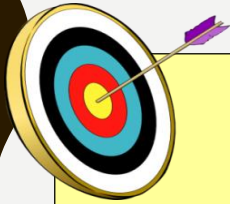






**GETTING
PREPARED**



AIM

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

Getting Prepared

 Success Criteria 	R	A	G
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** 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**

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



TIME TO GET ORGANISED

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

ORGANISATION IS KEY!

MANAGE YOUR TIME...

<p>Important & urgent</p> <ul style="list-style-type: none">➤ Paper round➤ Homework➤ Babysitting➤ Dance class	<p>Important but not urgent</p> <ul style="list-style-type: none">➤ Revision➤ Seeing friends
<p>Not important but urgent</p>	<p>Not important & not urgent</p>

These can be used to plan an **effective & realistic** timetable

	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!



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. Pocket Diaries





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

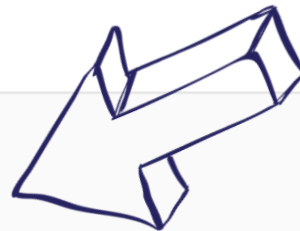


To what extent was the militant Suffragette campaign the most important reason to the achievement of votes for some women by 1918? (20 marks)

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

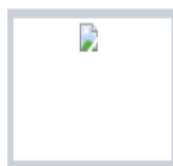
PPTX 2_FACTOR_2_NUWSS.pptx
 Download

PPTX 2_FACTOR_2_NUWSS1.pptx
 Download

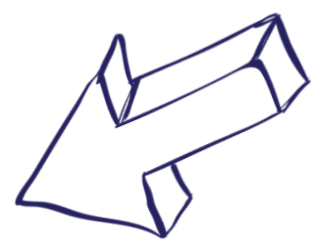
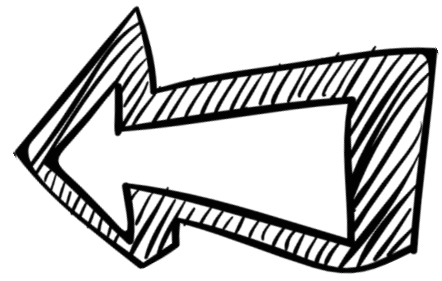
PPTX 2_FACTOR_4_Women_in_WW1.pptx
 Download

PPTX Higher_History_intro_co.pptx
 Download

Web links



www.bbc.com/bitesize/guide... 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

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**
- 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

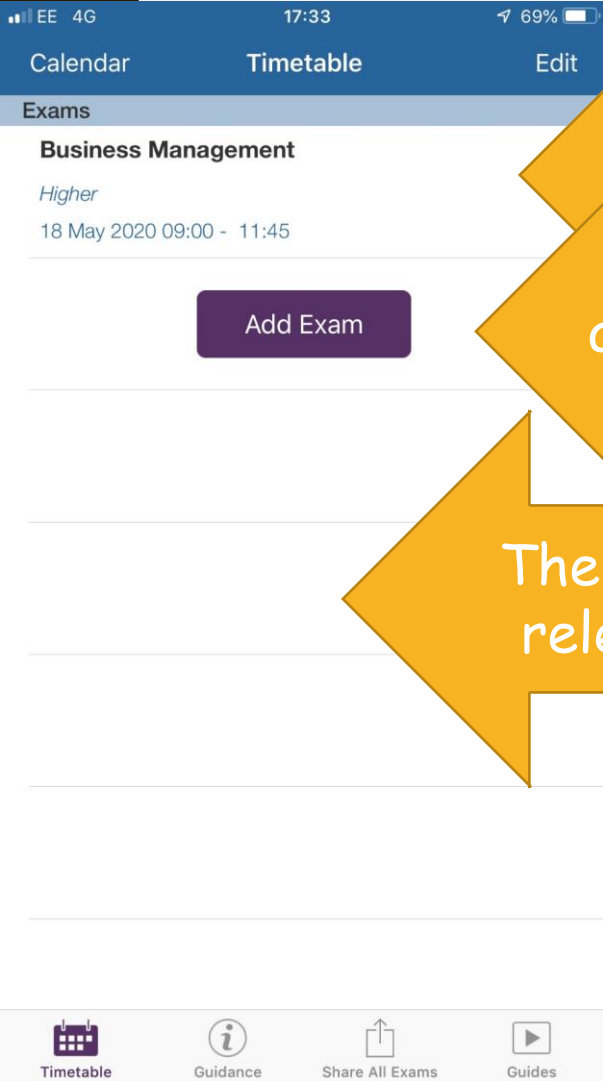
<https://www.sqa.org.uk/sqa/41292.html>



**2020 exams: 27th
April – 4th June**



MY SQA APP



Search for your subjects

Now you can add all the rest of your exams to your app



Then select the relevant exam



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



Review

 Success Criteria 	R	A	G
Manage time.			
Understand where you can access resources.			