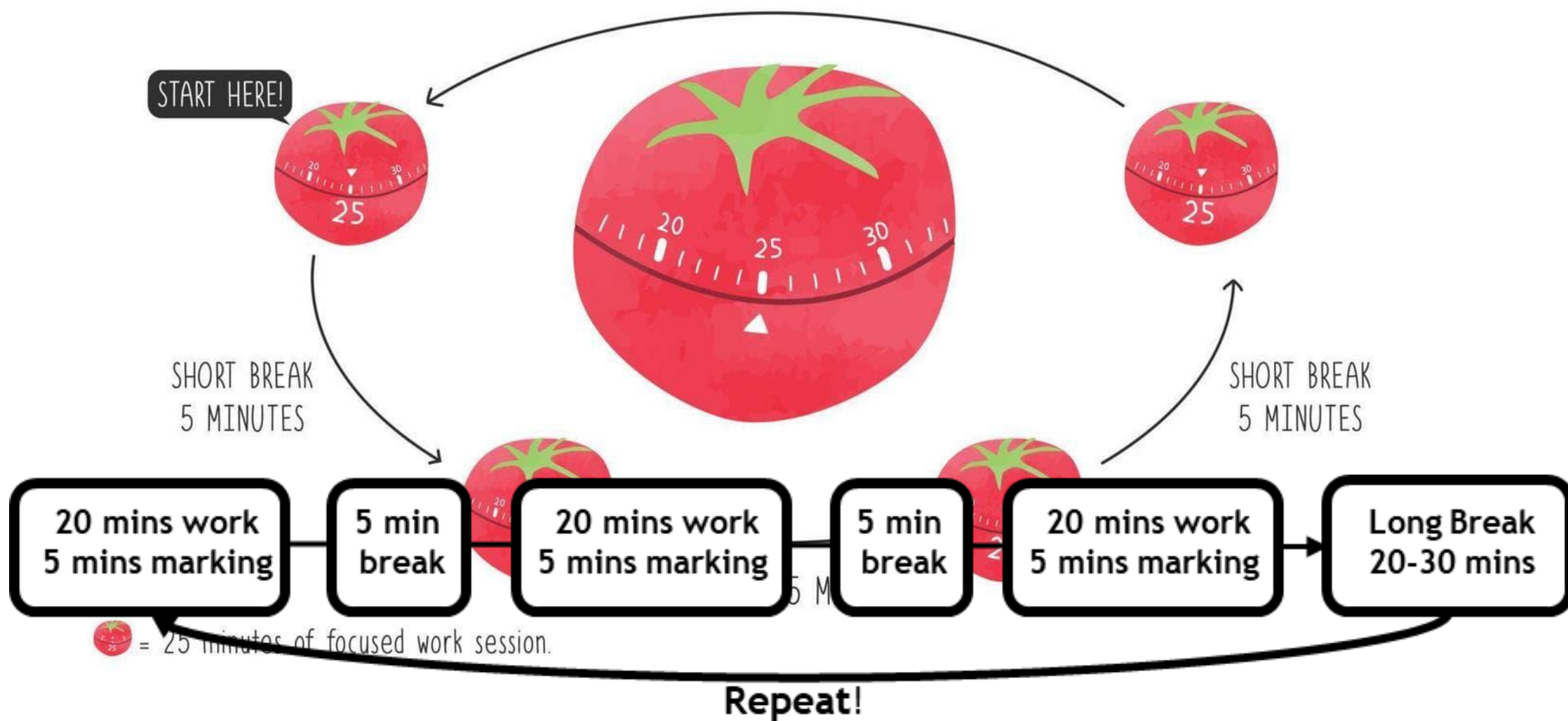


3-5 seconds

The average attention span of an internet user.

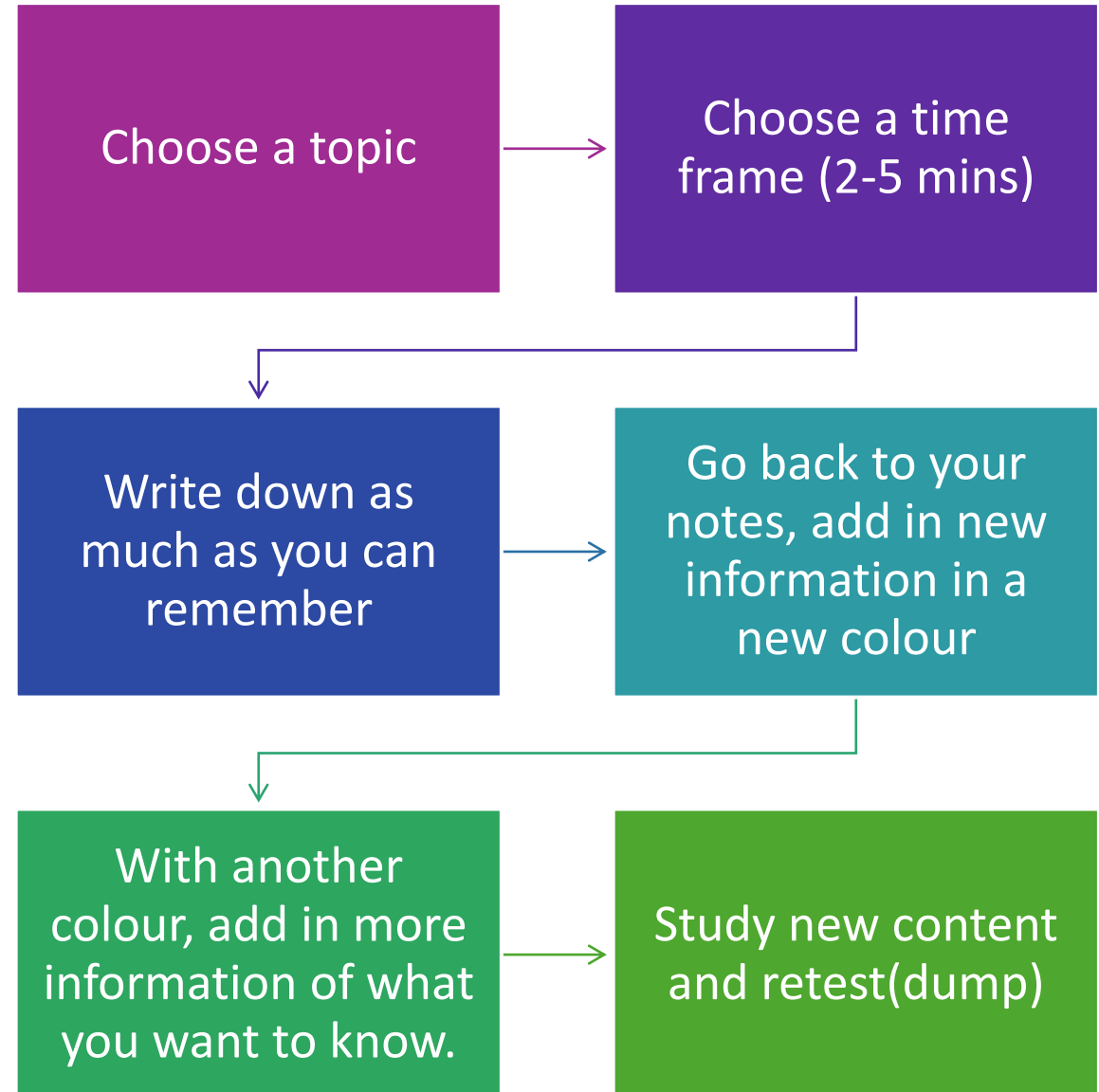
THE POMODORO TECHNIQUE

LONG BREAK 15 - 30 MINUTES



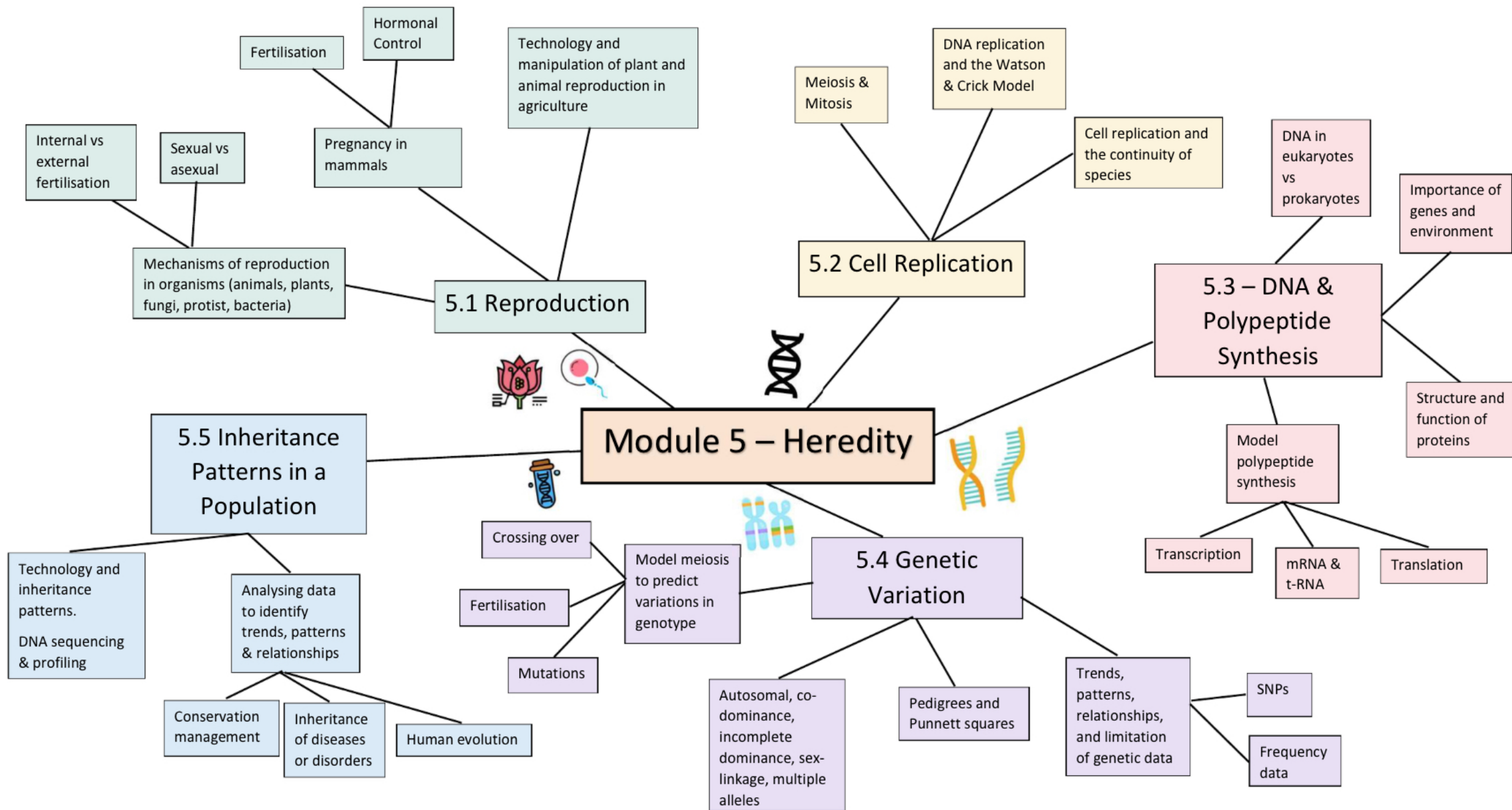


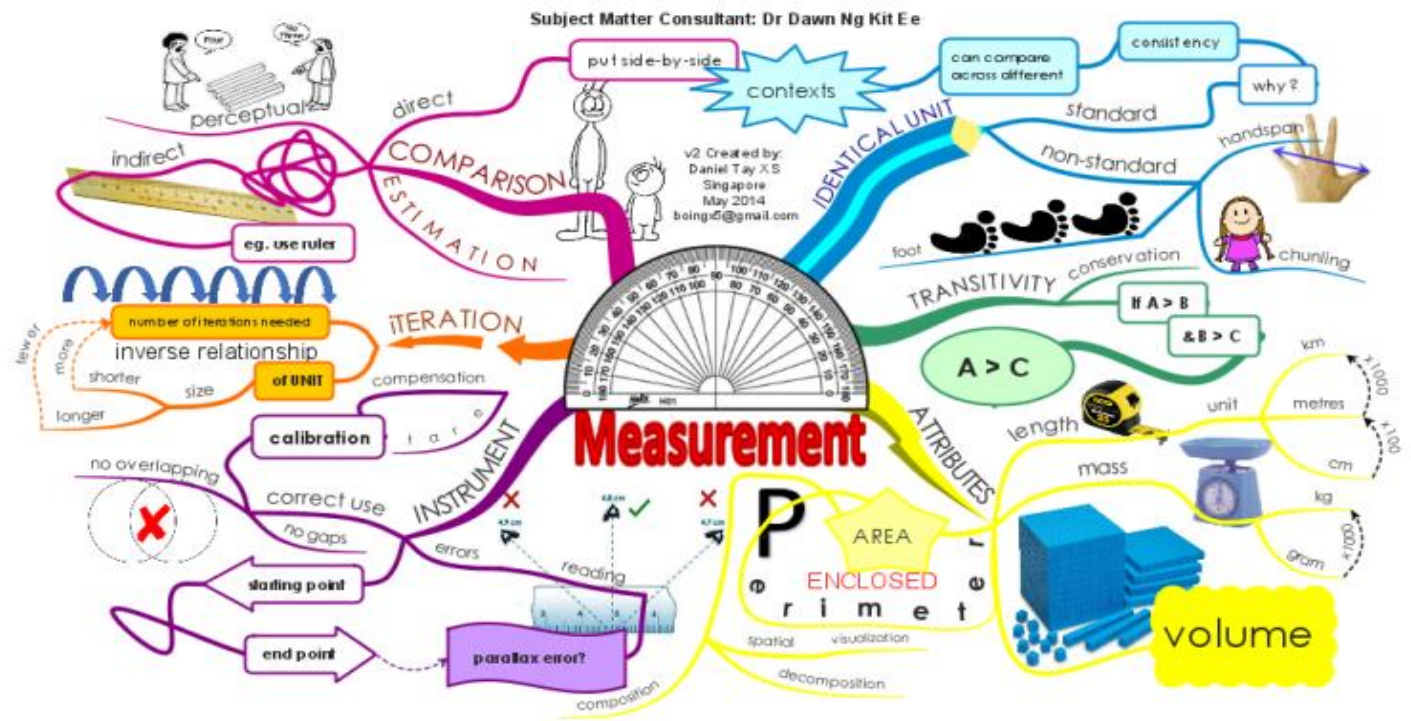
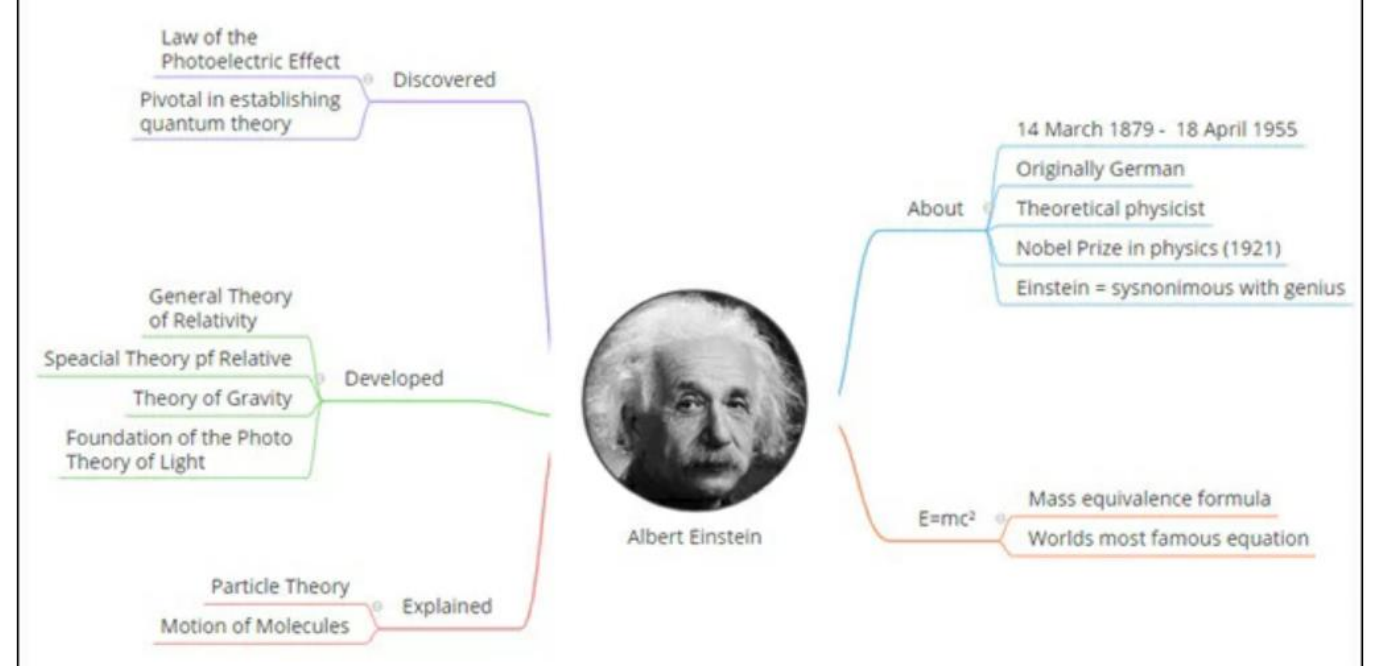
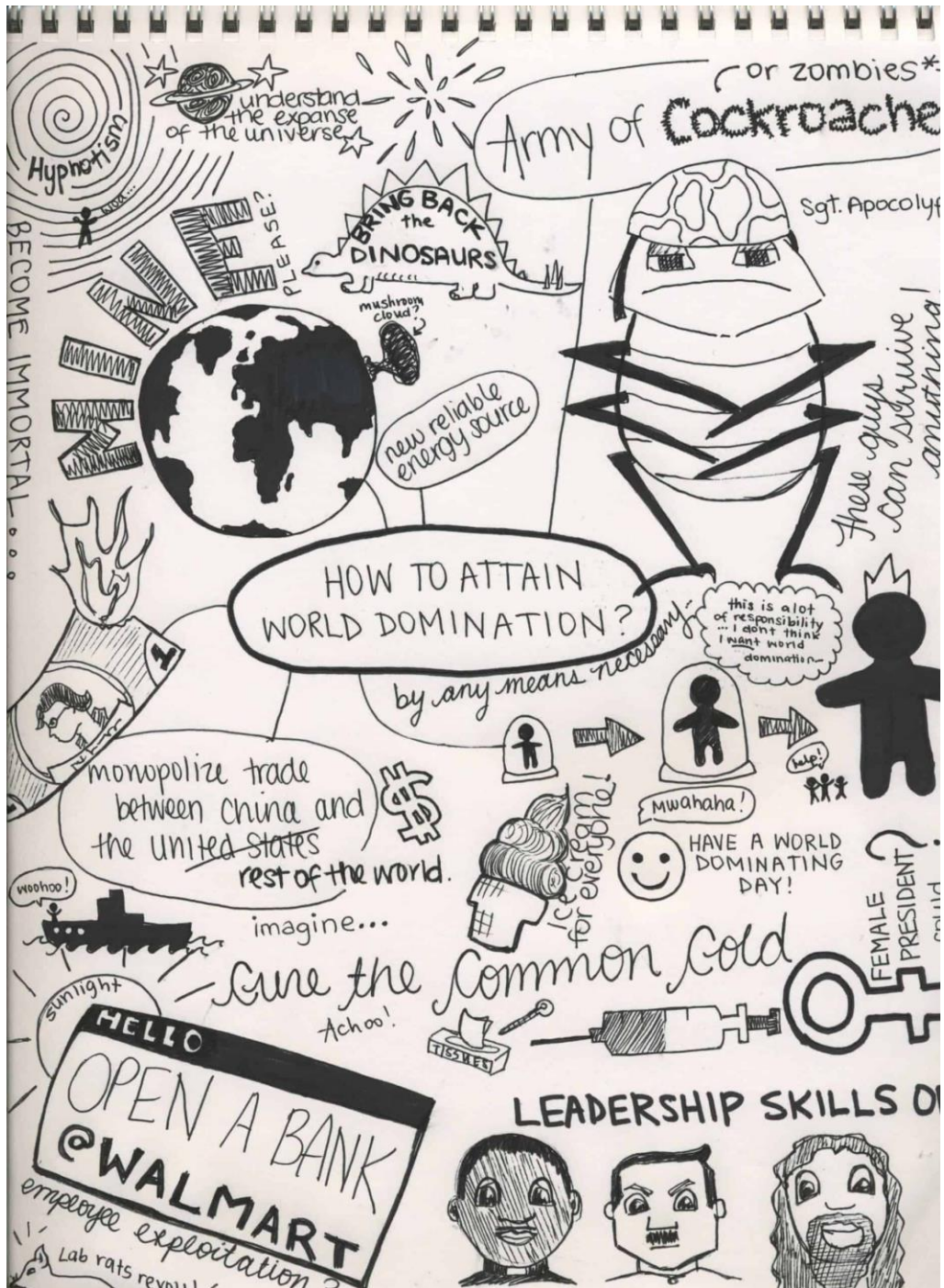
Brain Dump





SALT





FLASH CARDS

How tall is Mount Everest?

FRONT

*8,848 metres above
sea level*

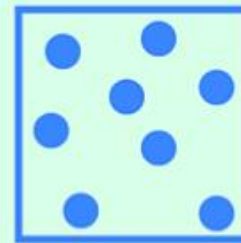
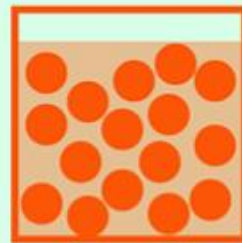
BACK

HOW TO MAKE A GOOD FLASH CARD 🤔

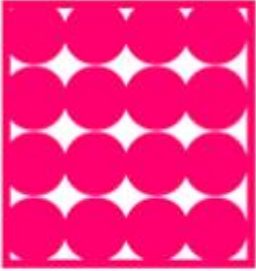


- ✓ Two-sided flashcards are good; one side for the **title** and the other for the **content**.
- ✓ Try to include between five and ten points on each card.
- ✓ Keep them **colourful**! You could highlight or underline key words, use **images**, **doodles**, **photos** and even **colour code** cards for each subject.
- ✓ **CAPITAL letters** are encouraged as these take slightly longer to write and can aid memory.
- ✓ Create from memory, and then check it's correct and add to the detail by using your **exercise book**, **textbook** and **revision guide**.

PHYSICS: TOPIC 4

3 BASIC STATES OF MATTER



3 BASIC STATES OF MATTER

SOLID	LIQUID	GAS
		
<u>VIBRATE</u> ABOUT A FIXED POSITION	<u>SLIDE</u> AROUND EACH OTHER	<u>MOVE QUICKLY</u> IN RANDOM DIRECTIONS
REGULAR PATTERN	RANDOMLY ARRANGED	RANDOMLY ARRANGED
CLOSE TOGETHER	CLOSE TOGETHER	FAR APART
FIXED VOLUME	FIXED VOLUME	VOLUME <u>CAN</u> CHANGE
FIXED SHAPE	SHAPE <u>CHANGES</u>	SHAPE <u>CHANGES</u>

Online apps : Quizlet/Anki/Canva/word/Kahoot

The image is a screenshot of the Quizlet website interface. At the top, there is a dark blue header bar containing the Quizlet logo, a search bar, a 'Create' button, an 'Upgrade to Teacher' button, and a user profile dropdown labeled 'Ransom_Pat...'. Below the header, the main content area is titled 'Literary Terms'. On the left side, there is a sidebar with two sections: 'STUDY' and 'PLAY'. The 'STUDY' section includes icons and labels for 'Flashcards' (highlighted), 'Learn', 'Write', 'Spell', and 'Test'. The 'PLAY' section includes icons and labels for 'Match', 'Gravity', and 'Live'. In the center of the screen, a large white card displays the word 'Synecdoche'. Below the card, there are navigation controls: a left arrow, a progress indicator '1/3', a right arrow, a keyboard icon, and a refresh icon. At the bottom left, it says 'Created by Ransom_Patterson' next to a circular profile icon. At the bottom right, there is an advertisement that says 'Dislike ads, love Quizlet?' and 'Support learning everywhere by upgrading to remove ads' with a small cartoon character.

Apps to download

1. [ClickUp](#) — Best for customizable project management
2. [Miro](#) — Best for visual collaboration
3. [Canva](#) — Best for non-designers
4. [FigJam](#) — Best for real-time co-designing
5. [Figma](#) — Best for mobile collaboration
6. [Mindomo](#) — Best for multiple diagram options
7. [MindMeister](#) — Free starter plan with real-time collaboration features.
8. [Businessmap](#) — Best for enterprise agile management
9. [Coggle](#) — Mind mapping with full change history details in their free plan.
10. [MindMup](#) — Best for simple mind maps

KWL Chart

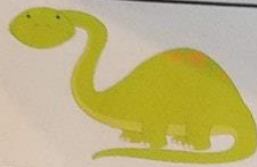
Select a topic you want to research. In the first column, write what you already know about the topic. In the second column, write what you want to know about the topic. After you have completed your research, write what you learned in the third column.

What I K now	What I W ant to Know	What I L earned
	Need to know	

K.W.L Chart **Example**

Topic *Batman*

What I Know	What I Want to Know	What I Have Learned
<ul style="list-style-type: none">- <i>Batman is a superhero who dresses like a bat.</i>- <i>Batman's sidekick is named Robin.</i>- <i>Batman fights crime in Gotham City.</i>- <i>Batman's real name is Bruce Wayne.</i>	<ul style="list-style-type: none">- <i>Who created Batman?</i>- <i>Is Batman friends with Superman?</i>- <i>Is Gotham City a real place?</i>- <i>Why did Bruce Wayne become Batman?</i>	<ul style="list-style-type: none">- <i>Batman's nemesis is the Joker.</i>- <i>Batman was created by Bob Kane.</i>- <i>Gotham City is a fictional place, but Gotham City is also a nickname for New York City.</i>- <i>Bruce Wayne's parents were murdered by a crook.</i>



Dinosaurs

I KNOW...



- Trex was the king of dinos
- They were before humans
- Trex had a lot of Sharp teeth.
- Some dinos could Swim

I WANT TO KNOW...



- About flying dinosaurs
- Where they lived
- I want to see fossils and skeletons
- Which one is the biggest and Smallest

I LEARNED...

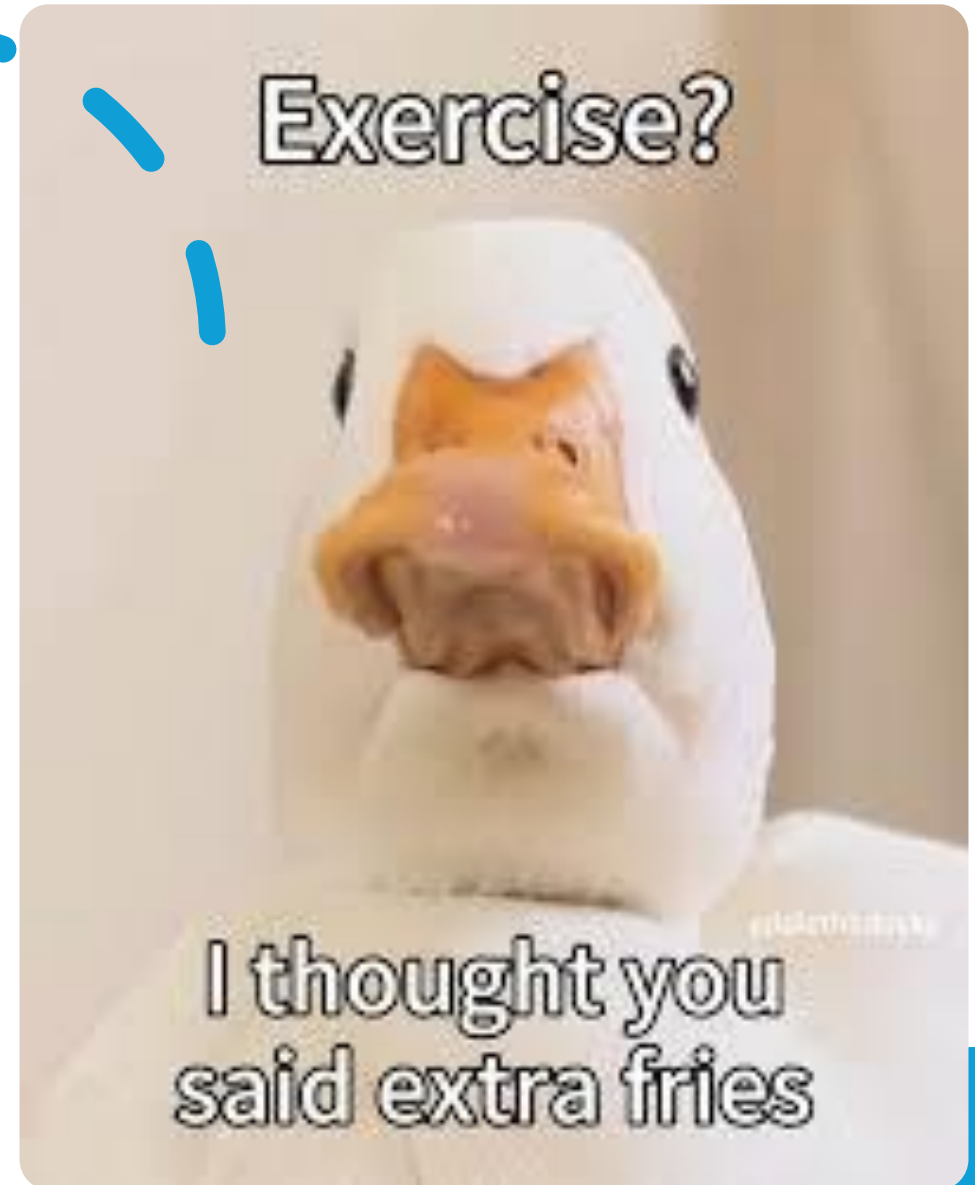


- The biggest dinosaur known is the Argentinosaurus
- Paleontologists are scientists that study dinosaur fossils
- Dinosaurs lived all over the world
- Flying dinosaurs are called flying reptiles



Mnemonics

- Mnemonics are memory techniques that help people remember information by associating it with a **word, sentence, or visual image**. They can be used to help remember **facts, spellings, lists, or the order of a list**.



Mnemonics examples

Mnemonic for the Planets

My → **M**ercury

Very → **V**enus

Educated → **E**arth

Mother → **M**ars

Just → **J**upiter

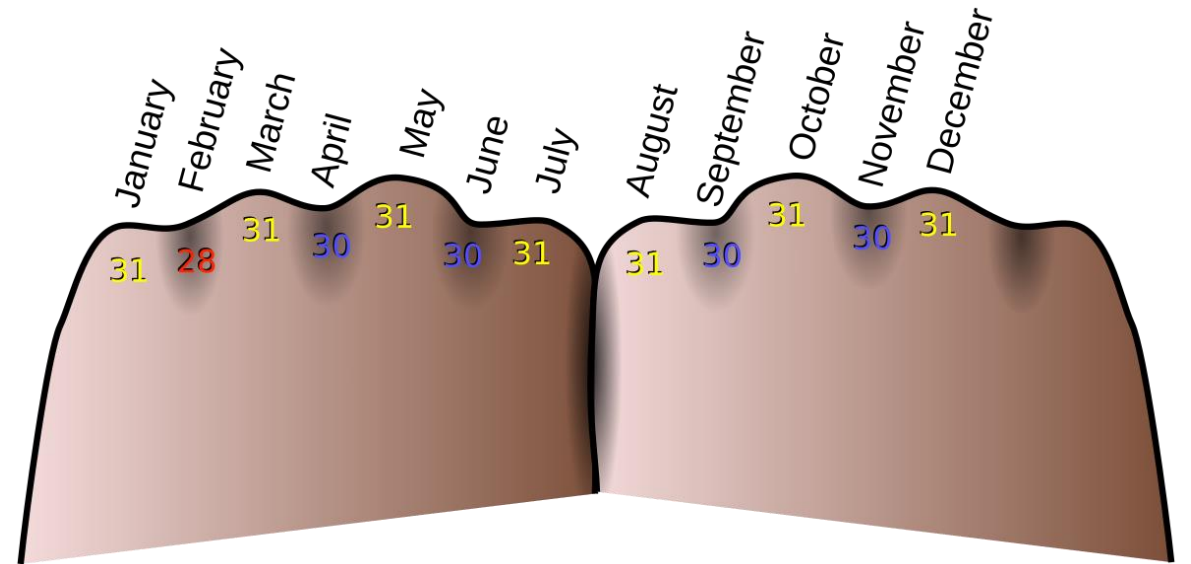
Served → **S**aturn

Us → **U**ranus

Nine → **N**eptune

Pizzas → **P**luto

artofmemory.com



The slide features a light blue background with decorative geometric elements in the corners. The top-left corner has a dark blue square overlapping a medium blue square. The top-right corner has a medium blue square overlapping a light blue square. The bottom-right corner has a medium blue square overlapping a light blue square. The word "Questions?" is centered in a large, black, sans-serif font.

Questions?