



STUDY SKILLS

Studying/Revising- “I can’t.....”



You get anxious or nervous a lot right before a test or quiz.



You don't feel very confident when it's time to take the test.



You don't remember much information after you spend time studying.



It's hard for you to stay focused when you try to study.



You don't do as well as you think you should on tests or quizzes.

Studying/Revising- be prepared



How do I start.....

Step 1

Where?

Find a suitable place to study at home.

(or elsewhere if this won't work – eg school/library/friends).

Step 2

When?

Make a study plan and stick to it. Attend after school supported study and Easter school.

Step 3

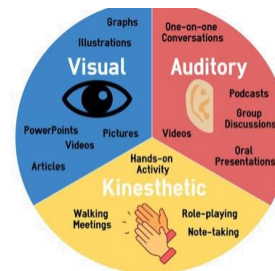
How?

Find the method that works best for you – determine your own Learning Style.

Step 4

How much?

Everyone is different – but 2 (or more) hours per day will be needed in Term 2 to maximise revision.



Retaining information

- How do you retain (**keep**) information in your memory?
- One technique is using the SQ4R method – watch the short video to see how this works (see presentation on the Year Group Team for the link here).



Variety is the key.....

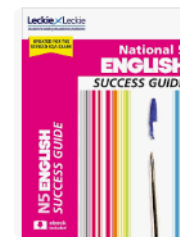


Resources Text Books Success Guides How to Pass Past Papers	Mind Maps Making diagrams with key topics and sub-topics	Lists / Notes Key Headings Bullet Points Mnemonics Rhymes Colour-Code Highlight	Flashcards Topic headings Prompts Pictures Diagrams Short Summaries	Quiz Sites Kahoot Quizziz Quizlet Blooket Search for topics - create your own
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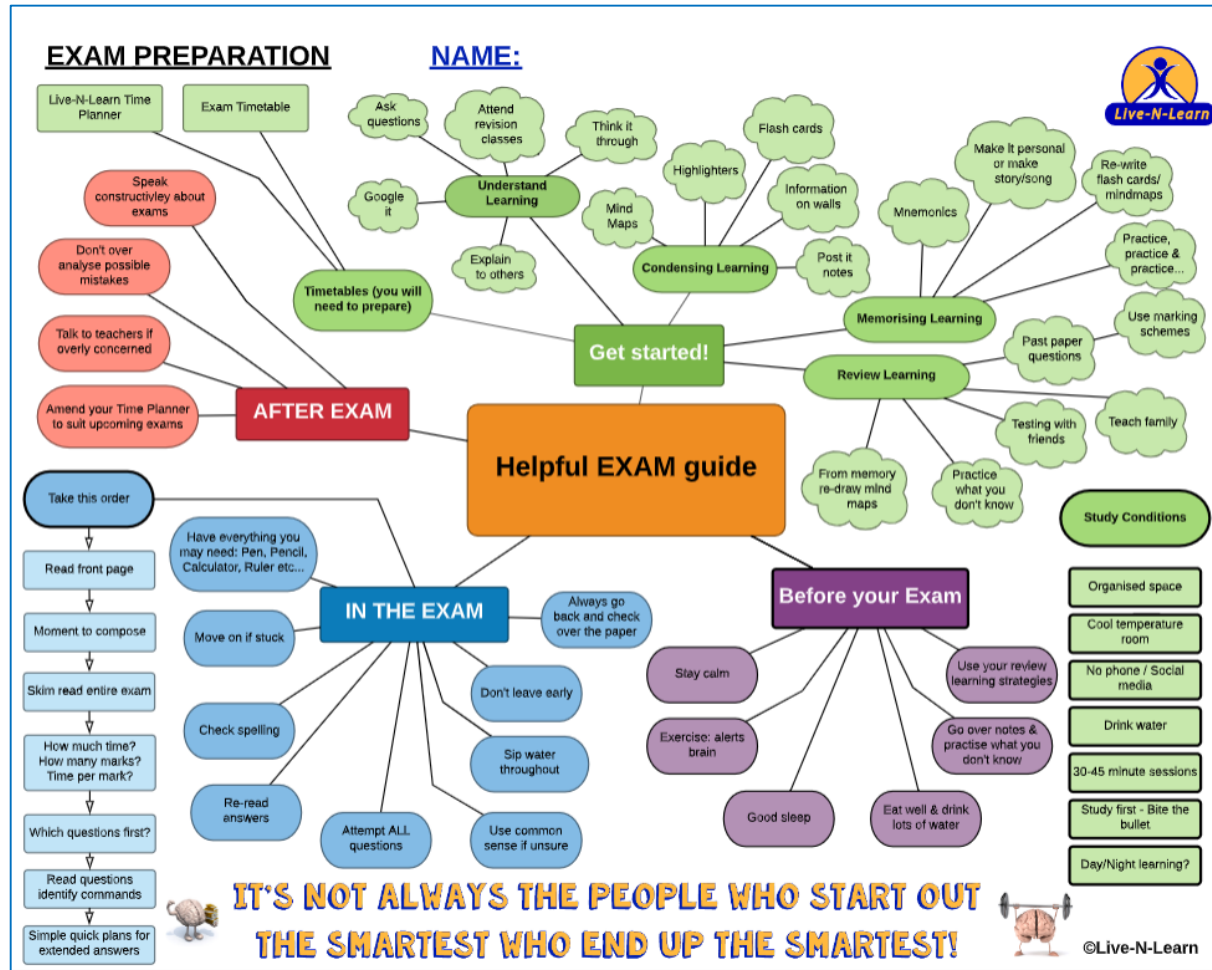


Create

It only takes minutes to create a learning game or trivia quiz on any topic, in any language.



Studying: Mind Maps



Parents - Helping learners at home

- ❖ Help to plan / arrange time to study – Study Planner available on Year Group Teams.
- ❖ Encourage to attend school supported sessions and join the online supports.
- ❖ Encourage to eat well, drink plenty of water and to get enough sleep.
- ❖ Talk / Listen / Support / Reward 😊



Education Scotland Parent Zone

<https://education.gov.scot/parentzone/learning-at-home/supporting-study/>

ONLINE STUDY SUPPORT

www.e-sgoil.com/senior-phase/



Senior Phase

e-sgoil

Welcome to the Senior Phase page.

You will find details of all the live and recorded sessions and resources on this page. If you are looking for a specific programme you can navigate to it by clicking the programme name below.

Senior Phase Learning Spaces	Study Support	Exam Mindset Guide	Study Skills
N5, H & AH Gaelic/Gàidhlig Courses	Gàidhlig / Gaelic	My Way	DYW Live
Health & Wellbeing Chill Space	Mental Health and Wellbeing S4-S6	i-Sgoil	Additional Resources

Senior Phase Learning Spaces

Our Senior Phase Learning Spaces have been refreshed and updated. These provide a bank of resources, selected by e-Sgoil staff, covering 25 subjects across N4 - Advanced Higher. Also included in the learning spaces are links to our Exam Mindset Guide, Study Skills learning space and Health & Wellbeing Chillspace. Please note that you will need to be logged in to Glow to access some of the content. Your school will be able to provide you with your Glow login details if you currently do not have these. Glow can be accessed for free by every Scottish school pupil.

Go



Study Support

Full details of our Study Support programme are available here.

Go

STUDY SUPPORT
2023 - 24



MONDAY		
Time	Subject	Level
5pm	HFT	N5/Higher
	Maths	N5
	BMPS	Higher
6pm	Practical Cooking	N5
	Physics	Higher
	Physics	Advanced Higher
	Human Biology	Higher
	Business Management	N5
	Applications of Maths	N5
7pm	BMPS	Higher
	Applications of Maths	Higher
	Biology	Advanced Higher
	Computing Science	Higher

TUESDAY		
Time	Subject	Level
4pm	Maths	N4
	Modern Studies	Higher
5pm	Music	N5
	Maths	Higher
	Classical (Ancient)	N5/Higher
	Spanish	Higher
6pm	Maths	Advanced Higher
	Business Management	Higher
	Chemistry	N5
7pm	Music	Higher
	Accounting	Higher
	English	Higher

WEDNESDAY		
Time	Subject	Level
5pm	French	N5
	Graphic Communication	Higher
	Geography	Higher
6pm	Geography	Higher
	French	N5/Higher
7pm	Design and Manufacture	Higher
	English	N4
	English	Advanced Higher

THURSDAY		
Time	Subject	Level
5pm	Engineering Science	N5
	Engineering Science	Higher
6pm	Chemistry	Higher
	Art and Design	Higher
	History	Higher
	Design and Manufacture	N5
7pm	Biology	N5
	PE	N5
	PE	Higher

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National e-Learning Offer

STUDY SUPPORT

2023 - 24

Click the hotspots on the subject names below to view the individual Study Support timetable for that subject

- ADMIN & IT
- ACCOUNTING
- ART & DESIGN
- APPLICATIONS OF MATHS
- BIOLOGY
- BUSINESS MANAGEMENT
- CHEMISTRY
- COMPUTING SCIENCE
- DESIGN & MANUFACTURE
- ENGINEERING SCIENCE
- ENGLISH
- FRENCH
- GAELIC
- GÀIDHLIG
- GEOGRAPHY
- GRAPHIC COMMUNICATION
- HEALTH & FOOD TECHNOLOGY
- HISTORY
- HUMAN BIOLOGY
- MATHS
- MODERN STUDIES
- MUSIC
- PHYSICAL EDUCATION
- PRACTICAL COOKERY
- PHYSICS
- BMPS
- SPANISH

STUDY SUPPORT

2023 - 24

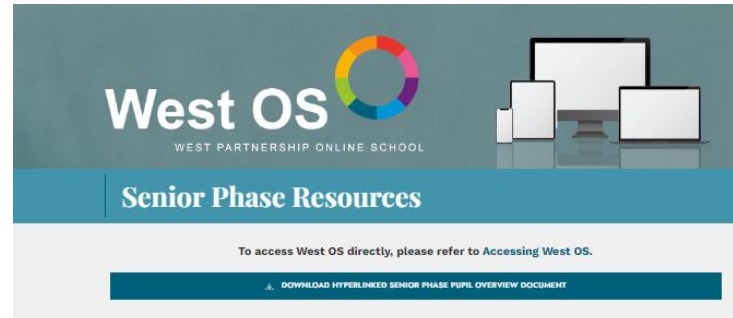
WEEK COMMENCING:
22ND JANUARY 2024

National e-Learning Offer
www.e-sgoil.com

Time	Subject	Level	Topic
MONDAY	HFT	N5/Higher	Further Progress 2 (Course Rule & Swagart)
	BMPS	Higher	3DPA Photography
	Practical Cooking	N5	Cooking Guidelines
	Physics	N5	Nuclear reactions
	Physics	Advanced Higher	Interference
	Human Biology	N5	SA 11 Capillary Production & Lactation
	Business Management	N5	Cost budgets
	Applications of Maths	N5	Substance / Candidate Picking
	BMPS	Higher	At Risk Candidate Selection
	Applications of Maths	Higher	Data Distribution & Descriptive Statistics
TUESDAY	Business Management	Higher	Other Reasons of management
	Biology	Higher	Unit 1000 - Genetic Engineering
	Computing Science	Higher	Downloads & SCL - Aggregate Functions
	Biology	Advanced Higher	Unit 2 - M4

Time	Subject	Level	Topic
WEDNESDAY	Maths	N4	We will use further review
	Modern Studies	N5	Linking the government to society
	Music	N5	We will use this week
	Maths	Higher	Circle / Perimeter
	Circle (Ancient)	N5/Higher	Set or Lighter - Calling
	Spanish	N5	How to make Reading notes & present / present continuous Verbs
	Maths	Advanced Higher	Integration by Parts
	Business Management	Higher	Project
	Chemistry	N5	Hydrocarbons 1
	Physics	N5	We will use this week
THURSDAY	Accounting	Higher	Process & ABCD
	English	Higher	How to make for and do the BSLC exam
	Chemistry	Advanced Higher	Alkenes
	Engineering Science	N5	Analogue Electronics 2: Intro to PCB/CAD
FRIDAY	Engineering Science	Higher	Structures 2: Beams
	Physics	N5	Resonance, LC/RC & Resonance circuits
	Chemistry	Higher	Esters, Fats, CBs
	Art and Design	Higher	Exposition Image Creation
	Admin and IT	Higher	Exposition Image Creation
	History	N5	Practical Questions and Exam Skills / Assignment
	Design and Manufacture	N5	Tooling & Tooling
	Biology	N5	SA 2 - Biomechanical
	PE	N5	Sections of portfolio
	PE	Higher	Sections of the exam
SATURDAY	PE	N5	Practical Questions and Exam Skills / Assignment
	English	Advanced Higher	Manual Marking

www.westpartnership.co.uk/west-os/senior-phase-resources/



West OS
WEST PARTNERSHIP ONLINE SCHOOL

Senior Phase Resources

To access West OS directly, please refer to Accessing West OS.

[DOWNLOAD HYPERLINKED SENIOR PHASE PUPIL OVERVIEW DOCUMENT](#)



Success is within reach..

- ❖ Focus on the positives
- ❖ Plan your study
- ❖ Ask for help
- ❖ **Work hard** - it will pay off
- ❖ There is still time - get started



Stay
positive,
work hard,
make it
happen.



it Doesn't
matter what
others are Doing.
it matters what
YOU are doing.

88.



Every morning you
have two choices: continue
to sleep with your dreams,
or wake up and chase them.

