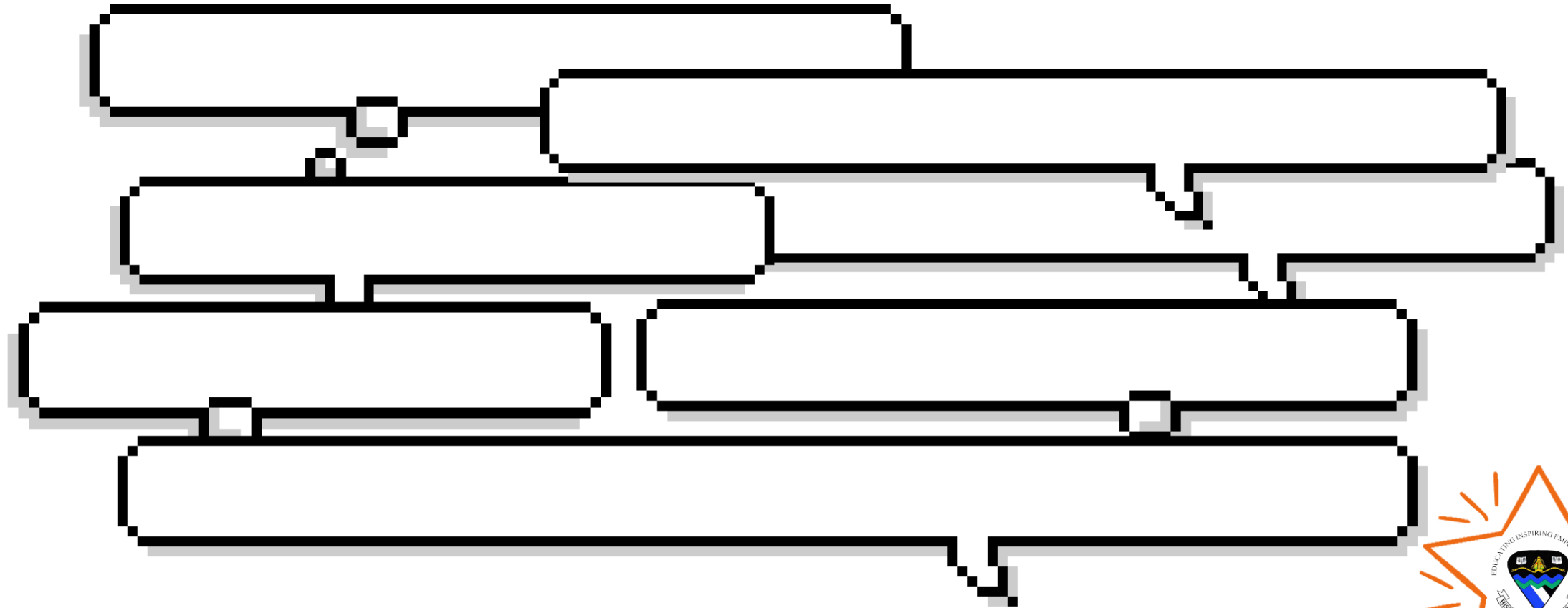


Preparing for your exams



Preparing for your exams

- **Session 1 – Before the exam period begins (Study Advice)**



- Sort out our study schedule
- Get resources organised and ready to use
- Improve our study skills

- **Session 2 – Exam advice from the experts**

- Talking you through the day
- Beat the marker – advice for during your exams



When are my exams?

Monday 22nd April – Thursday 30st May

SQA Exam Timetable 2024

All exam dates and times in one booklet



SQA MyExams app

Create a personal timetable, view your exam schedule, add notes, and add to other calendars



Creating a Study Schedule

Now we know when our exams are we need to work out how much time we have left to get prepared and what to prioritise during that time!

Planning to study is one thing – *scheduling* it in with details makes all the difference.



Where do I start?

Target Grades and Working grades!

Subject	Target Grade	Working Grade
N5 Art	2	2
N5 English	1	2
N5 Maths	2	4
N5 Computing	3	4
N5 Spanish	3	5
N5 Chemistry	2	7

Look at your previous reports, grades on Satchel, MS Teams content – you have so much information at your fingertips

**SPEAK TO YOUR
TEACHERS!**

They are the experts you should be asking questions and absorbing all of their advice.



Time Management - Planning Your Study

On the run up to assessments it is important to schedule when we will study. This will save us time in the long run and will help us feel much more calm, organised, and efficient!

On the study schedule template provided, try to;

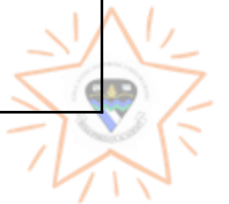
- ❑ Fill in when and how long you will study for each of your chosen subjects.
- ❑ It is important to have balance too so add in other commitments that are important to you (e.g exercise, sports, clubs, instrument lesson, part-time jobs, meeting with friends etc...)

Tips

- ❑ Include sessions for all chosen subjects.
- ❑ Shorter consistent study sessions spread throughout the week are much more effective than cramming on one or two days for long periods!
- ❑ Interleave your study - This is where you mix up the subjects and topics you revise - E.g 30 minutes of Shakespeare, 30 minutes of algebra, 30 minutes of Poetry, etc - rather than attempting four hours of English study on one day.

Study Schedule (Study Leave)

	9.00-10.00	10.00-11.00	11.00-12.00	12.00-13.00	13.00-14.00	14.00-15.00	15.00-16.00	16.00-17.00	17.00-18.00	18.00-19.00	19.00-20.00
MON											
TUES											
WED											
THU											
FRI											
SAT											
SUN											



Study Schedule (when in school)

Week Days	7-8		8-9		School	4-5		5-6		6-7		7-8		8-9		9-10	
Monday																	
Tuesday																	
Wednesday																	
Thursday																	
Friday																	
Weekend	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10		
Saturday																	
Sunday																	



What does the research say?

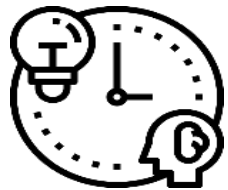


Pomodoro Technique

Small 25 minute sessions = 5 minute break

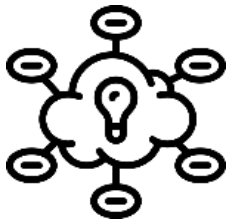
After 3 sessions = 30 minute break

Top tip – move around during your break to keep your attention span at its peak performance



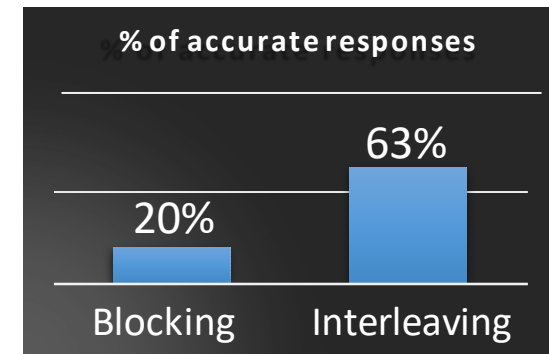
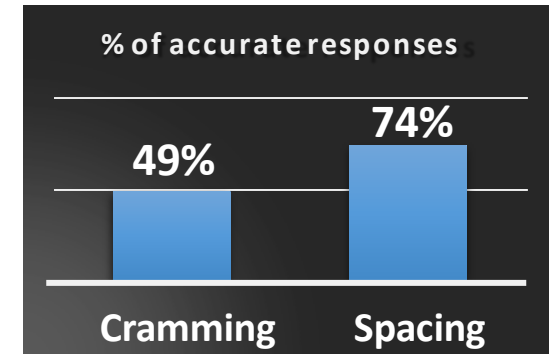
Spacing

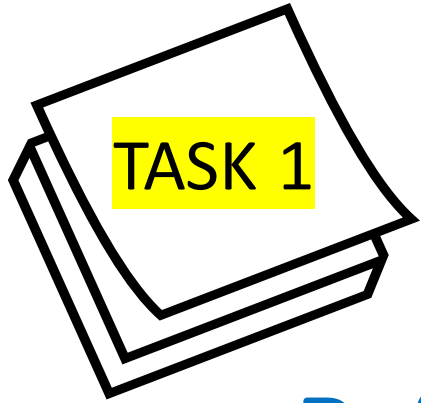
Smaller chunks over a long time is more beneficial than cramming an entire subject in a day. An hour of Physics each day for 5 days is much more effective than 5 hours in one day.



Interleaving

This is where you mix up the subjects and topics you revise - 30 minutes of Shakespeare, 30 minutes of algebra, 30 minutes of Poetry, 30 minutes of Ratio - rather than an hour of English and an hour of Maths.





Easter Break Study Schedule

Reflect

- What subjects do I need to focus on?
- TG and WG for each subject
- Would I be happy with my WG in August?

Schedule

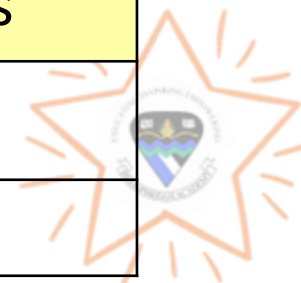
- Add in Easter Revision Sessions
- Add in other commitments
- Schedule in chunks of revision




Easter Break Study Schedule

Week 1

	9.00-10.00	10.00-11.00	11.00-12.00	12.00-13.00	13.00-14.00	14.00-15.00	15.00-16.00	16.00-17.00	17.00-18.00	18.00-19.00	19.00-20.00
MON				Lunch	Chemistry Easter Revision				Spanish	Dinner	TV
TUES		English Easter Revision		Lunch		Chem.			Maths	Dinner	TV
WED		Maths Easter Revision		Lunch					Art	Dinner	
THU		Art Easter Revision		Lunch	Spanish Easter Revision				Chem.	Dinner	
FRI								Plans with Friends			
SAT	FOOTBALL				Spanish	Chem.			Maths	Dinner	
SUN											

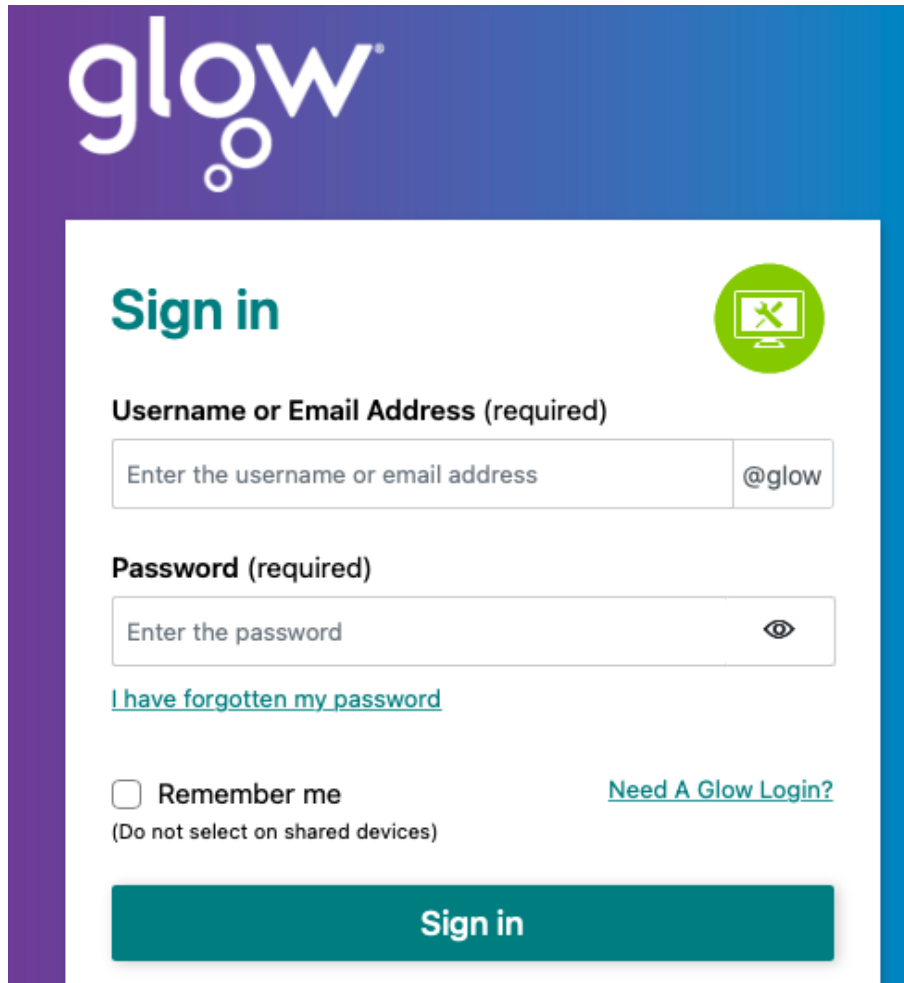


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Where can I find revision materials?



The screenshot shows the 'glow' login interface. At the top left is the 'glow' logo. Below it is a 'Sign in' heading with a green circular icon containing a computer monitor with a red 'X'. The form includes a 'Username or Email Address (required)' field with a placeholder 'Enter the username or email address' and a suffix '@glow'. Below that is a 'Password (required)' field with a placeholder 'Enter the password' and an eye icon. There is a link for '[I have forgotten my password](#)' and a checkbox for 'Remember me' with the note '(Do not select on shared devices)'. A link for '[Need A Glow Login?](#)' is also present. At the bottom is a large green 'Sign in' button.



Microsoft Teams

(Accessing all the amazing class work
& Supported Study materials your
teachers have made)

Satchel: One

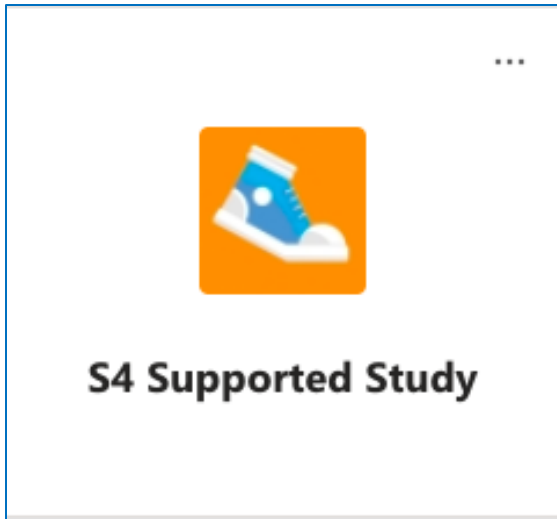
(Old SMHW: The Online
Diary to organise your time)



Where can I find revision materials?



Microsoft
Teams

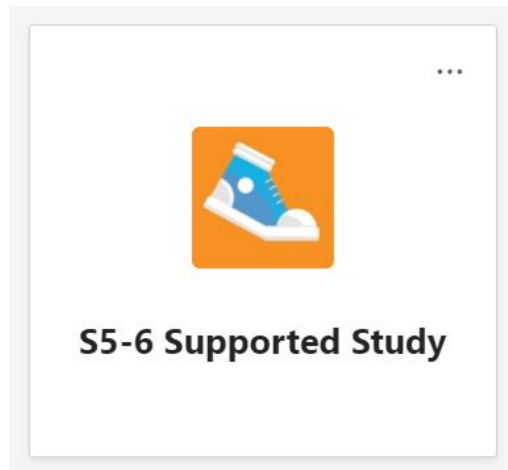


The screenshot shows a Microsoft Teams interface. On the left is a sidebar with 'All teams' and a list of channels for 'S4 Supported Study', including 'Class Notebook', 'Assignments', 'Grades', 'Insights', 'General', 'Business Management', 'Computing Science', 'Design and Manufacture', 'Engineering Science', 'English1', 'Geography', 'Graphic Communication', 'Physics', 'Psychology', and '19 hidden channels'. The main area shows a 'Physics' channel with tabs for 'Posts', 'Files', and 'Notes'. A post from 'Mrs Wallace' dated '08/03 15:27' says 'Hello everyone, here is the week 3 session on Space to complete at home.' and includes a file attachment 'N5 Physics SS Block 2 WEEK 3 LW.pptx'. Below the post is a dropdown menu titled 'S4 Supported Study' listing various subjects: Accounting, Administration, Art and Design, Biology, Chemistry, Drama, French, Gaidhlig, German, Health and Food Technology, History, Maths, Media, Modern Studies, Music, Physical Education, Practical Woodwork, RMPS, and Spanish.

Where can I find revision materials?



Microsoft
Teams



Physical Education Posts Files Notes +

Block 1 Higher PE supported study materials

IMPORTANT!
Please see below information regarding this blocks supported study materials.
[Universal Support Resources](#)

Week 1 (wb 13/11) - Course overview, Factors Impacting Performance & Describing Methods of Gathering Information - Physical (MSFT), Mental (SCAT) & PPW (BOTH)
Higher Overview 1.pptx
Physical factors Video.pptx
Mental factors Video.pptx
1. Describe MSFT.pptx
1. Describe SCAT Video Lesson.pptx
Describe PPW all factors.pptx

Week 2 (wb 20/11) - Describe an Approach to Develop the Physical Factor/ Explain or Evaluate
1. Skill Conditioning Approach - Describe.pptx
2. Explain Skill Circuit Training.pptx
3. Evaluate Skill Circuit Training.pptx

Week 3 (wb 27/11) - Approaches to Develop (Interval/Fartlek, Skill Circuit Training, Positive Self Talk)
1. Describe Interval Training Video Lesson.pptx
2. Describe Positive Self Talk Video Lesson.pptx

Week 4 (wb 4/12) - Methods of Monitoring & Evaluating (Training Diary & Re-testing)
1. Describe Training Diary.pptx

Week 5 (wb 11/12) -
PDP & Revision of topics covered above
1. PDP and questions.docx
2019 Paper.pdf
2019 Marking Instructions.pdf

If you have any questions or would like any answers checked/ marked please just contact us through this Team or via email - ed027sjohnson@glow.sch.uk

[See less](#)

New conversation

Get Organised



Your workspace

'A clear space allows a clear mind'

Ensure you have all study materials organised BEFORE you start studying
This includes sorting digital resources!




Your To-Do list

'If you fail to plan you plan to fail'

Empty your mind of all the stress of remembering what you have to do – get organised by listing in terms of priority



Preparing for your 2022 exams

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How do I study?



What about re-reading notes and **highlighting** key points?

According to research, 84% of students admit to using this technique to revise, and 55% claim it is their favourite technique.

But is it really effective? Reading a whole chapter of a textbook, or reading through 3 previous essays, is quite a lot of work, so surely it's beneficial?

But how much do you actually remember the next day, next week, next month?





Re-reading notes and **highlighting** key points

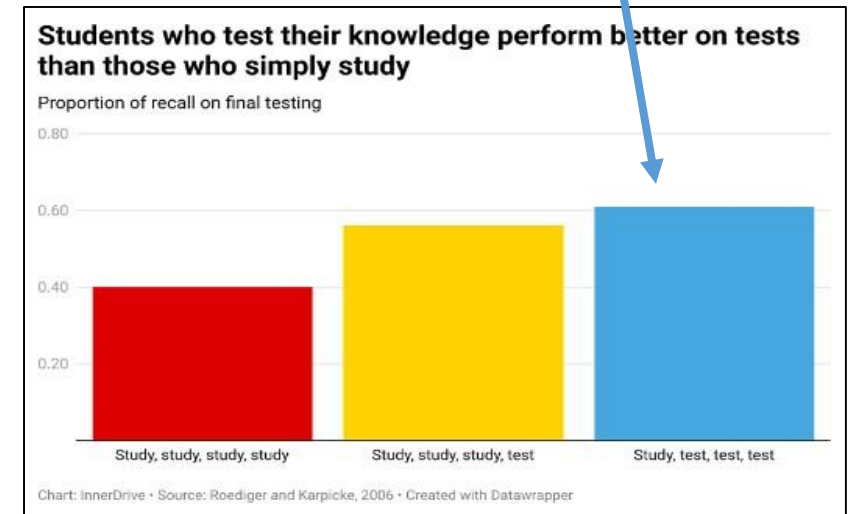
What does the research say?

A study in 2006 (*Roediger and Karpicke*) compared the learning of three groups who used a combination of re-reading and retrieval practice to prepare for a test.

When asked, those who just relied on re-reading *believed* it was an effective strategy for learning and felt really confident about the final test.

The results said the opposite, though - those who used retrieval practice did at least 30% better in the final test.

Study, Test, Study Test





Re-reading notes and highlighting key points

Another study in 2016 (*Smith et al*) took similar groups and subjected half of them to stressful environments before testing how much they could remember. Students who had just re-read their notes performed 32% worse in stressful situations, whereas students who had used retrieval practice were not negatively affected by increased stress. This is clearly beneficial in exam situations.





Listening to music when revising?

Music can be beneficial for certain tasks - it can improve our mood, boost our motivation and increase creativity.

But is it helpful when revising?

According to research, 47% of students believe music helps them concentrate and 29% claim it keeps them calm.



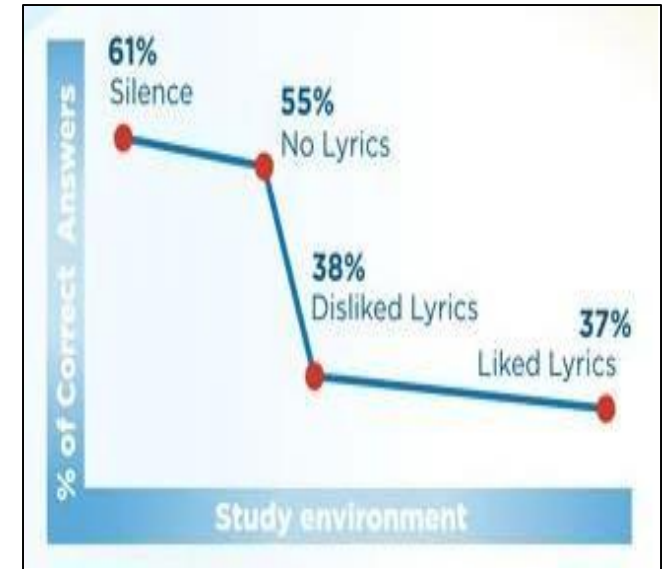


Listening to music when revising?

A 2014 study (*Perham and Currie*) compared four study groups: one group working in silence; another revising to songs they liked; a third group revising to songs they didn't like; the final group listening to music without lyrics.

Those revising in silence performed significantly better than those listening to songs with lyrics, and it made no difference if they liked the songs!

Despite what many students think, listening to your favourite songs is not the best way to revise; music takes up processing space in the brain, leaving less space to process revision materials.





Retrieval Practice

Retrieval is trying to remember information you have previously learned, so you can access it easily at a later date. When we are asked a question, our brain makes connections to other things we know.

By repeating the question regularly, those connections are strengthened, and eventually the information transfers to our *long term memory*.





Retrieval Practice – Study Skills



Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in exam conditions, then check your answers and identify the gaps in your knowledge, so you can target your revision.



All subject past papers
available via the SQA website
- Search here





Retrieval Practice – Study Skills



Flash cards

Write flashcards for each topic, in all subjects, then mix them up for the most effective revision. Check out the Leitner System for effective spacing and interleaving. Keep your flashcards simple – one question, one answer per card.

Leitner Flashcard system:



Prefer going digital? Download the Brainscape flashcard app for free here:





Retrieval Practice – Study Skills



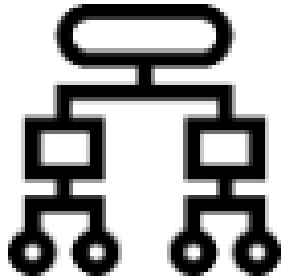
Brain dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try to fill the gaps without the notes. Check your notes a third time and add the missing information.





Retrieval Practice – Study Skills



Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if your plan meets the criteria. Do this for a number of questions, then choose one and write the full response.





Retrieval Practice – Study Skills



Quizzes

Write a set of questions and answers and ask someone else to test you. It's important to either write or say your answers aloud. Reading through quizzes in your head can give you a false sense of security.





Retrieval Practice – Study Skills



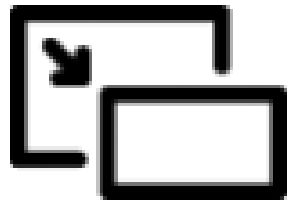
Practise introductions

For essay subjects, take a past exam question and practise writing effective introductions and conclusions. Look back at your notes and remind yourself of the important things to remember. Practise for different topics, texts and papers.





Retrieval Practice – Study Skills



Thinking hard: reduce

Read a section of your notes then put them aside and reduce what you read to 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.





Retrieval Practice – Study Skills



Thinking hard: transform

Read a paragraph from your notes or a text book and transform it into a diagram, chart or sketch – no words allowed. Look at a diagram in Science, for example, and transform it into a paragraph of explanation.





Retrieval Practice – Study Skills



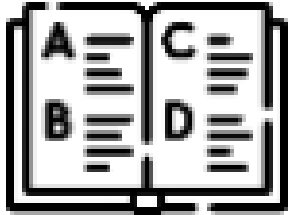
Thinking hard: connect

For each subject, consider the exam papers and group together questions that require the same technique to answer. Write down the requirements of each type. Find a previous example you've completed and identify where you've met the criteria.





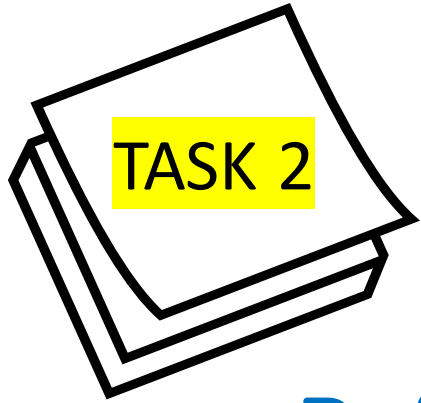
Retrieval Practice – Study Skills



Key vocabulary

For a particular topic, make a list of key vocabulary, then do the following: define each word; use each term in a sentence; create a question where the key word is the answer; identify other words which connect to each of the words in your list.





Retrieval Practice – Study Skills

Reflect

- Which 2 study skills would I like to implement?
- Which subjects will I focus on first?

Schedule

- Take note of when you will apply them on your schedule
- Plan what materials you will need to hand




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Your Exam process



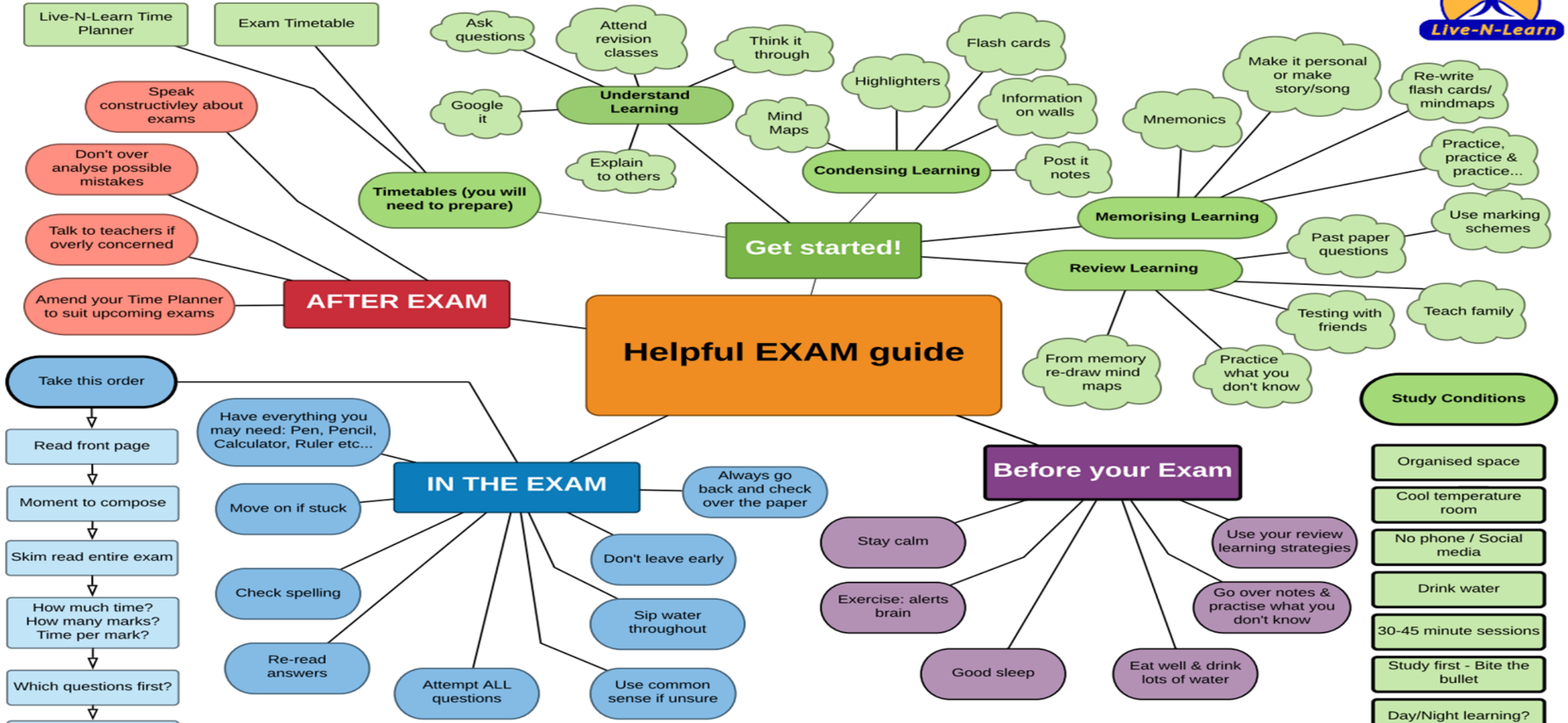
What to expect:

- Before your Exam
- On Exam Day
- After your exam



EXAM PREPARATION

NAME: _____



IT'S NOT ALWAYS THE PEOPLE WHO START OUT THE SMARTEST WHO END UP THE SMARTEST!



Before an Exam

- Check Exam timetable – both the time and date
- Get clothes out ready to go for the next day
- Pack your bag with equipment. At least 2 pens, 2 pencils, rubber, highlighter, ruler & calculator if required.
- Check bus times – you want to plan to get in early
- Get to bed early!!



On Exam Day

- Eat Breakfast – pack a bottle of water
- Leave early – you don't want add to the stress of the day
- Have your SCN with you
- Check your desk/seat number
- Get outside the exam room 10 mins before – check you have everything!



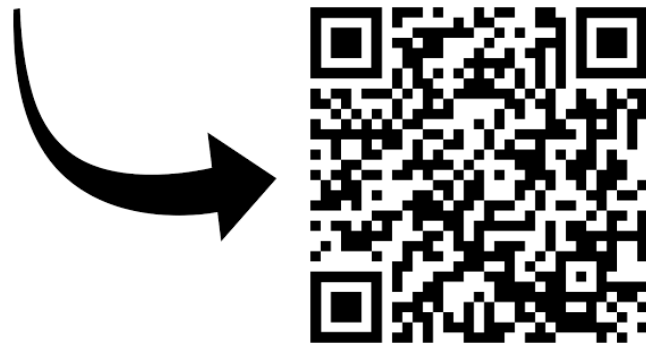
Prohibited items

- X All electronic devices such as iPods, tablets, airpods, smartwatches or any device that stores information or can connect to the internet
- X Mobile phones
- X Extra information – books, sketches or paper, and anything written on your clothes or body
- X Pencil cases or calculator cases
- X Calculators (except when allowed)
- X Dictionaries (except when allowed)
- X Notes (except when allowed)



After your Exam

- Don't panic yourself by discussing answers with your peers – as hard as it may be!
- Put your performance behind you and focus on the next exam
- Sign up to MySQA ahead of results day



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TIMING

Beat the marker

advice from the experts!

Timing is so important!
For N5 this is around 1.5
minutes for every mark

Timing!!! – you don't
always need to answer
the questions in order –
prioritise what takes the
longest time

Always allow time to
check answers at the
end – no blanks



TIMING

Beat the marker

advice from the experts!

How can I beat the marker?

- ❑ Practice all past papers under timed conditions – most subjects are around 1.5 minutes per mark. *Ask your teacher if you are unsure if this applies to a specific subject!*
- ❑ If you are spending longer than the allocated time on a question – move on and come back to it at the end! *Take your teachers advice – e.g. if in French they say start with the writing section first before the reading section, make sure you practice this!*



COMMAND WORDS

Beat the marker

advice from the experts!

If you don't follow the command – you won't access the marks.
Deciphering these is a skill pupils must practice!

Command words indicate how long you should take on a question *and* how detailed your answer must be!

The clue in what to write is in the question with command words!



COMMAND WORDS

Beat the marker

advice from the experts!

How can I beat the marker?

- ❑ Learn what each command word means for your subjects
 - State/name = short sharp and to the point*
 - Describe = say what you see*
 - Explain = give detailed reasons why... etc*
- ❑ Look at past paper questions – what command words do you see? What is the marking scheme looking for?



STRUCTURE & DETAIL

Beat the marker

advice from the experts!

Not structuring answers properly loses so many marks – explain *every* detail to the marker

Lack of terminology in answers... Pupils must link back key ideas to the question.

Not using answering technique taught for each command word



STRUCTURE & DETAIL

Beat the marker

advice from the experts!

How can I beat the marker?

- ❑ Focus on what structure/answering technique your teacher recommends in your subject

*This often helps the marker give you the marks! Aim for clear
concise and detailed!*

- ❑ When reviewing answers check – did I answer the question? If I was explaining this question to a non-expert would this be enough detail?



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TAKE SMALL
STEPS EVERY DAY
AND YOU'LL
EVENTUALLY GET
THERE.
THEGOODVIBE.CO

HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD

DO SOMETHING TODAY
THAT YOUR FUTURE SELF
WILL THANK YOU FOR