

S5 PARENTAL STUDY SKILLS WORKSHOP

**PRACTICAL WAYS TO SUPPORT STUDYING AT
HOME**

PARENTAL ENGAGEMENT

- “Parental engagement is recognised in the [National Improvement Framework](#) as one of seven key drivers in achieving excellence and equity in Scottish education. The engagement of parents and families can help raise attainment for all and help to ensure every child has an equal chance of success.” (Education Scotland 2018)
- **Scottish Schools (Parental Involvement Act) 2006** – “It places duties on schools, local authorities and Scottish Ministers to help all parents to be involved in their own child's learning, to be welcomed as active participants in schools, and to be able to express their views on school education generally.”





WORKING TOGETHER TO HELP YOUNG PEOPLE DO THEIR BEST

Aims for this session	R	A	G
To highlight key places your child can find support with studying.			
To provide helpful 'How to...' guides on supporting your child with their studying.			
To provide practical ideas for supporting studying at home.			

STUDY SUPPORT @BA

1. Show-My-Homework
2. Home Engagement Initiative
3. GLOW
4. Supported Study
5. Study Weekend
6. Easter Revision
7. Learning Journals





🏠 / Votes for Women Essay

Votes for Women Essay

S5 History E HIHIE1 C837 HIGH

Description

Insights

Assess

Actions ▾

Task description

Share this task?



■ Miss J. McGee set this assignment for group S5 History E HIHIE1 C837 HIGH - History/Modern Studies

Set on Mon 20 Aug

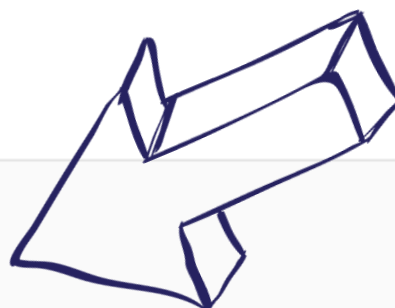
Due on Fri 24 Aug

To what extent was the militant Suffragette campaign the most important reason to the achievement of votes for some women by 1918? (20 marks)

You can submit online via SMHW or GLOW or in class.

Important information

- This homework will take approximately 50 minutes
- Miss J. McGee would like you to hand in this homework online via Show My Homework



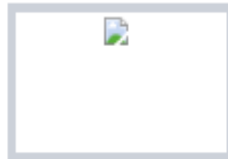
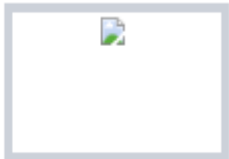
SMHW



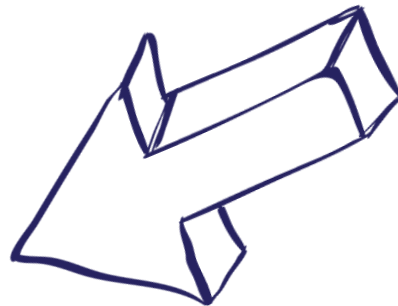
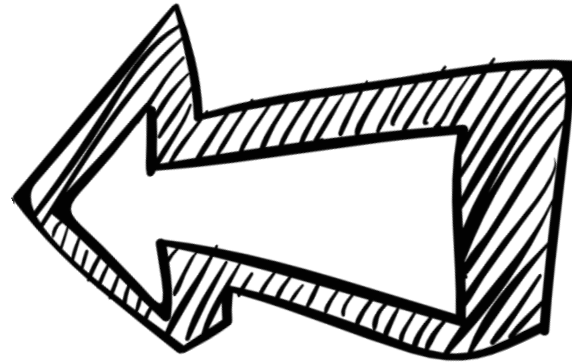
Resources to help you

- PPTX** 2_FACTOR_5_Influence_fro.pptx
↓ Download
- PPTX** 2_FACTOR_1_Changing_atti.pptx
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- PPTX** 2_FACTOR_3_WSPU.pptx
↓ Download
- PPTX** 2_FACTOR_2_NUWSS.pptx
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- PPTX** 2_FACTOR_2_NUWSS1.pptx
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- PPTX** 2_FACTOR_4_Women_in_WW1.pptx
↓ Download
- PPTX** Higher_History-intro-co.pptx
↓ Download

Web links



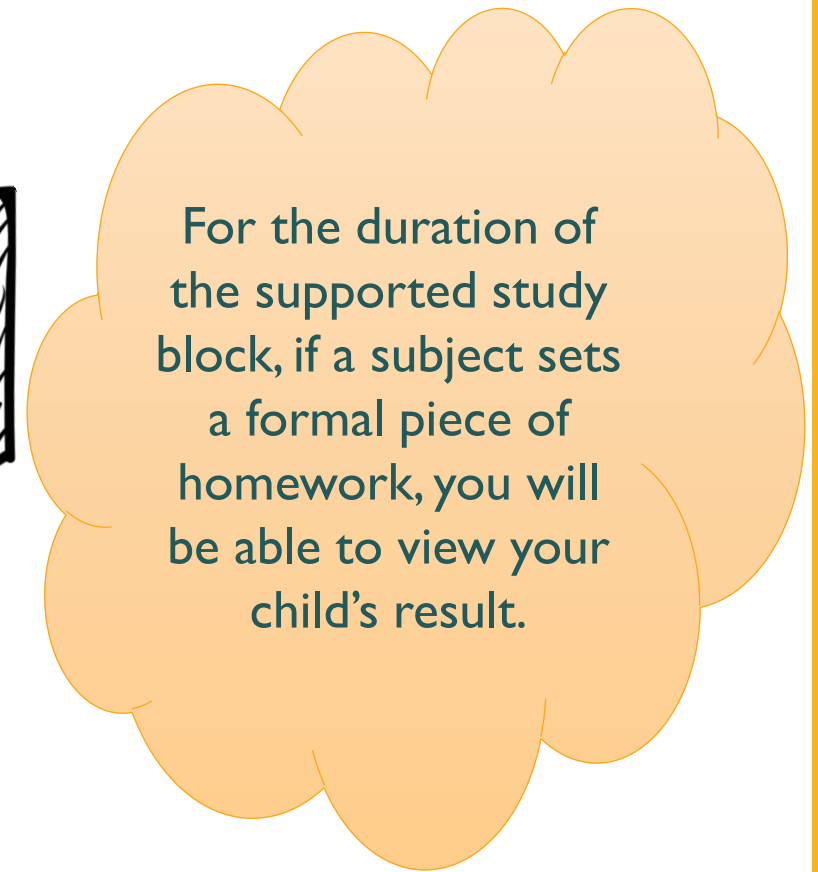
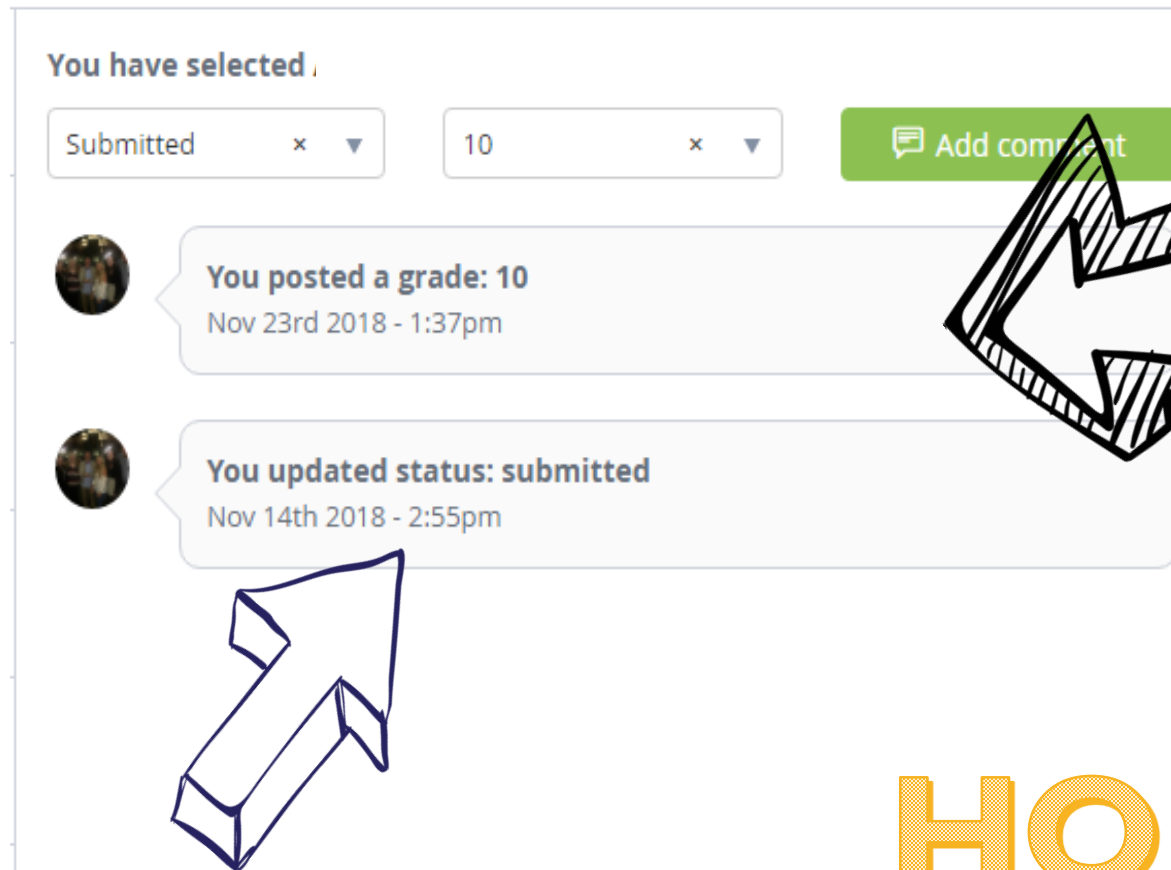
www.bbc.com/bitesize/guide... www.parliament.uk/about/li...



SMHW Functions

When a piece of homework is set, the teacher will outline:

- Description of the task
- Date set and date due
- Estimate of time required to complete task
- Resources to help if necessary
- Weblinks to help if necessary



As always, you can
view your child's
submission status

HOME ENGAGEMENT INITIATIVE

GLOW RESOURCES



- On our GLOW website, we have a range of resources for every subject
- These resources can be used by pupils to catch up with lessons if they are absent, to consolidate their learning from class or to revise

<https://glowscotland.sharepoint.com/sites/8340030/SitePages/Home.aspx?wa=wsignin1.0>

SQA RESOURCES



- Use to download **app for exam timetable**
- View **course specifications** – *fill in the blank hand-out*
- View **specimen papers & marking instructions**
- View **past papers & marking instructions**
- View **course report** – provides insight into areas where candidates did well/found challenging last year


<https://www.sqa.org.uk/sqa/41292.html>

2019 exams: 25th April - 31st May


SCHOLAR

- Subject-specific notes for over 30 SQA subjects
- Online tutorials
- Revision planner tool
- Assessments with instant feedback





HOW TO EFFECTIVELY STUDY



THE BENEFITS OF BEING ORGANISED...

- **85% of young people do not get enough sleep** – this can have a massive impact on their ability to learn effectively. Creating and sticking to a regular time to go to sleep with no distractions (phones etc.) will help to reduce stress.
- **SAMH** (*our school's charity this year*) recommends **creating a study timetable**, making yourself **aware of resources available to you** (GLOW/SMHW) and **finding out the structures of assessments in advance** can be extremely helpful in reducing anxiety/stress
- SAMH also offer a helpful guide which can be downloaded from their website which has top tips for reducing school-related stress/anxiety

PREPARATION IS KEY!

MAKE YOUR OWN GRIDS TOGETHER

<p>Important & cannot be rescheduled</p> <ul style="list-style-type: none">➤ Paper round➤ Homework➤ Babysitting➤ Dance class	<p>Important but can be rescheduled</p> <ul style="list-style-type: none">➤ Revision➤ Seeing friends
<p>Not important & cannot be rescheduled</p>	<p>Not important & can be rescheduled</p> <p>These can be used to plan an effective & realistic timetable</p>

The following is an example of a completed study timetable
for an S5 pupil preparing for Higher exams

He studies:

- Higher Physics
- Higher Geography
- Higher Admin
- Higher Spanish
- Higher English

Outside school commitments:

- Football training
- Work in a restaurant

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00- 9:00	School	School	School	School	School	Football Training	Spanish
9:00-10:00	School	School	School	School	School	Work	Admin
10:00-11:00	School	School	School	School	School	Work	Break
11:00-12:00	School	School	School	School	School	Work	Physics
12:00-13:00	School	School	School	School	School	Work	Physics
13:00-14:00	School	School	School	School	School	Work	Break
14:00-15:00	School	School	School	School	School	Break	Break
15:00-16:00	School	School	School	School	School	Break	Geography
16:00-17:00	Football Training	Spanish	Work	Spanish	Admin	English	Geography
17:00-18:00	Break	Break	Work	Spanish	Spanish	English	Break
18:00-19:00	Spanish	Physics	Work	Break	Break	Break	Break
19:00-20:00	Admin	Physics	Work	Admin	Geography	Break	Break
20:00-21:00	English	Break	English	Admin	Geography	Break	Geography
21:00-22:00	Break	Break	Physics	Break	Break	Break	English

Work together to
complete your own
study timetable.

CREATING THE PERFECT STUDY ZONE

- Ensure you have all the resources you need before you begin
- Have a plan – which task will you focus on?
- Use the **Pomodoro technique** – 25 mins per Pomodoro then a 5 min break. After 3/4 Pomodoros take a 15/20 minute break
- Make sure the study area is the correct light and temperature for you to study effectively
- Limit distractions – use the social media screen time feature in smartphone to limit use OR reward yourself with a quick check of social media after 4 Pomodoros



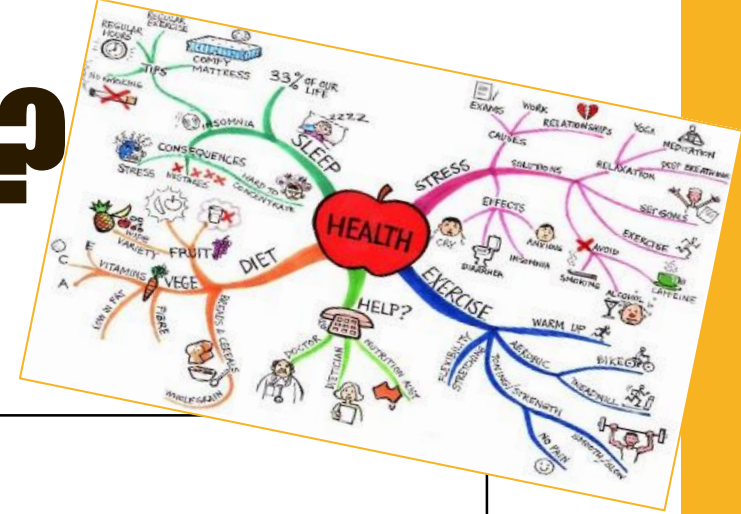
DON'T STUDY ON YOUR BED!

- Studying in sleeping areas is the very definition of NOT maintaining a clear separation between work and rest, and most often leads to **increased levels of stress and insomnia**. This, in turn, can **decrease your concentration and ability to study** in the long term.
- By blurring the lines between study-time and free-time, you'll only create spill over stress for yourself and be stuck in a cyclical effect of **non-productivity and anxiety**. So keep your study location to a desk or a table.





HOW CAN YOU HELP? STUDY SKILLS



- Help keep study zones for studying
- Teach someone else – **90%** remembered compared with **5%** if read over notes
- Different techniques – highlighting, mind-maps, recording information on tape, mnemonics, flow-charts, flash-cards etc.



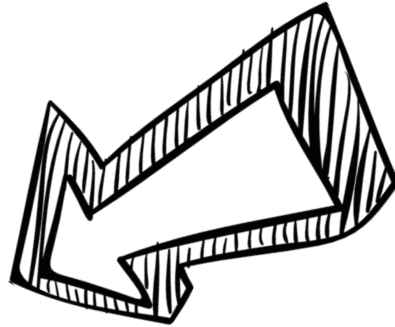
Memorise

Review

UNDERSTAND...

- Teacher led

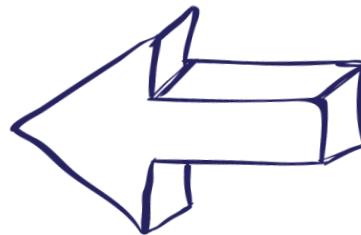
- **Asking questions**



If you're unsure of a concept, or, would like more information – ask your teacher to re-explain it!

- **Discussing with other students**

- Using notes/jotter



Aim to revisit your notes within 24 hours of learning something new – your future self will thank you for it!

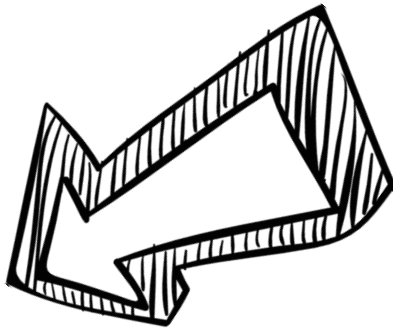
UNDERSTANDING HIGHLIGHTING

- It is important to only highlight key points, otherwise it loses its value!
- Take 2 minutes to read the information page and highlight the key points which give tips on how to support studying



CONDENSE...

- Cue Cards
- Flow Charts
- Flash Cards
- Bullet Points
- Mind Maps



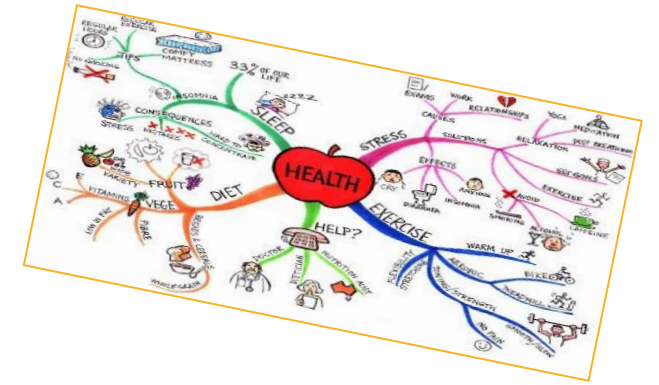
For subjects that require you to read & remember large amounts of text, e.g. English, History, Psychology etc. - aim to summarise the key point after every paragraph.

This could be written down, spoken, put on a whiteboard or simply thought!

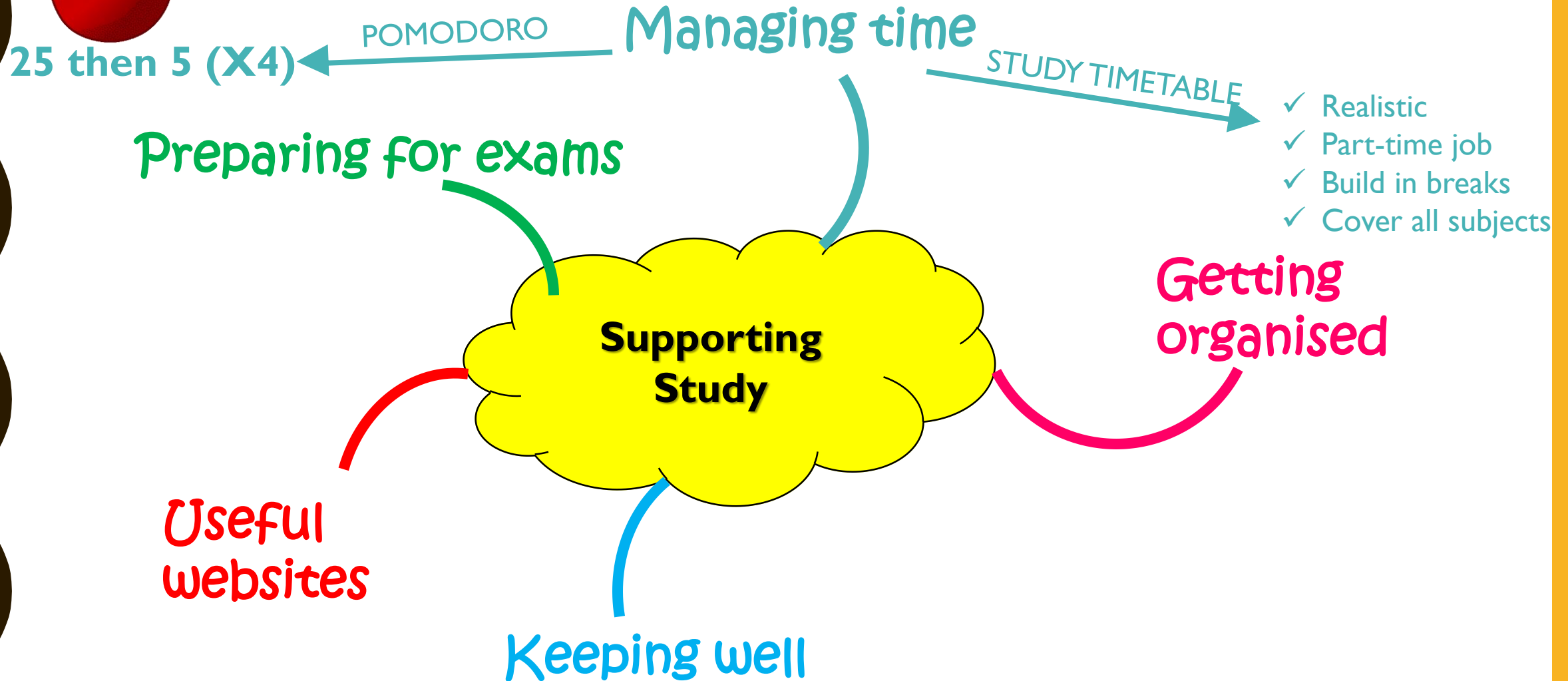
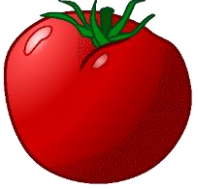
MIND-MAPS



MIND-MAPS



- Mind-maps allow you to ‘map out’ your ideas about a particular topic.
- By creating a mind-map, you can connect your learning by highlighting relationships between concepts and ideas which should make the topic you are learning about much easier to understand.
- Mind-maps are a way of condensing your knowledge of a topic; they should be revisited frequently as a way of memorising and reviewing what you have learned.



Using the 'how to' guide and your highlighted notes – start your own mind-map together on supporting study.

FLASH CARDS



- Flash cards are an effective revision tool to use to help you memorise and understand key information.
- Once you have made your flash card, you should revisit it regularly and have someone test you on it.
- A flash card should have a key idea on one side with detailed information on the other.

Front of flash-card

WHY LIBERAL
REFORMS WERE
PASSED

1906-1914

Back of flash-card

National Security/Efficiency –
1/3 of recruits were unfit for service in
Boer War => showed poor health
linked to poverty

Booth & Rowntree – Booth found
30% of London in poverty/Rowntree
found 28% in York/ revealed real
reasons for poverty => Showed not
always individual's fault

Influence from Abroad – Germans
had introduced national insurance &
pensions => worked well/Britain could
do same

New Liberalism – David Lloyd
George & Winston Churchill helped to
change minds in Liberal Party

MEMORISE...

- Mnemonics
- Locations
- Repetition
- Recording information and listening back

REVIEW...

- Quick Quiz (*Kahoot, Socrative etc.*)
- Teach Someone
- Get someone to test you
- Flashcards



WORKSHOP SUMMARY

Did you achieve the aims?	R	A	G
I can give examples of places my child could seek support with studying. (SMHW, GLOW, SQA, SCHOLAR)			
I can give examples of how I can support studying at home.			
I can use the help guides to support my child in studying effectively.			

THANK YOU!

- **For more information on tonight's workshop you can visit...**
 - ✓ Bishopbriggs Academy's website
 - ✓ SAMH website
 - ✓ BBC Bitesize
 - ✓ SQA
 - ✓ SCHOLAR
 - ✓ GLOW – pages on each subject
 - ✓ SMHW – updates on tests/homework etc.