

# Senior Phase Raising Attainment 2024 - 2025

**Information for  
pupils and  
their parents /  
carers to  
effectively  
prepare for SQA  
exams and get  
the best grade  
possible.**



# Senior Phase Raising Attainment 2024 - 2025

**There is so much  
on offer to  
pupils.**





# Senior Phase Raising Attainment 2024 - 2025

**Assessment calendar:**

**Oct 24 – April 25**

**Evidence will be gathered throughout the year.**

**Keep momentum and less stress.**





# Senior Phase Tracking and Monitoring

## Tracking reviews:

- September
- December

Parents Night:  
Monday 16th  
December

## Full Reports:

- February



# Senior Phase Tracking and Monitoring

Whitburn Academy provides a tracking report at regular intervals to give pupils and parents/carers up to date information about pupils' progress.

## Key to Report Information:

### EFFORT/BEHAVIOUR:

- 1 - excellent
- 2 - very good
- 3 - room for improvement
- 4 - requires urgent attention

### HOMEWORK

- 1 - always on time and/or completed to a high standard
- 2 - mainly on time and/ or to a reasonable standard
- 3 - often not completed and/or requires to be of a higher standard
- 4 - never completed and/or not to a satisfactory standard. A level is only provided for homework where there has been sufficient homework issued to give accurate information.

Working Grade	The grade the pupil is currently achieving based on evidence.
Target Grade	What the pupil should be aiming to achieve as a result of ongoing feedback.
Adv Higher Higher National 5	A = A pass B = B pass C = C pass D = Fail (40-49%) F = Fail (less than 40%)
National 3 National 4 Level 44/45/46/47	P = Pass F = Fail

# Senior Phase Tracking and Monitoring


You must set your Pupil **SMART** Targets in class on One Note via your year group Team. Your teacher will support you with this.

Subject	Level	Teacher	Effort	Behaviour	Homework	Working Grade	Target Grade
Religious, Moral and Philosophical Studies	NAT5	Miss Manning	1	1	1	C	B
Music	NAT5	Miss Ho	1	1		C	A
Mathematics	NAT5	Mr Rennie	2	1	1	D	C
Modern Studies	NAT5	Mr Reynolds	1	1	1	A	A
Art and Design	NAT5	Miss Mackay	1	1		C	A
English	NAT5	Mr Tibbetts	1	1	1	C	B
Personal Development	45	Mrs Fowler-Crooks	1	1		P	P



# Senior Phase Target Setting

< All teams



Whitburn Acad S5 Announcements 24-... ..

Home page

Class Notebook

Class Notebook

File Home Insert Draw

Calibri Light

Welcome

Thursday, June 9,

- Untitled Page
- Target Setting
- March Target Setting
- S5/6 September 2024 Target Setting
- S5 December 2024 Target Setting
- S5 March 2025 Target Setting

<p>2. Higher Chemistry</p>	<ul style="list-style-type: none"> <li>Attend study supper regularly on Wednesdays to help keep my mind fresh with any past topics I've learned as it will allow me to ask questions about things I'm confused on.</li> <li>Revise chemistry using flash cards and paper at least 3 times a week to stay on top of things and not forget the content I've <u>learned</u>. And to help me improve on the topic I am struggling with for example: redox.</li> <li>I will use the provided exam question as part of my revision and I will aim to do at-least 5 questions whenever I'm revising</li> </ul>
<p>3. Higher biology</p>	<ol style="list-style-type: none"> <li>attend supporter studies every Monday to develop my understanding in replication of DNA and provoke solving questions</li> <li>I will revise using achieve and past papers 3 times a week to keep on top of my knowledge and not forget what I'm doing</li> <li>I will ask so try to participate more in</li> </ol>
<p>4. Higher English</p>	<ol style="list-style-type: none"> <li>Make sure when I'm practicing language questions , I should look at the number of marks so I can be more aware of how many answers I am writing</li> <li>make sure I explain my answers in a bit more detail to show the marks I have a better understanding</li> </ol>

# Tracking, Target Setting and Feedback

## How Can You Help Your Child?

- **Ask** them what they need to work on for each subject
- **Read** their report with them
- **Check** they are setting targets
- **Check** they are actively using them and actioning their targets





# After School Study Support

## Mondays

Subject	Level	Teacher
Art and Design	N5/ Higher / AH	Miss McCluskey and Miss Mackay
Biology	AH	Miss Lambie
Business	N5	Miss Gower
Chemistry	N5	Miss Maher
Environmental Science	Higher	Ms Forbes
Human Biology	Higher	Mrs Cooper
Music Technology	N5 / Higher / AH	Mrs Ledgerwood
PE	Higher	Mr Stevenson
PE	N5	Mr McPherson
Photography	Higher	Miss Mackay
Physics	N5 / Higher	Mr Steven
Politics	Higher	Miss Nicol
Practical Cookery	N5	Miss Gordon
RMPS	Higher	Miss Chisholm

# After School Study Support

## Tuesday Lunchtimes

Subject	Level	Teacher
Chemistry	N5	Miss Maher
English	Higher	English Staff

## Tuesdays After School

Subject	Level	Teacher
Applications of Maths	N5	Mr McGrath
Business	AH	Miss Pryde
Chemistry	AH	Miss Maher
Drama	N5 / Higher /AH	Mr Greenwood and Miss McConvey
French	N5 / Higher	Mr Murray
History	N5	Miss Scott
Music	N5 / Higher / AH	Miss Ho and Miss Lafferty
RMPS	N5	Miss Chisholm and Miss Manning



# After School Study Support

## Wednesdays

Subject	Level	Teacher
Admin and IT	N5	Miss Jones
Admin and IT	Higher	Miss Pryde
Biology	N5	Miss Richmond
Chemistry	Higher	Miss Stephen
Computing	Higher / AH	<b>*At St Kentigern's Academy*</b>
Graphics Communication	N5 / Higher	Mr Ravie
Modern Studies	N5	Mr Reynolds and Miss McKnockiter
Physics	N5 / Higher	Mr Steven

# After School Study Support

## Thursday Lunchtimes

Subject	Level	Teacher
PE	Higher	Mr Duffy

## Thursdays After School

Subject	Level	Teacher
Applications of Maths	Higher	Miss Sword
Art and Design	N5	Miss McCluskey and Miss Mackay
Business	Higher	Miss Gower
Care	N5	Miss Davie
Engineering Science	Higher	Mr Fleming
Health and Food Technology	Higher	Ms McGurk
History	AH	Miss Nicol
Maths	N5 /AH	Mr Rennie
Maths	Higher	Miss McGrath
Modern Studies	Higher	Mr Reynolds and Mr MacKenzie
Photography	Higher	Miss Mackay
Sociology	Higher	Miss Manning



# After School Study Support

← → ↻ 🏠 🌐 whitburnacademy.westlothian.org.uk/article/83513/Study-Support-Classes ☆ 📄 ⬇️ 👤

## Study Support Classes

After School Study Support classes for pupils taking subjects at N5, Higher and Advanced Higher level run from 28th October till 13th December

Classes run from 3.30-4.30pm and take place in school unless otherwise stated. These classes will focus on general consolidation, please prioritise the after school classes for your subjects that you are below target in.

### Mondays

Subject	Level	Teacher
Art and Design	N5/ Higher / AH	Miss McCluskey and Miss Mackay
Biology	AH	Miss Lambie
Business	N5	Miss Gower
Chemistry	N5	Miss Maher
Environmental Science	Higher	Ms Forbes
Human Biology	Higher	Mrs Cooper
Music Technology	N5 / Higher / AH	Mrs Ledgerwood

Information is posted on the School Website:  
<https://www.whitburnacademy.westlothian.org.uk/>

# After School Study Support

**Information is posted on the School App:**

**Our app is available to download from Apple and Android stores for free, then search for Whitburn Academy.**

**connectus**  
CONNECTING COMMUNITIES

**School  
App for  
Parents**



# After School Study Support



Whitburn  
Academy

Edit profile

**Whitburn Academy, WL** [Get verified](#)

@WhitburnAC

Secondary School in West Lothian, Scotland.

Whitburn, Scotland [whitburnacademy.westlothian.org.uk](https://whitburnacademy.westlothian.org.uk)

Joined April 2017

443 Following 1,628 Followers

**Find us on X (Twitter)  
at <https://x.com/WhitburnAC>**

# Masterclasses Coming Soon ....

**These will run:**

- **Monday to Thursday**
- **3:30 to 5:30**
- **4:30 = snack break**
  
- **Friday 12:45 to 2:45**
  
- **January to March 2025**
- **Focus on final exam prep**





# Later in the year

**The school will offer:**

- **Easter School 2025 programme**
- **Immersion days**



Inspiring  
learning for  
**25 years**



**1 million+**

enrolled learners since 1999

**42**

SQA-aligned courses



**356**

engaged schools in Scotland

## Impactful online learning and teaching

Scholar's engaging and flexible content is ideal for school and home learning.



Classroom and  
home learning



Any time, any  
place, any device



Meeting diverse  
needs



Data insights to  
inform next steps



# Scholar

## Available Courses

Humanities and Social Sciences			
	N5	H	AH
Accounting		✓	✓
Art and Design		✓	
Business Management	✓	✓	✓
Economics		✓	✓
English	✓	✓	✓
Geography	✓		
Music	✓		
Psychology		✓	**

Languages			
	N5	H	AH
ESOL	✓	✓	**
French	*	✓	✓
Gaelic	*	✓	
German	*	✓	✓
Mandarin	✓		
Spanish	*	✓	✓

Sciences			
	N5	H	AH
Applications of Mathematics	✓	✓	**
Biology	✓	✓	✓
Chemistry	✓	✓	✓
Computing Science	✓	✓	✓
Human Biology	**	✓	**
Mathematics	✓	✓	✓
Physics	✓	✓	✓

Visit: [Scholar.hw.ac.uk](http://Scholar.hw.ac.uk)

# Any time, any place, any device

Flexible and versatile, Scholar is perfect for learning and revising beyond the classroom. With instant feedback and motivating progress data, Scholar empowers learners to catch up on, revisit and consolidate the skills, concepts and knowledge they need.



## Take a look at our how-to videos

Looking for help? Our short, informative videos offer step-by-step guidance for both teachers and learners.

[Knowledge Hub](#)

[SCHOLAR.HW.AC.UK](https://scholar.hw.ac.uk)

# BBC Bitesize



For you



Home

News

Sport

Weather

iPlayer

Sounds

Bitesize



Search Bitesize

## BITESIZE

Home | Learn | Study support | Careers | Parents | Trending | My Bitesize

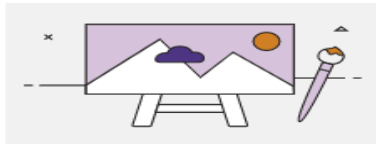
More

### All National 5 subjects

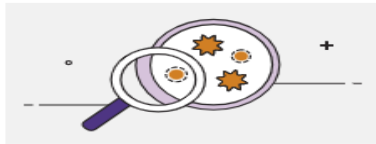
These subjects may contain both Guides for students and Classroom videos for use by teachers.



Application of Maths



Art and Design



Biology



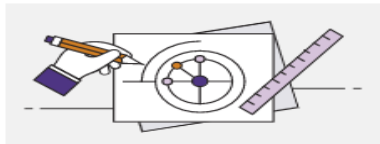
Business management



Chemistry



Computing Science



Design and manufacture



English



French



Gaelic (Learners)



Geography



History

# e-sgoil.com



- Equity
- Opportunity
- Innovation
- Inclusion

**Fàilte gu e-Sgoil / Welcome to e-Sgoil!**  
Since launching in 2016 to address teacher shortage in the Western Isles, e-Sgoil has developed into a nationwide community for online teaching and learning.

[About Us...](#)



**STUDY SUPPORT**  
2024-25

**Study Support Webinars - Now open for Booking!**

[Register Here...](#)



**Supply Cover**  
Looking for supply staff? Unable to source anyone locally, then maybe e-Sgoil can help?

[More info.....](#)



**Gàidhlig / Gaelic**  
Welcome to the Gaelic programme page.

[More info...](#)



**Early Years**



**P2-P7**



**S1-S3**



**Senior Phase**



# e-sgoil.com

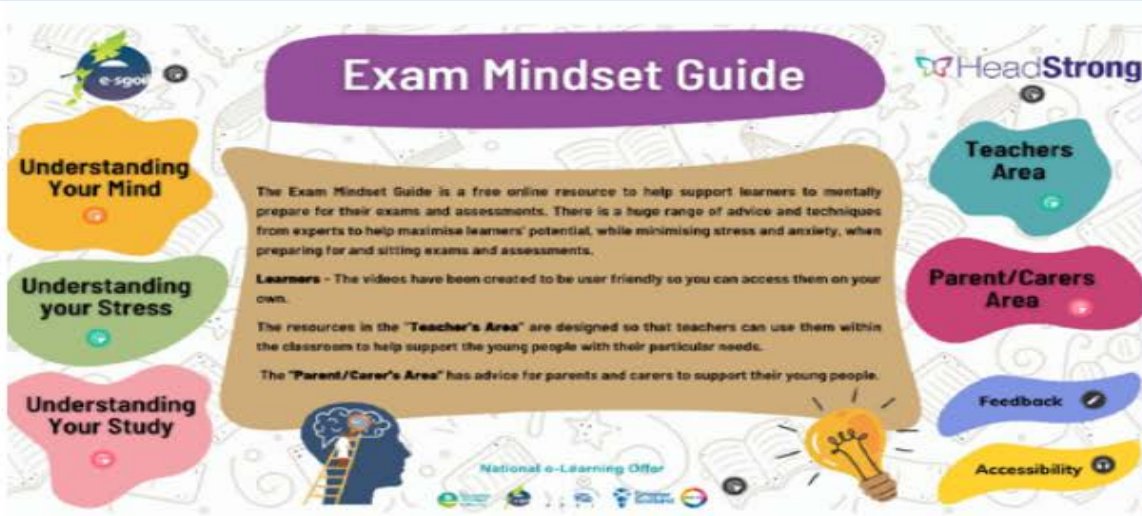
## Senior Phase Learning Spaces

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



# e-sgoil.com



**Exam Mindset Guide**

The Exam Mindset Guide is a free online resource to help support learners to mentally prepare for their exams and assessments. There is a huge range of advice and techniques from experts to help maximise learners' potential, while minimising stress and anxiety, when preparing for and sitting exams and assessments.

**Learners** - The videos have been created to be user friendly so you can access them on your own.

The resources in the **"Teacher's Area"** are designed so that teachers can use them within the classroom to help support the young people with their particular needs.

The **"Parent/Carer's Area"** has advice for parents and carers to support their young people.

**Navigation Buttons:** Understanding Your Mind, Understanding your Stress, Understanding Your Study, Teachers Area, Parent/Carers Area, Feedback, Accessibility.

**Logos:** e-sgoil, HeadStrong, National e-Learning Offer.

## Exam Mindset Guide

We've partnered with the experts at HeadStrong to produce a video series that will help learners 'keep the heid' all the way through the exam process, from study, to prelims and all the way to success in your exams. You will find all the videos and three associated activity sheets by clicking on the button below.

[Go](#)

## Study Skills

A collection of resources with information, tips and advice to help with studying.

[Go](#)



**EXAM MINDSET GUIDE**

learners the way process.

**PREPARING TO STUDY**

A collection of videos on how to prepare for studying

**DEE'S STUDY SKILLS**

Four videos presented by Dee Bleakley providing tips and hints to help you study

**STUDY SKILLS**



# SQA Website



I am a... | Choose Country | Sign in

- Qualifications
- Deliver qualifications
- Past Papers
- About SQA
- Contact us

[Home](#) > National Qualifications

Select subject



## National Qualifications

[NQ home](#)

[Find your subject](#)

[Learner support](#)

[Teaching support](#)

[Assessment 2023-24](#)

[Skills for Work](#)

[About National Qualifications](#)

[Unit search](#)

## National Qualifications

Information on our National 1 to National 5, Higher and Advanced Higher courses as well as Skills for Work and Baccalaureate qualifications.



### [NQ subject pages](#)

Find course content, assessment and coursework information for your subject.



### [Results](#)

Results day is Tuesday 6 August 2024.




### [Past papers](#)

Past papers and marking instructions for National Qualifications revision.

SQA Website: <https://www.sqa.org.uk/>

# SQA Website

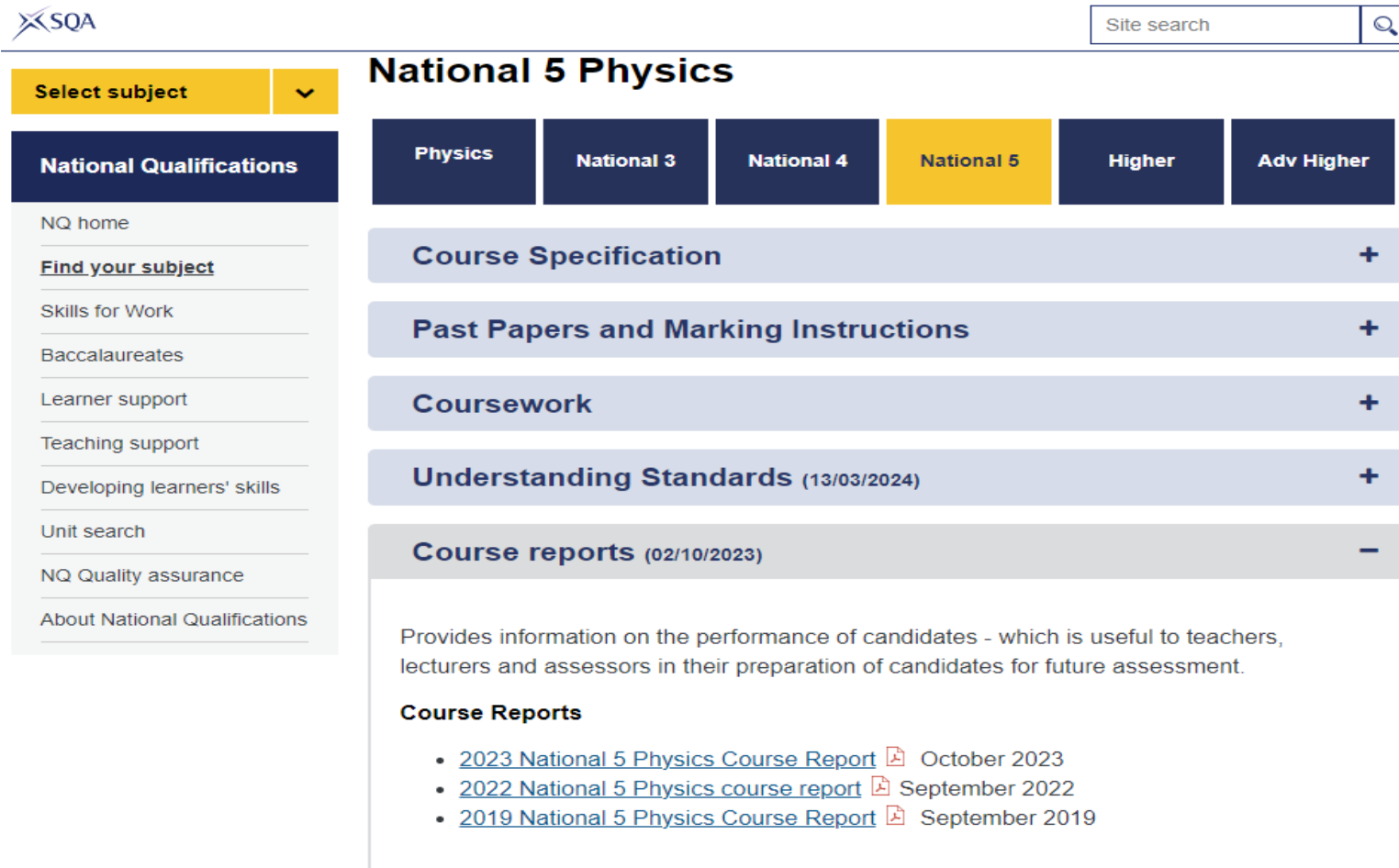
## National 5 History

History	National 3	National 4	National 5	Higher	Adv Higher
Course Specification (07/08/2024) +					
Past Papers and Marking Instructions +					
Coursework +					
Understanding Standards (14/12/2023) -					
Examples of candidate evidence with commentaries					
• <a href="#">Examples of candidate evidence with commentaries</a> 					

SQA Website: <https://www.sqa.org.uk/>



# SQA Website



The screenshot shows the SQA website interface. At the top left is the SQA logo. At the top right is a search bar labeled "Site search". Below the logo is a navigation menu with a "Select subject" dropdown and a "National Qualifications" section. The "National Qualifications" section lists: NQ home, Find your subject, Skills for Work, Baccalaureates, Learner support, Teaching support, Developing learners' skills, Unit search, NQ Quality assurance, and About National Qualifications. The main content area is titled "National 5 Physics" and features a horizontal navigation bar with tabs for Physics, National 3, National 4, National 5 (highlighted), Higher, and Adv Higher. Below this are several expandable sections: Course Specification (+), Past Papers and Marking Instructions (+), Coursework (+), Understanding Standards (13/03/2024) (+), and Course reports (02/10/2023) (-). The "Course reports" section is expanded, showing a description: "Provides information on the performance of candidates - which is useful to teachers, lecturers and assessors in their preparation of candidates for future assessment." Below this is a "Course Reports" section with a list of links: 2023 National 5 Physics Course Report (October 2023), 2022 National 5 Physics course report (September 2022), and 2019 National 5 Physics Course Report (September 2019).

SQA Website: <https://www.sqa.org.uk/>

# SQA Website

## Areas that candidates found demanding

### Question paper

#### Section 1: objective test

- Question 4 Some candidates correctly calculated the work done by the pushing force in moving the block up the slope. Some candidates used the unbalanced force acting on the block to determine the work done by the pushing force, which is incorrect, as it does not take into account that work also needs to be done against friction by the pushing force.
- Question 5 Some candidates were able to determine the increase in kinetic energy of the trolley.
- Question 11 Some candidates determined the resistance of the resistor in series with the LED correctly. Some candidates simply divided the voltage across the LED by the current in the LED to determine the resistance of the LED, rather than that of the resistor.
- Question 13 Some candidates were able to identify the circuit that switches on a motor when the light level drops below a certain value, as required. Some candidates selected the circuit that switches on a motor when the light level rises above a certain value.
- Question 23 Some candidates were able to identify the path of the red light in air. Some candidates incorrectly selected the path where the red light appears to 'reflect' from the normal.

## Section 3: preparing candidates for future assessment

### Question paper

Each year, the question paper samples the full range of course content. This means that candidates should be familiar with all aspects of the course.

In calculations, some candidates were unable to provide a final answer with the appropriate number of significant figures (or to round these correctly). It was evident that a few candidates confused significant figures with decimal places. Centres should ensure that candidates understand and can use significant figures correctly.


Candidates should be strongly discouraged from copying down answers from their calculator containing a large number of significant figures, or using ellipses, as a penultimate stage in their response before stating their final answer, as often this can introduce transcription or rounding errors into their calculations. They should be strongly encouraged to show only the selected relationship, the substitution, and then the answer, including units, to the appropriate number of significant figures.

SQA Website: <https://www.sqa.org.uk/>

# Achieve

achieve.hashtag-learning.co.uk/user-start/?next=/

My Courses Add Course

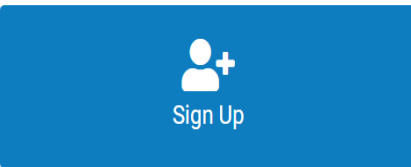
 National 5 Business Management

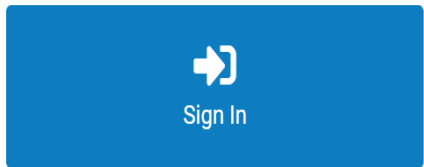
Choose your courses



Welcome to Achieve









What would you like to do?


 Sign Up  
Create a new Achieve account

 Sign In  
Sign into your Achieve account

National 5 Higher

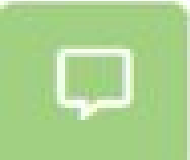
National 5 Courses

- |   |  |  |   |
|---|--|--|---|
| <br>Accounting | <br>Administration and IT | <br>Applications of Maths | <br>Art and Design |
| <br>Biology    | <br>Business Management   | <br>Care                  | <br>Chemistry      |

My Courses 

Manage Courses





## Explanation of the topic



## Further learning links

### Further learning links: The nature of business organisations

BBC Bitesize

[Role of business in society](#)

BBC Bitesize

[Dynamic nature of business](#)

BBC Bitesize

[The impact of globalisation](#)

Business Education for Learners

[Understanding business - notes](#)

Tutor2U

[Why businesses exist](#)

BBC Bitesize

[The nature of business](#)



## SQA Past paper Questions



## Questions & activities

Understanding business	Marketing	Operations	People	Finance			
<b>Role of business in society</b>							
The nature of business organisations							
Factors of production							
The sectors of industry							
Sectors of the economy							
<b>The nature of business organisations</b>							
1. Explain what is meant by a business organisation.							
<p>A business is an organisation that makes, buys or sells goods or provides a service. This may involve one person or a group people working together to achieve common goal, such as making a profit or providing a valuable product or service to customers.</p>							
2. Give examples of small businesses.							
<p>Small businesses are often family-owned enterprises that cater to the immediate community, for example, convenience stores, plumbers, boutique clothing shops, independent bookstores, and local cafes. These play a vital role in providing essential goods and services to their local customers and contributing to the community's economy.</p>							



Home My Courses ▾

Learn

Assess

Self-evaluate

## Assess

The Assess module tests your knowledge and understanding of a subject through multiple choice and short answer questions.

You can choose to answer questions about a specific topic, or a unit, or you can try whole course assessment.

Course ☰ Unit ☰ Topic ☰

ACHIEVE will give you a detailed breakdown of your strengths and weaknesses.

My streaks ⚡

Look out for your Streaks - the number of consecutively correct answers you have achieved. Can you make it to the top of the Streaks table for your school, or even the whole of Scotland?

Select a National 5 Business Management topic:

Understanding business

Role of business in society

Consumers

Types of business organisation

Factors affecting a business

Stakeholders

Select the number of questions for your assessment

1 questions

2 questions

3 questions

4 questions

5 questions

10 questions

20 questions

30 questions

40 questions

50 questions

All 58 questions

Multiple choice or open ended questions



Home My Courses ▾

Learn

Assess

Self-evaluate

## Self-evaluate

Identify aspects of a course where you have a good understanding and feel confident. Also identify areas where your knowledge is poor and where you need additional learning.

Click the self-evaluate button to start traffic lighting each concept of your course.

Self-evaluate



Traffic light each concept of your course:



I don't understand



I have some understanding



I have a good understanding

When you finish, ACHIEVE will give you a detailed breakdown of your strengths and weaknesses.

Review my self-evaluation summary

Understanding business	Marketing	Operations	People	Finance
<b>Role of business in society</b>				
The nature of business organisations				
Factors of production				
The sectors of industry				
Sectors of the economy				

## Unit Summary

Understanding business

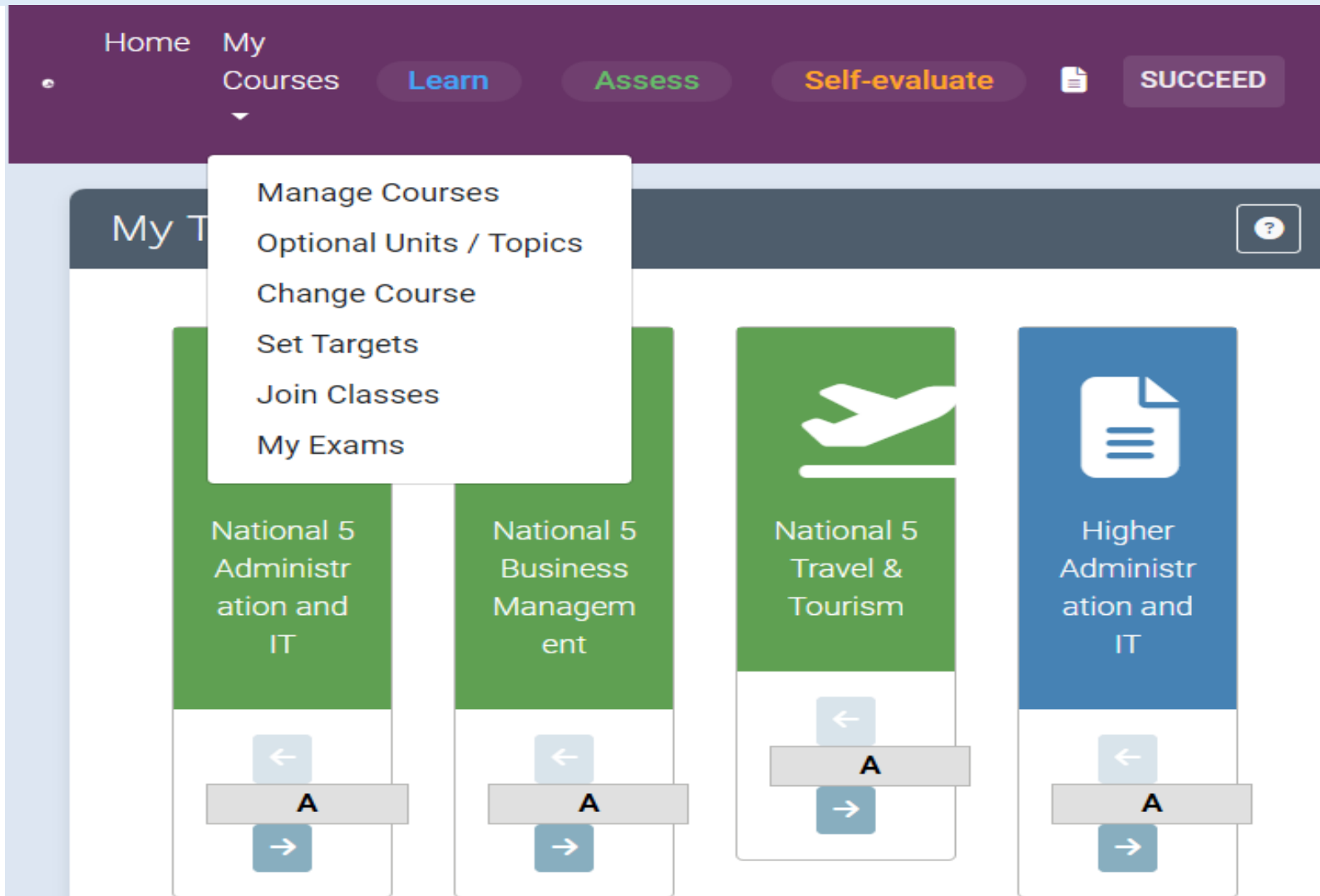


Summary





# Set Targets



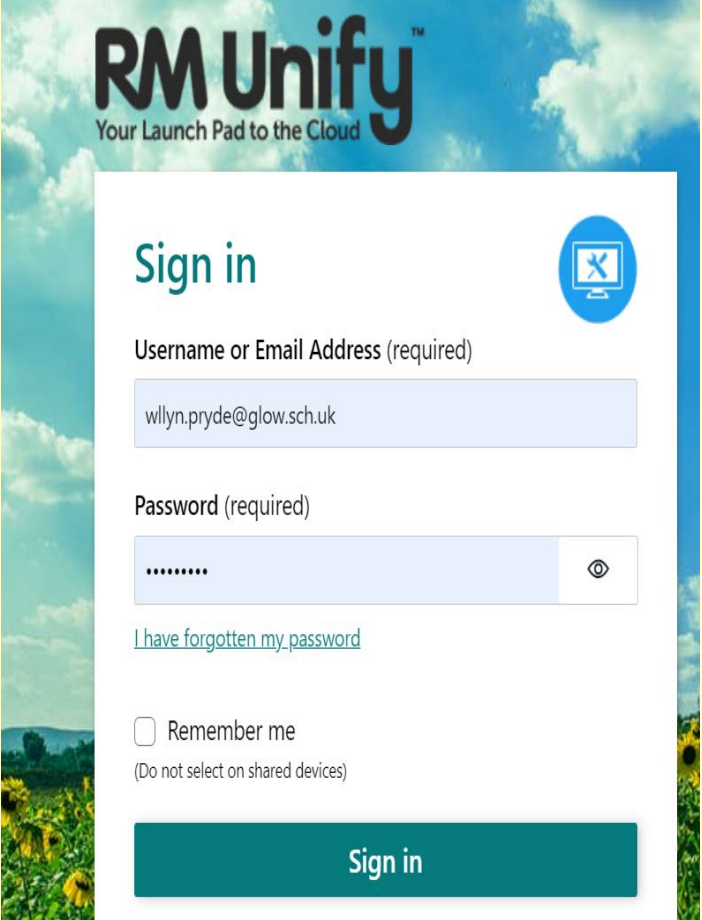
The screenshot shows a user interface with a purple header bar. On the left, there are navigation links: Home, My Courses (with a dropdown arrow), Learn, Assess, and Self-evaluate. On the right of the header, there is a document icon and a button labeled 'SUCCEED'. Below the header, a dark grey bar contains the text 'My T' and a help icon (a question mark in a square). A white dropdown menu is open over the 'My Courses' link, listing the following options: Manage Courses, Optional Units / Topics, Change Course, Set Targets, Join Classes, and My Exams. Below the dropdown, there are four course cards. The first three are green and the fourth is blue. Each card has a title, an icon, and a target grade 'A' displayed in a grey box. The first card is 'National 5 Administration and IT' with a left arrow above the 'A' and a right arrow below it. The second card is 'National 5 Business Management' with a left arrow above the 'A' and a right arrow below it. The third card is 'National 5 Travel & Tourism' with a left arrow above the 'A' and a right arrow below it. The fourth card is 'Higher Administration and IT' with a left arrow above the 'A' and a right arrow below it.

# Accessing Microsoft Teams

To access Microsoft Teams, first log into Glow: <https://glow.rmunify.com/>

Sign in with Glow username and password

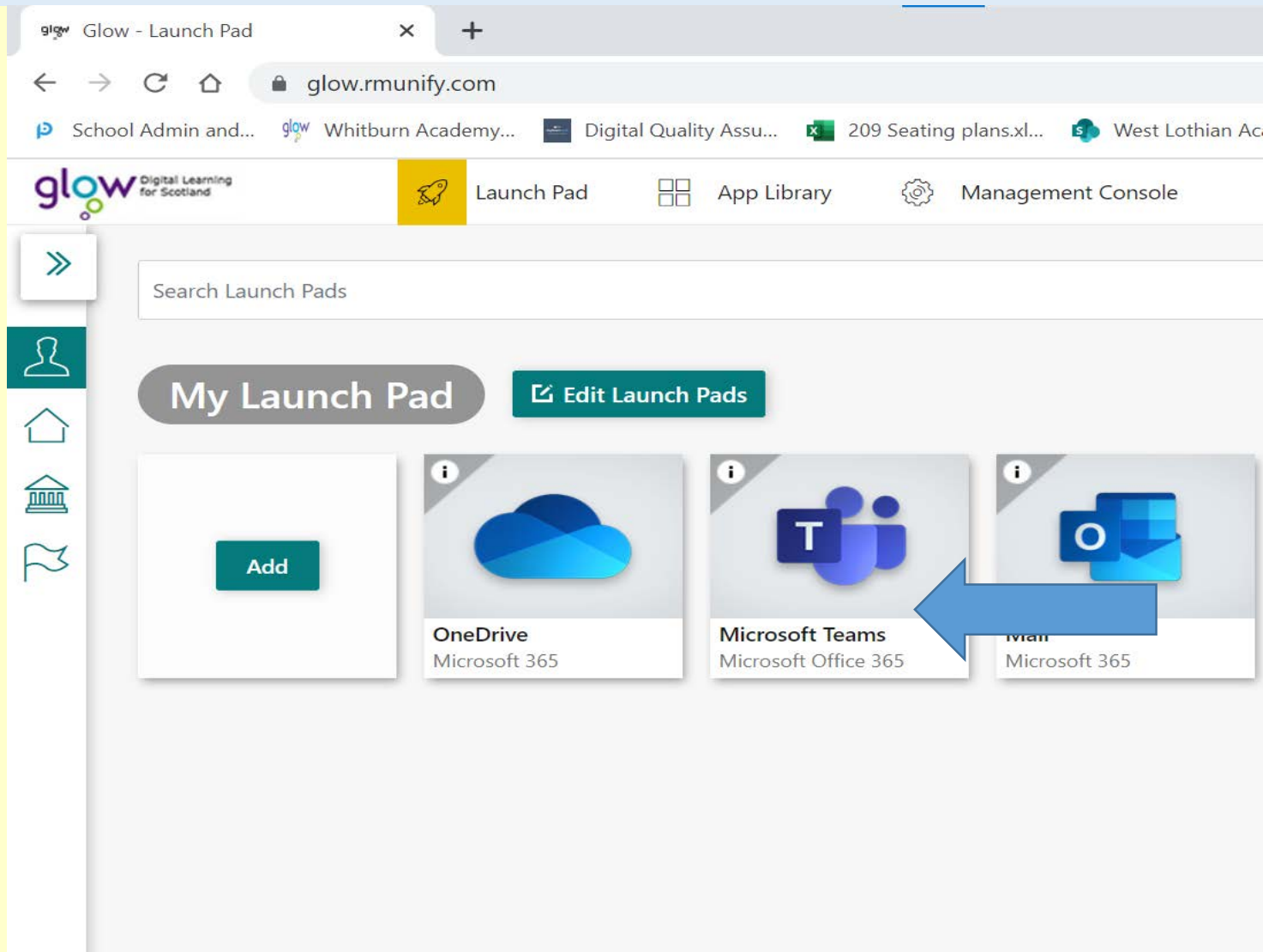
Remember 'WL' at the start of username



The screenshot shows the login interface for RM Unify. At the top, the logo 'RM Unify' is displayed with the tagline 'Your Launch Pad to the Cloud'. Below the logo is a 'Sign in' section. It includes a 'Username or Email Address (required)' field with the text 'wlyn.pryde@glow.sch.uk' entered. Below that is a 'Password (required)' field with masked characters '.....' and a toggle icon. A link for 'I have forgotten my password' is visible. At the bottom of the form, there is a 'Remember me' checkbox with the text '(Do not select on shared devices)' below it. A large teal 'Sign in' button is at the bottom right of the form area.


# Accessing Microsoft Teams

Click on the  
Microsoft Teams  
Icon



# Accessing Microsoft Teams

Teams

...  Join or create team

**Teacher will have added you  
before you have started  
using Teams**

**OR**

**You should click on join team  
and enter code given by  
teacher**



Join a team with a code

Enter join code.

Add team



Create a new team



# Microsoft Teams Channels



## 2W1 Miss Pryde 2024 25



Home page

Class Notebook

Classwork

Assignments

Grades

Reflect

Insights

---

▼ Main Channels

General

Help

Ready to work

# Microsoft Teams Assignments



Assignments

Forthcoming

Ready to grade

Past due

Returned

Drafts

🔍 Search by assignment title



No forthcoming assignments right now.

# Daily / Weekly Posts

< All teams



2W1 Miss Pryde 2024 25 ...

- Home page
- Class Notebook
- Classwork
- Assignments
- Grades
- Reflect
- Insights

▼ Main Channels

- General
- Help

Ready to work ...



Ready to work

Posts

Files

Notes



## Monday 30 September P5 - Todays Tasks

### Marketing - Price

Starter: On todays assignment.

Task: Today we are going to be looking at price and thinking about this in relation to our phones we designed. This is set as an assignment.



Reply

# Introduction in class

- Every teacher will go over their Teams layout
- Shown where to find everything

Don't worry  
be happy!!!





# Files



**General**

Posts

Files ∨



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Class Materials

# Download Files

Documents > General > Class Materials  > **Marketing**

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	 Customer.pptx  	Open	> liss Pryde
	 Extended Marketing Mix.pptx	Preview	liss Pryde
	 Market Research .pptx	Share	liss Pryde
	 Place.pptx	Copy link	liss Pryde
	 Price.pptx	Make this a tab	liss Pryde
	 Product.pptx	Manage access	liss Pryde
	 Promotion.pptx	Download	liss Pryde
		Delete	liss Pryde
		Rename	
		Open in SharePoint	
		Pin to top	

# Ask for help

## Channels

General

Help

Ready to work

Revision



**Miss Pryde**

Teaching Staff

Whitburn Academy (5510430)

Available



### Contact

 08:53

 [lyn.pryde@westlothian.org.uk](mailto:lyn.pryde@westlothian.org.uk)

# Study Skills

**5 top tips for  
supporting  
young people in  
their studies.**





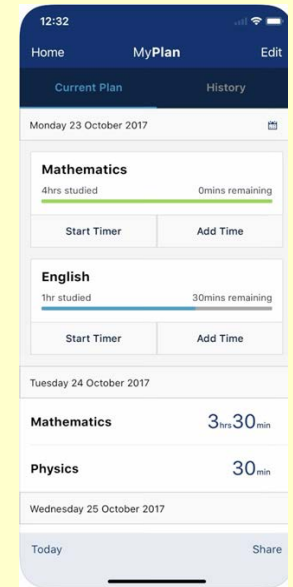
# 5 top tips for supporting young people and their studies

- **Time management and organisation**
- **Note taking**
- **Task prioritisation**
- **Setting up an appropriate study space**
- **Setting up a study group with like-minded people**

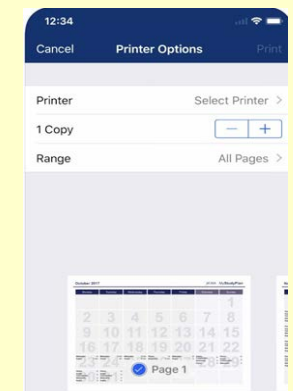
# Time Management and Organisation

- Plan your time – study and free time
- Create a study timetable – this could change on a weekly basis – dependent on priorities for that week – are you spending more time on your weaker subjects and less time on your stronger subjects?
- Make sure your notes from school are in order – would it help to have a folder?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-12	School	School	School	School	School	Work	Work
1-3	School	School	School	School	Lunch	Work	Work
4-5:30	Chemistry	biology	Maths	English	Maths	work	work
6:00-6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30-8:30	Shower	History sp. over notes	Zumba	Chemistry	Shower		Maths Daily question
9:00-10:00	Maths sp. over notes	Chemistry Past paper questions	Shower	biology	History Revision for essay		English Revision
10:00-10:30	Read a book	Read a book	Read a book	Read a book	Read a book		



My SQA Study Planner app  
Available on apple and android

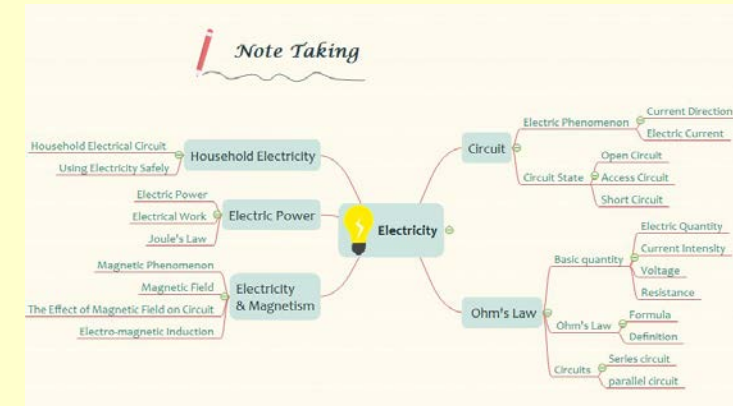


# Note taking

Note taking **forces you to pay attention and helps you focus in class** (or while reading a textbook). It helps you learn. Studies on learning have shown that actively engaging with the topic by listening and then summarising what you hear helps you understand and remember the information later. You could highlight important parts of the text and then paraphrase.

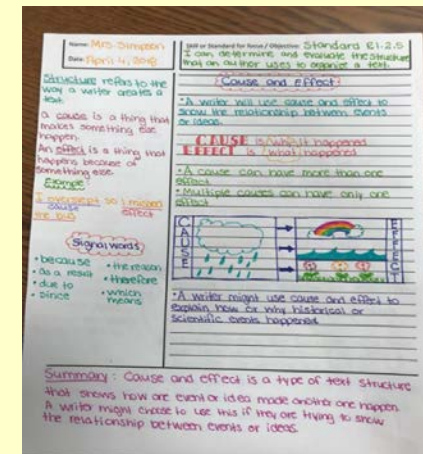
## Mind mapping or concept map

- Mind mapping takes advantage of how the human brain processes information
- Start in the centre of the page and build up a network of facts, information and ideas
- Use a variety of colours and illustrate with images if possible
- Be bold and creative



## Colour coding

- Using e.g. red for main points, blue for secondary points, green for examples
- This will help you find things easily when revising.
- Studies suggest using warm colours for all your note-taking improves concentration and memory

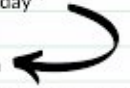


# Task Prioritisation

Begin to prioritise your work, or study, by listing the tasks you need to do in order of importance – in other words compile a 'to do' list. Make sure you break the large tasks down into more manageable ones and perhaps split your list into things to do 'now', 'this week' and 'this month'. Finally, make sure you draw up a new list frequently.

- **What are the advantages of using a 'to do' list?**
- **Write it down.** Once you have written a task down you can stop worrying about forgetting to do it. This relieves stress and many a sleepless night.
- **Prioritise.** It helps you decide on priorities and to complete the most important and the most urgent tasks first.
- **It helps you to focus.** You are less likely to become side-tracked when focussing on your list and you will gain more of a sense of purpose.
- **Rewarding.** It is very satisfying to tick things off as you do them and this encourages you to do more and to stay on course with your list.
- **Take control.** This gives you a feeling of control over your workload, rather than feeling that the work is controlling you.

<b>MONDAY</b>
• Multimedia homework (minor) ✓
• English essay (major) - due Wednesday *
<b>TUESDAY</b> + finish English conclusion
• Modern History Research task (major) - due Thursday
• Clean room (minor)





# Setting up an appropriate study space



- Find a quiet well-lit area that is available to you whenever you need to study. This may also be a supported study session in school!
- It is important to limit distractions, such as other reading materials, your phone, friends, food, and television by keeping them out of the area.
- Make sure the room is not too hot or too cold.
- Stay hydrated - drinking plenty of water throughout the day is good for you.
- Be comfortable but not too relaxed – a traditional classroom setting is more preferred to lying on your bed.

# Setting up a study group with like minded people



- You can learn from your peers!
- Deepens understanding
- Increases motivation
- Keep the group small
- Meet regularly
- Ask each other questions
- Discuss course materials
- Quiz each other
- Create flashcards

# Maximising Wellbeing



Sleep



Exercise



Healthy  
Eating

# Relaxation is very important

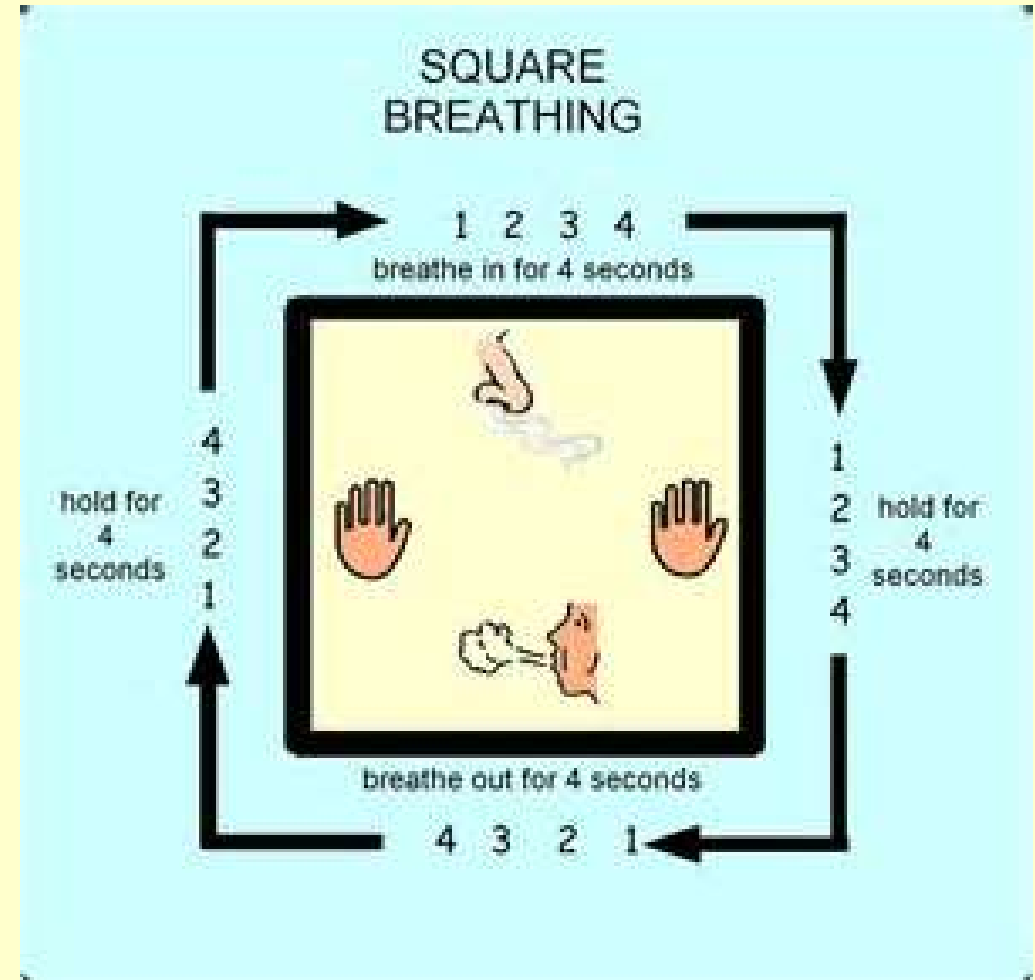
- You should always find time in your busy life to relax and re-set.
- Relaxation Apps and podcasts
- Sport and Exercise
- Going for a walk
- Chatting to friends
- Reading a book
- **Interests and hobbies**
- **Sleep – wind down hour**





# Dealing with stress

**Stress affects us all in different ways but preparing for examinations is a worrying and very stressful time for our young people.**



# S6 Pupil Experience

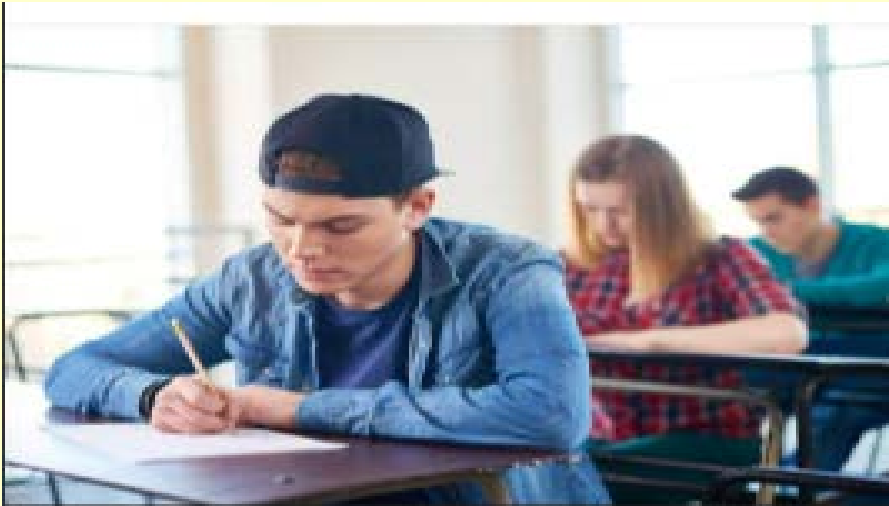
**One of our S6 pupil's experience:**

- **In S4 = 6 N5s all at Grade A**
- **In S5 = 5 Highers all at Grade A**

**This year:**

- **School captain**
- **Sitting 3 Advanced Highers**
- **Sitting Higher French**
- **Sitting Science Baccalaureate**

# Impact



The figures are based on exam results from the 2021/22 school year.

**Scotland's Schools Rankings:**  
These are the 12  
overperforming Scottish  
secondary schools that beat  
exam expectation

More than 100 secondary schools  
across Scotland are surpassing

performed best against their 'virtual  
comparator'.



## 1. Whitburn Academy

At Whitburn Academy, in West Lothian, 55 per cent of pupils left with at least five Highers in 2022. This is a huge 34 percentage points better than its virtual comparator. Photo: Google Maps

# Impact

S4

5+ Level 5 SQA  
**60.59%**

5+ Level 5 SCQF  
**83.53%**

S5

1+ Level 6 SQA  
**47.53%**

1+ Level 6 SCQF  
**72.22%**

3+ Level 6 SQA  
**33.95%**

3+ Level 6 SCQF  
**49.38%**

5+ Level 6 SQA  
**19.14%**

5+ Level 6 SCQF  
**48.15%**

S6

1+ Level 6 SQA  
**58.24%**

1+ Level 6 SCQF  
**86.26%**

3+ Level 6 SQA  
**45.05%**

3+ Level 6 SCQF  
**58.24%**

5+ Level 6 SQA  
**31.87%**

5+ Level 6 SCQF  
**53.30%**

1+ Level 7 SQA  
**15.93%**

1+ Level 7 SCQF  
**23.08%**



**West Lothian  
Council**

# Our Vision

**Empowering our young people to learn and achieve, allowing them to thrive now and in the future.**