



Selkirk High School Senior Study Skills Guide

With only a few months until the final exams it is time to really focus attention on study and being prepared. You have been on an Achievement Journey since starting at Selkirk High School and we are here to ensure you show, to the very best of your abilities, all that you can do. This following guide will help you create a focussed study plan; work out your priorities for each subject; teach you the most effective study techniques. Staff are on hand to help you succeed and you will find times below for study support sessions – you are encouraged to go to these. All teachers will be discussing your study plans with you over the coming weeks to ensure every success.

Assessment results can sometimes be disappointing but please remember that the only reason for assessments throughout the year is so that we can all focus on what needs to be done before the final exam – they are not a representation of the fantastic achievements you are capable of. Use your results to learn about the gaps in your knowledge; to plan your learning and revision for the next few months; and to push you to succeed. Below is a link to a short video – a speech by Hollywood actor Denzel Washington which he gave at a graduation ceremony. He uses the phrase ‘Fall Forward’ – use disappointments or struggles to push you forward and do not let them bring you down.

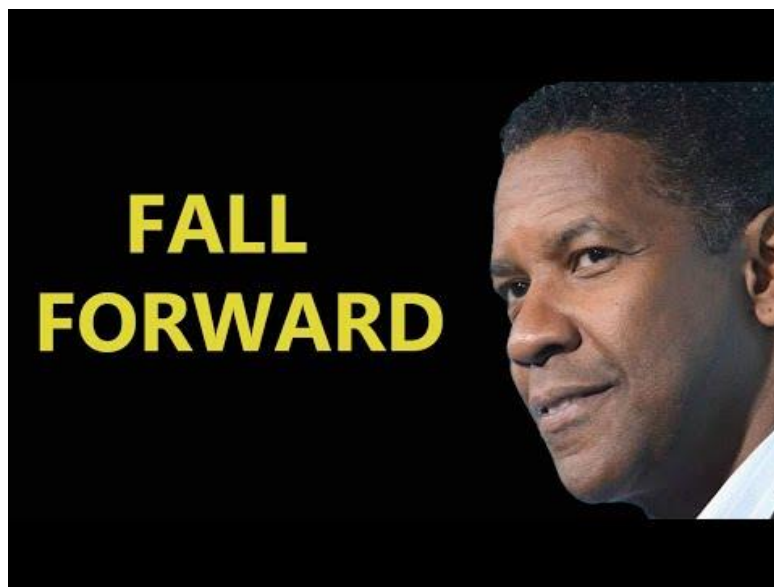


Figure 1 Denzel Washington Fall Forward

Prioritising your Revision Plan.

It's important to know what topics/aspects of the exam you need to focus on so that your revision time is not wasted on what you are already confident with. Feedback from your teachers will help you decide on the priorities for each subject.

Use the table below to record your priorities for each subject so that you can constructively plan a revision timetable.

Revision Priorities Agreed with Teacher

<u>Subject :</u>	<u>Subject:</u>
<u>Priorities</u>	<u>Priorities</u>
<u>Subject:</u>	<u>Subject:</u>
<u>Priorities</u>	<u>Priorities</u>

<u>Subject:</u>	<u>Subject:</u>
<u>Priorities</u>	<u>Priorities</u>

How much revision time do you have?

December								January							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
1					1	2	3	6	1	2	3	4	5	6	7
2	4	5	6	7	8	9	10	7	8	9	10	11	12	13	14
3	11	12	13	14	15	16	17	8	15	16	17	18	19	20	21
4	18	19	20	21	22	23	24	9	22	23	24	25	26	27	28
5	25	26	27	28	29	30	31	10	29	30	31				

February								March								April							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
11				1	2	3	4	16					1	2	3	21	1	2	3	4	5	6	7
12	5	6	7	8	9	10	11	17	4	5	6	7	8	9	10	22	8	9	10	11	12	13	14
13	12	13	14	15	16	17	18	18	11	12	13	14	15	16	17	23	15	16	17	18	19	20	21
14	19	20	21	22	23	24	25	19	18	19	20	21	22	23	24	24	22	23	24	25	26	27	28
15	26	27	28	29				20	25	26	27	28	29	30	31	25	29	30					

SQA EXAMS BEGIN

Use the SQA Exam timetable to work out the time you will have during study leave prior to each exam. [Click Here](#)

May							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
26			1	2	3	4	5
27	6	7	8	9	10	11	12
28	13	14	15	16	17	18	19
29	20	21	22	23	24	25	26
30	27	28	29	30	31		

Available study time calculator

On the next page, you will find a blank grid for you to fill in and calculate where to plan some study time.

This will help you to focus on your existing commitments and to see where you have blocks of time available to concentrate on your studies. Remember to also include time you have available in school e.g. study periods.

Read through the instructions carefully, and then fill out the grid for yourself.

Instructions

- Think carefully about how your week is planned. Think about the activities that you're already committed to during the week.
- We've listed some for you. There is also space to enter in any others you may have or change the ones we've listed.
- For each day, fill in the amount of time you're likely to be spending on each of these activities. Any that aren't relevant on particular days, leave blank.
- For each activity, add up the number of hours you've entered in and fill total in the shaded column on the right. Do this for each activity.
- Add up the amount of time you've entered in each column – your commitments for that day.
- Once you have a total, you need to take this away from 24, the total number of hours in a day. So, if your total amount of hours adds up to 12, you would calculate, 24 (hours in a day) $-$ 12 (your committed hours). That gives you 12 free hours for that day, which are free for study.
- Add up all the figures in the **Time allocated for study** row to get your total for the week.
- Then take that figure and transfer it into the box on the week timetable. Decide how many hours you will study for into each day.

Hours set aside for studying each day.

Total hours available for study -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

How to focus your study time

You have already identified the priorities for each of your subject area and now know how much time you can commit to studying each day, now you need to focus your study time. Each subject's priorities need to be broken down into 'chunks' of learning.

For example, one of my priorities for English is to improve Critical Essay writing. This tells me what part of the exam I need to improve but it doesn't help me to plan what I do when I sit down on a Monday to start my hour and a half of study time. I need to break Critical Essay down into specific focuses that I can achieve during each study session e.g. one session may focus on creating a characterisation mind-map with quotations; another may be on using a past paper to plan an essay response.

Use the following table to plan your focus for each subject for the first 2 weeks of study. You should then plan some time every week to fill in your study focus for the following week. After each study session colour code the focus you worked on: Green – you are confident; Amber – you need to do more sessions to become confident; Red – you need further help with this focus.

Weekly Focus - Checklist

Subject →						
Week 1						
Week 2						
Week 3						
Week 4						

Week 5						
Subject →						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						
Week 13						
Week 14						

You have now completed all of the preparation work to create a weekly study timetable. Your study timetable may look different every week – depending on what you are prioritising and focussing on. At the end of this booklet you will find further blank weekly study timetables. Remember to look back at the study time available for each day; what your priorities are and what your specific focuses are for each subject.

Study Support Sessions in School

Many staff offer lunchtime/after school sessions where you can go for specific help with your work and to ask questions. All students are encouraged to attend these sessions.

Subject	Day	Time	Level	Location
Business Management	Wednesday	12.45-13.15	National 5/Higher	Room 14
Geography	Wednesday	After school	Higher	Room 36
Graphic Communication	Tuesday	Lunchtime	National 5/Higher	Room 20
English	Monday	15.45-16.30	All Levels	Room 21
Physics	Tuesday	Lunchtime	All Levels	Room 28
Art & Design/Photography	Thursday Monday	15.45-17.00 Lunchtime	All Levels	Room 32/34
Modern Studies	Monday	Lunchtime	National 5/Higher	Room 31/35
Modern Studies	Thursday	15.45-16.30	N5/H/AH	Room 31
History	Tuesday	15.45-16.30	All Levels	Room 37
Maths	Tuesday	15.45-16.30	All Levels	Room – maths corridor
Maths	Tuesday	Lunchtime	All Levels	Room – maths corridor
Health and Food Tech	Wednesdays	Lunchtime	National 5/Higher	Room 3
Music	Tuesday/Wednesday	After School	All levels	Room M1
Biology	Monday	After School	All Levels	Room 29
Physical Education	Wednesday	13.30-14.00	Higher	PE
Travel & Tourism	Monday	lunchtime	National 4 and 5	Room 35

Online Study Resources

The following are freely available to all students so that you can supplement your in class learning and address any areas that you may be struggling with.

SQA – Access to Past papers and marking instructions. [SQA - NQ - Past papers and marking instructions](#)

BBC Bitesize – course notes and interactive activities for all subjects. [Home - BBC Bitesize](#)

BrightRed Digital Zone – activities, test and notes for all subjects. You need to register but it is free.
<https://www.brightredbooks.net/subjects/>

e-sgoil – an Education Scotland site that provides live timetable study support session in all subjects plus recorded sessions. <https://e-sgoil.com/senior-phase/study-support/>

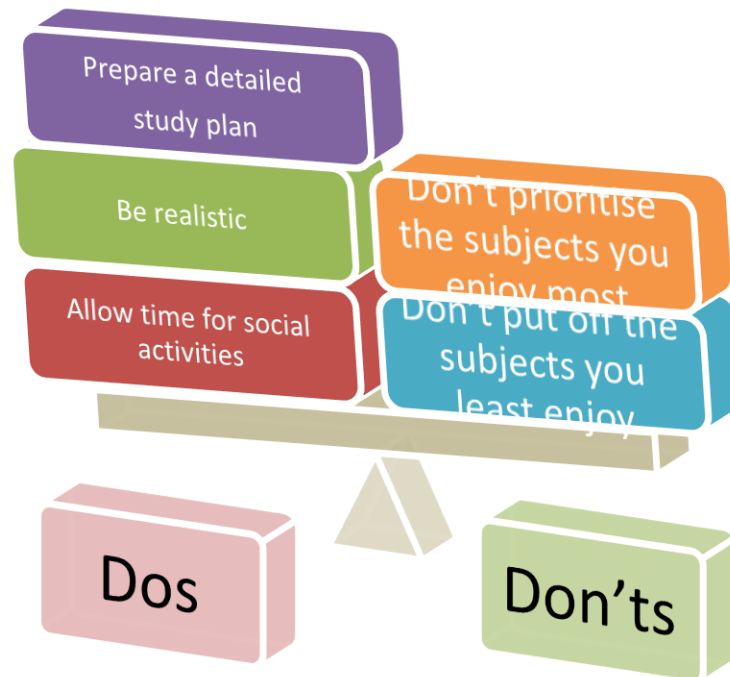
Scholar (get login from teacher or Miss Blair if you do not know it). Full course notes, tests, practice papers available for many subjects. [SCHOLAR \(hw.ac.uk\)](#)

National 5 Maths – Multiple resources and activities - <https://www.national5maths.co.uk/free-national-5-maths-2/>

National 5 Applications of Maths - <https://www.national5maths.co.uk/n5-lifeskills-maths/> and <https://www.freeapplicationsofmaths.co.uk/> (includes Higher and National 5 resources)

Ask subject teachers for any further on-line resources they would recommend.

How to Revise Effectively.



Working Environment

- **Set up your study space** – Your study space should be quiet, comfortable and distraction-free. It should make you feel happy and inspired. Decorate it with your favourite pictures or objects. Keep it free from distractions! If you need a suitable study space for in-school study please see Miss Blair.
- **Find your best time** – Some people work better in the morning. Others work better at night. Work out which time suits you and plan to study then. Don't study much later than your usual bedtime – pushing yourself late at night can make you too tired to study effectively.

Have a plan and break it down.

Use all of the tools provided to create a clear plan and a clear focus for each of your study sessions. This can be adapted as you work through each week, taking into consideration the priorities you have.

Set clear goals.

What do you want to achieve each study session. Master a skill you have been struggling with? Recall important facts? Write an essay plan? Having a set goal will enable you to focus your mind.

Short burst.

Some people plan to sit for 3 hours solid to study but this isn't always productive. It is better to have short 30 minute or so sessions with a 15 minute break. This keeps you fresh and enables you to process the information you have been revising.

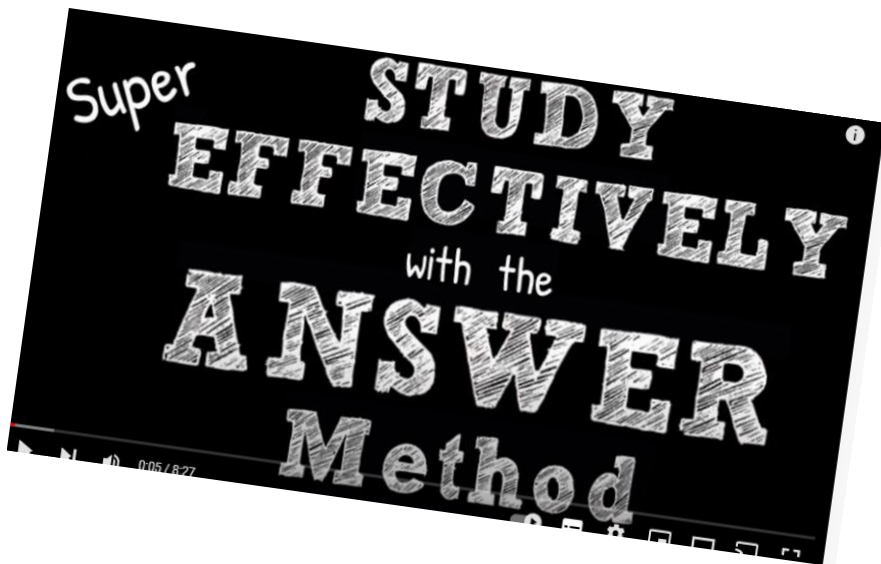
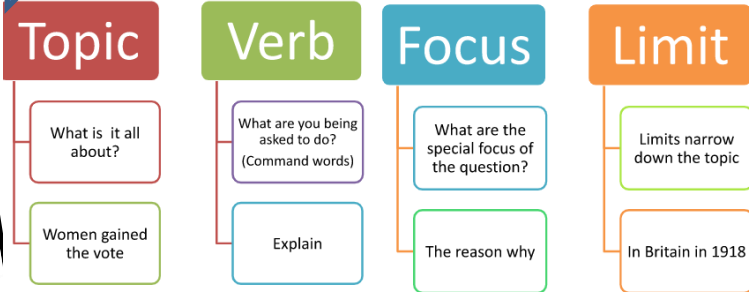
Your Wellbeing

Preparing for exams can be stressful and sometimes you can do too much. It's important to take some down time – go for a walk, spend time with friends/family, watch a film, listen to music, be creative. Make sure you take the time to do the things that help you relax!

Decode and Practise exam style questions.

- Can be found on SQA website
- Look at the number of marks
- Engage with the question
- Check work
- Time yourself
- When marking give yourself feedback/write down the bits you missed.

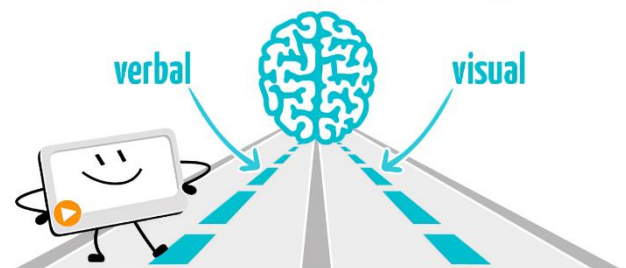
- Explain the reasons why women gained the vote in 1918.



The Interleaving Effect:

Mixing It Up Boosts Learning

The Dual Coding Theory



4 Methods of Retrieval Practice

@ImpactWales

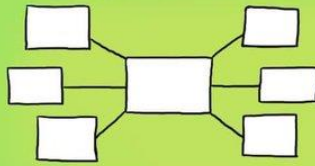
Before you start put away all your books & classroom materials.

Retrieval Practice Examples

- * Exit Tickets
- * Starter quizzes
- * Multiple choice quizzes
- * Short answer tests
- * Free write
- * Think, pair, share
- * Ranking & sorting
- * Challenge grids

BRAIN DUMP

Write, draw a picture, create a mind-map on everything you know about a topic.



Give yourself a time limit, say 3 minutes, then have a look at your books & add a few things you forgot.

QUIZZING

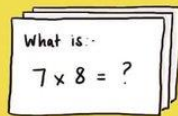
Create practice questions on a topic. Swap your questions with a partner & answer.

Question - What is a metaphor?

- A comparison using 'like, as, than'.
- A comparison where one thing is another.
- A comparison with a human attribute.

FLASHCARDS

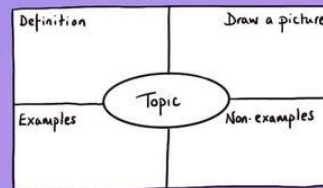
Create your own flashcards, question on one side answer on the other. Can you make links between the cards?



You need to repeat the Q&A process for flashcards you fail on more frequently & less frequently for those you answer correctly.

KNOWLEDGE ORGANISERS

Complete a knowledge organiser template for key information about a topic.



You can use knowledge organisers to learn new vocab & make links in between subjects or ideas.

After you have retrieved as much as you can go back to your books & check what you've missed. Next time focus on that missing information

