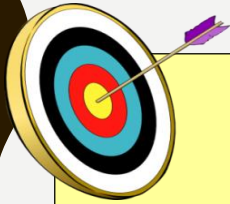






**GETTING  
PREPARED**



## AIM

Feel confident that your child is ready to study for their exams.

# Getting Prepared

 <b>Success Criteria</b> 	<b>R</b>	<b>A</b>	<b>G</b>
Manage time.			
Understand where you can access resources.			

# WHY IS IT IMPORTANT TO BE ORGANISED?

- **85% of young people do not get enough sleep** = this can have a massive impact on your ability to learn effectively! Set a bedtime and stick to it and you'll feel much more productive & less stressed.
- **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



# TIME TO GET ORGANISED

	URGENT	NOT URGENT
IMPORTANT	<p>1</p> <ul style="list-style-type: none"><li>• I need to study for an exam tomorrow as I don't feel prepared</li><li>• I have to take someone to hospital</li><li>• I'm running late for school</li><li>• The bus breaks down</li><li>• Feed a hungry pet</li></ul>	<p>2</p> <ul style="list-style-type: none"><li>• Start coursework due in 2 weeks</li><li>• Seeing friend on their birthday</li><li>• Football training</li><li>• Finish reading book</li><li>• Make a CV</li></ul>
NOT IMPORTANT	<p>3</p> <ul style="list-style-type: none"><li>• Answering your phone</li><li>• Chatting with friends about your favourite TV series</li><li>• Going out with friends at the last minute because they just text you</li><li>• Listening to your friend moaning on about their missing hamster for the 4<sup>th</sup> time that week</li></ul>	<p>4</p> <ul style="list-style-type: none"><li>• 6 hours of TV</li><li>• Post a comment about what you want for dinner</li><li>• Online Shopping</li><li>• 4 hours on the X-Box or PS</li><li>• Grabbing a snack</li><li>• Responding to a text</li></ul>

# ORGANISATION IS KEY!

# MANAGE YOUR TIME...

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

The following is an example of a completed study timetable for an **S4** pupil preparing for National 5 exams

She studies:

- N5 Physics TG: 2 WG: 2
- N5 Art TG: 3 WG: 4
- N5 Computing TG: 2 WG: 4
- N5 Spanish TG: 3 WG: 5
- N5 English TG: 1 WG: 2
- N5 History TG: 2 WG: 3
- N5 Maths TG: 2 WG: 2

Outside school commitments:

- Dancing
- Babysitting

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00- 9:00	School	School	School	School	School	Computing	
9:00-10:00	School	School	School	School	School	Dancing	
10:00-11:00	School	School	School	School	School	Dancing	Spanish
11:00-12:00	School	School	School	School	School		Art
12:00-13:00	School	School	School	School	School	See friends	
13:00-14:00	School	School	School	School	School	See friends	
14:00-15:00	School	School	School	School	School	See friends	English
15:00-16:00	School	School	Supported Study Spanish	Supported Study Art		See friends	History
16:00-17:00	Supported Study History	Supported Study Computing		Maths	Physics		History
17:00-18:00			Babysitting	Computing	Spanish	History	
18:00-19:00	Maths		Babysitting			Art	
19:00-20:00	Physics	English	English	Dancing	See friends		
20:00-21:00	Computing	Maths	TV	Dancing			
21:00-22:00		Physics		Spanish	TV		

Complete your own study timetable – be realistic!

# CREATING THE PERFECT STUDY ZONE



- ✓ Suitable temperature & light
- ✓ Water
- ✓ Resources
- ✓ Quiet
- ✓ Music or no music?
- ✓ Snacks or no snacks?
- ✓ Smartphone social media filters



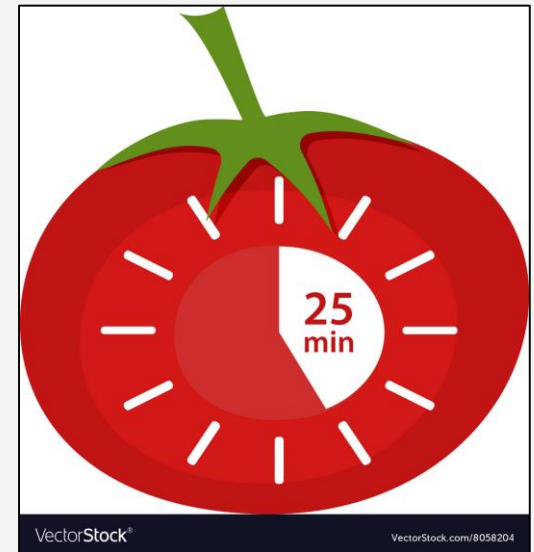
# THE POMODORO TECHNIQUE

**1 pomodoro = 25 minutes of  
uninterrupted study**

After 1 pomodoro = 5 min break

After 3 pomodoros = 25/30 min  
break

Set a timer to **25 minutes**





# 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.

# STUDY SUPPORT @BA

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





Home / 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

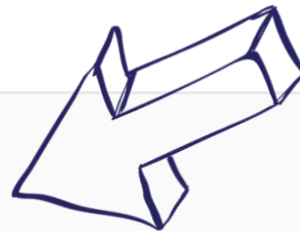


To what extent was the militant Suffragette campaign the most important reason to the achievement of votes for some women by 1918? (20 marks)

*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



Resources to help you

**PPTX** 2\_FACTOR\_5\_Influence\_fro.pptx  
 Download

**PPTX** 2\_FACTOR\_1\_Changing\_atti.pptx  
 Download

**PPTX** 2\_FACTOR\_3\_WSPU.pptx  
 Download

**PPTX** 2\_FACTOR\_2\_NUWSS.pptx  
 Download

**PPTX** 2\_FACTOR\_2\_NUWSS1.pptx  
 Download

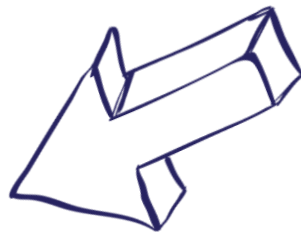
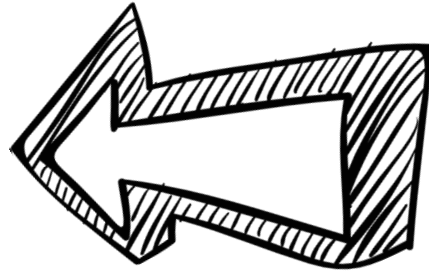
**PPTX** 2\_FACTOR\_4\_Women\_in\_WW1.pptx  
 Download

**PPTX** Higher\_History\_intro\_co.pptx  
 Download

Web links



[www.bbc.com/bitesize/guide...](http://www.bbc.com/bitesize/guide...) [www.parliament.uk/about/li...](http://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

You have selected.

Submitted



10



Add comment



You posted a grade: 10

Nov 23rd 2018 - 1:37pm



You updated status: submitted

Nov 14th 2018 - 2:55pm



For the duration of the supported study block, if a subject sets a formal piece of homework, you will be able to view your child's result.

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: 25<sup>th</sup>  
April - 31<sup>st</sup> May**





# SCHOLAR



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



Have a go at using one of  
the online resources  
available!



# Review

 <b>Success Criteria</b> 	<b>R</b>	<b>A</b>	<b>G</b>
Manage time.			
Understand where you can access resources.			