

Senior Phase Raising Attainment 2025 - 2026

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



Senior Phase Raising Attainment 2025 - 2026

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



Senior Phase Raising Attainment 2025 - 2026

Assessment calendar:

Oct 25 – April 26

Evidence will be gathered throughout the year.

Keep momentum and less stress.



Senior Phase Tracking and Monitoring

Tracking reviews:

- **September**
- **December**

Parents Night:
Monday 15th
December

Full Reports:

- **First week in March**



Senior Phase Tracking and Monitoring

Tutor:	4D2
Attendance:	72.55
Lates:	0

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

Class Notebook

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

2. Higher Chemistry	- 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. - 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. - 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
3. Higher biology	1 attend supporter studies every Monday to develop my understanding in replication of DNA and provoke solving questions 2. 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 3. I will ask so try to participate more in
4. Higher English	1. 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 2.make sure I explain my answers in a bit more detail to show the marks I have a better understanding

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

After School Study Support classes for pupils taking subjects at N5, Higher and Advanced Higher level run from October till 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 & Design and Photography	N5/ Higher / AH	Miss Mackay
Admin	N5	Miss Jones
Admin	Higher	Mrs Anderson
Biology	N5	Miss Lambie
Drama	Higher	Mr Greenwood
Human Biology	Higher	Mrs Cooper
Maths	AH	Mr Rennie
PE	N5 and AH	Mr McPherson
Physics	N5 / Higher	Mr Steven
Politics	Higher	Miss Nicol

After School Study Support

Wednesdays

Subject	Level	Teacher
Applications of Maths	N5	Mr McGrath
Applications of Maths	Higher	Ms Sword
Art and Design	N5/Higher/AH	Miss McCluskey
Biology	AH	Miss Lambie
Care	N5	Mrs Cullen
Chemistry	N5 and Higher	Miss Stephen
Drama	N5	Miss Watters
Drama	AH	Mr Greenwood
Health and Food Technology	Higher	Ms McGurk
History	Higher	Miss Scott
Human Biology	Higher	Miss Richmond
Maths	N5	Mr Rennie
Modern Studies	N5	Mr Reynolds
Music	N5/Higher/AH	Miss Ho and Miss Lafferty
Practical Cookery	N5	Miss Gordon
RMPS	N5	Miss Chisholm and Miss Manning

After School Study Support

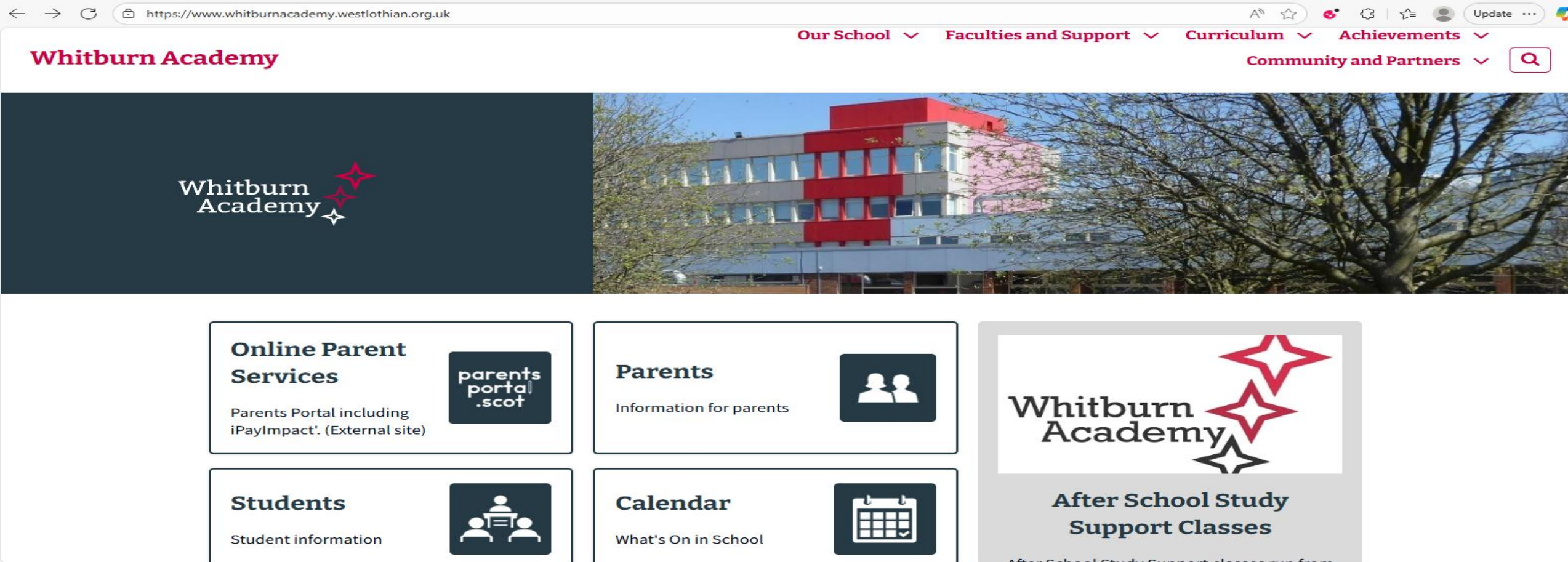
Thursday Lunchtimes

Subject	Level	Teacher
PE	Higher	Mr Duffy and Miss Higgins

Thursdays After School

Subject	Level	Teacher
Art and Design	N5/Higher/AH	Miss McCluskey
Business	N5	Miss Jones
Business	Higher	Mrs Anderson
Chemistry	AH	Miss Maher
Computing	N5 and Higher	Mrs Dornan (West Calder HS via Teams)
English	Higher	Mrs McCudden
English	N5	Mrs Finney-Callan
History	N5	Miss Steel
Maths	Higher	Miss McGrath
Modern Studies	Higher	Mr MacKenzie
Modern Studies	AH	Mr Reynolds
Music Technology	N5/Higher/AH	Mrs Ledgerwood
RMPS	Higher	Miss Chisholm

After School Study Support



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



**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 2026**
- **Focus on final exam prep**
- **Mandatory for pupils at D or F**



Later in the year

The school will offer:

- **Easter School 2026 programme**
- **Immersion days**



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

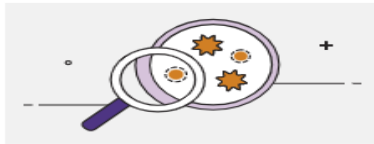
These subjects may contain both Guides for students and Classroom videos for use by teachers.



Application of
Maths



Art and Design



Biology



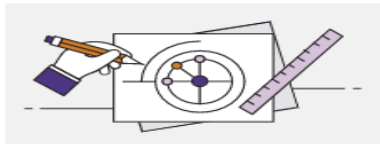
Business
management



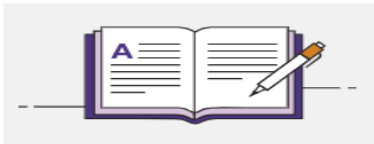
Chemistry



Computing Science



Design and
manufacture



English



French



Gaelic (Learners)



Geography



History

e-sgoil.com



Get
help
with

glow
DIGITAL LEARNING
FOR SCOTLAND

About Us ▾

Programmes ▾



Evening Study Support 2025-26

e-sgoil.com

Welcome to the e-Sgoil Study Support programme page. Registration for this year's evening webinars is now live.

Study support is for Senior Phase learners (S4-S6) who are working towards National Qualifications.

This year's programme offers 55 weekly webinars covering 29 subjects across N4 to Advanced Higher levels.

On this page you'll find the timetable for the full webinar programme as well as supporting materials and information about how to register.

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

Timetables

MONDAY		
5pm	Maths	NS
	Health & Food Technology	NS/Higher
	Biology	Adv Higher
	Maths	N4
	Physics	Higher
	Physics	Adv Higher
	Human Biology	Higher
6pm	Business Management	NS
	Applications of Maths	NS
	Maths	NS/Higher
	Practical Cookery	NS
	Politics	H
7pm	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher

TUESDAY		
5pm	Music	NS
	Maths	Higher
	Modern Studies	Higher
	Spanish	Higher
	Maths	Adv Higher
6pm	Business Management	Higher
	Music	Higher
	English	Higher
	Chemistry	Adv Higher
7pm	English (S)	NS

WEDNESDAY		
5pm	ESOL	NS
	French	NS
	Engineering Science	NS
	Geography	Higher
	History	Adv Higher
	Graphic Communication	Higher
6pm	Geography	NS
	Engineering Science	Higher
	Physics	Adv Higher
	Human Biology	Higher
	Business Management	NS
	Applications of Maths	NS
	RMPS	NS/Higher
	Practical Cookery	NS
	Politics	H
7pm	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher

THURSDAY		
5pm	Admin & IT (Theory only) *	Higher
	German	NS
	Latin	NS
	Art & Design	NS
	English	NS
6pm	Physics	NS
	Chemistry	Higher
	Design & Manufacture	NS/Higher
	Biology	NS
	Art & Design *	Higher
7pm	German	Higher
	Graphic Communication	NS
	NS	Higher
	Computing Science	NS



Master Timetable

Click the button below to view the master timetable.

View

e-Sgoil Study Support Webinar timetable 2025-2026

day		
	Maths	NS
	Health & Food Technology	NS/Higher
	Biology	Adv Higher
	Maths	N4
	Physics	Higher
	Physics	Adv Higher
	Human Biology	Higher
	Business Management	NS
	Applications of Maths	NS
	RMPS	NS/Higher
	Practical Cookery	NS
	Politics	H
	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher

day		
	Music	NS
	Maths	Higher
	Modern Studies	Higher
	Spanish	Higher
	Maths	Adv Higher
	Business Management	Higher
	Music	Higher

Wednesday	
5 pm	ESOL
	French
	Engineering Science
	Geography
	History
	Graphic Communication
6 pm	Geography
	Engineering Science
	French
	English (Group 2)
	History
7pm	Chemistry
	Gaelic
	English
	History

Thursday	
5.00 pm	Admin & IT (Theory only) *
	German
	Art & Design
	English
6.00 pm	Physics
	Chemistry
	Design & Manufacture
	Maths
	Biology
	Art & Design *

Master Timetable (Accessible)

Click below to download a Microsoft Word version of the timetable which can be used with Immersive Reader.

Click to download

Business Management	Chemistry	Computing Science	Design and Manufacture
Engineering Science	English	ESOL	French
Gaelic/Gàidhlig	Geography	German	Graphic Communication
Health & Food Technology	History	Human Biology	Latin

Individual Subject Timetables

Click the button below to view the individual subject timetables.

View

▲ Scroll to Top

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.

Understanding Your Mind

Understanding your Stress

Understanding Your Study

Teachers Area

Parent/Carers Area

Feedback

Accessibility

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



SQA Website



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

Site search 

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.



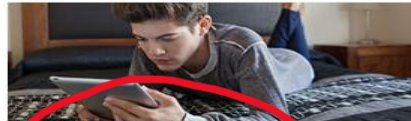
NQ subject pages

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					
• Examples of candidate evidence with commentaries 					

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

SQA Website

SQA

Site search

Select subject

National 5 Physics

Physics National 3 National 4 **National 5** Higher Adv Higher

National Qualifications

NQ home

Find your subject

Skills for Work

Baccalaureates

Learner support

Teaching support

Developing learners' skills

Unit search

NQ Quality assurance

About National Qualifications

Course Specification +

Past Papers and Marking Instructions +

Coursework +

Understanding Standards (13/03/2024) +

Course reports (02/10/2023) -

Provides information on the performance of candidates - which is useful to teachers, lecturers and assessors in their preparation of candidates for future assessment.

Course Reports

- [2023 National 5 Physics Course Report](#) 📄 October 2023
- [2022 National 5 Physics course report](#) 📄 September 2022
- [2019 National 5 Physics Course Report](#) 📄 September 2019

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

SQA Course Reports

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


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

My Courses

Manage Courses

National 5

Higher

National 5 Courses


Accounting


Administration and IT


Applications of Maths


Art and Design


Biology

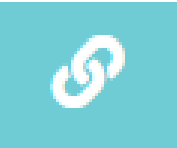

Business Management


Care


Chemistry



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](#)

Role of business in society

The nature of business organisations				
Factors of production				
The sectors of industry				
Sectors of the economy				

The nature of business organisations

1. Explain what is meant by a business organisation.

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.

2. Give examples of small businesses.

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.

[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
Role of business in society				
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 student dashboard with a purple header bar. The header contains navigation links: Home, My Courses (with a dropdown arrow), Learn, Assess, Self-evaluate, a document icon, and a SUCCEED button. The 'My Courses' dropdown menu is open, displaying a list of options: Manage Courses, Optional Units / Topics, Change Course, Set Targets, Join Classes, and My Exams. Below the header, the dashboard features four course cards. The first three cards are green and represent National 5 subjects: Administration and IT, Business Management, and Travel & Tourism. The fourth card is blue and represents Higher Administration and IT. Each card has a white icon at the top (a book for the first three, a hand holding a paper for the fourth). Below the course name on each card is a target indicator consisting of a grey bar with the letter 'A' in the center, flanked by light blue arrows pointing left and right. The 'National 5 Travel & Tourism' card also includes a blue arrow pointing right below the target bar.

Home My Courses Learn Assess Self-evaluate SUCCEED

My Courses

- Manage Courses
- Optional Units / Topics
- Change Course
- Set Targets
- Join Classes
- My Exams

My T

National 5 Administration and IT

National 5 Business Management

National 5 Travel & Tourism

Higher Administration and IT

A

A

A

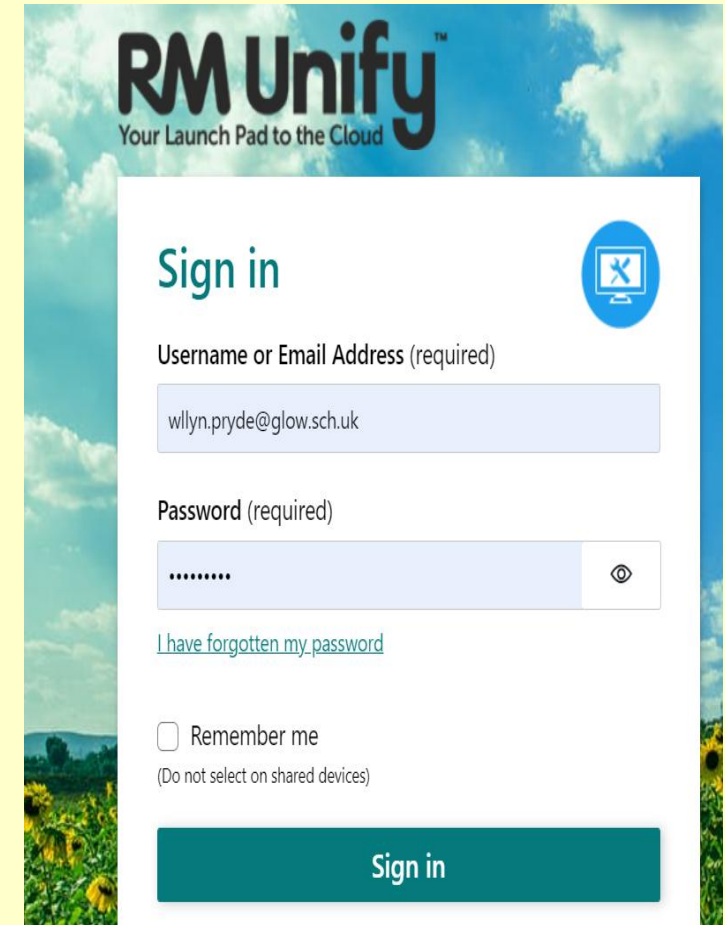
A

Accessing Microsoft Teams

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

Sign in with Glow username and password

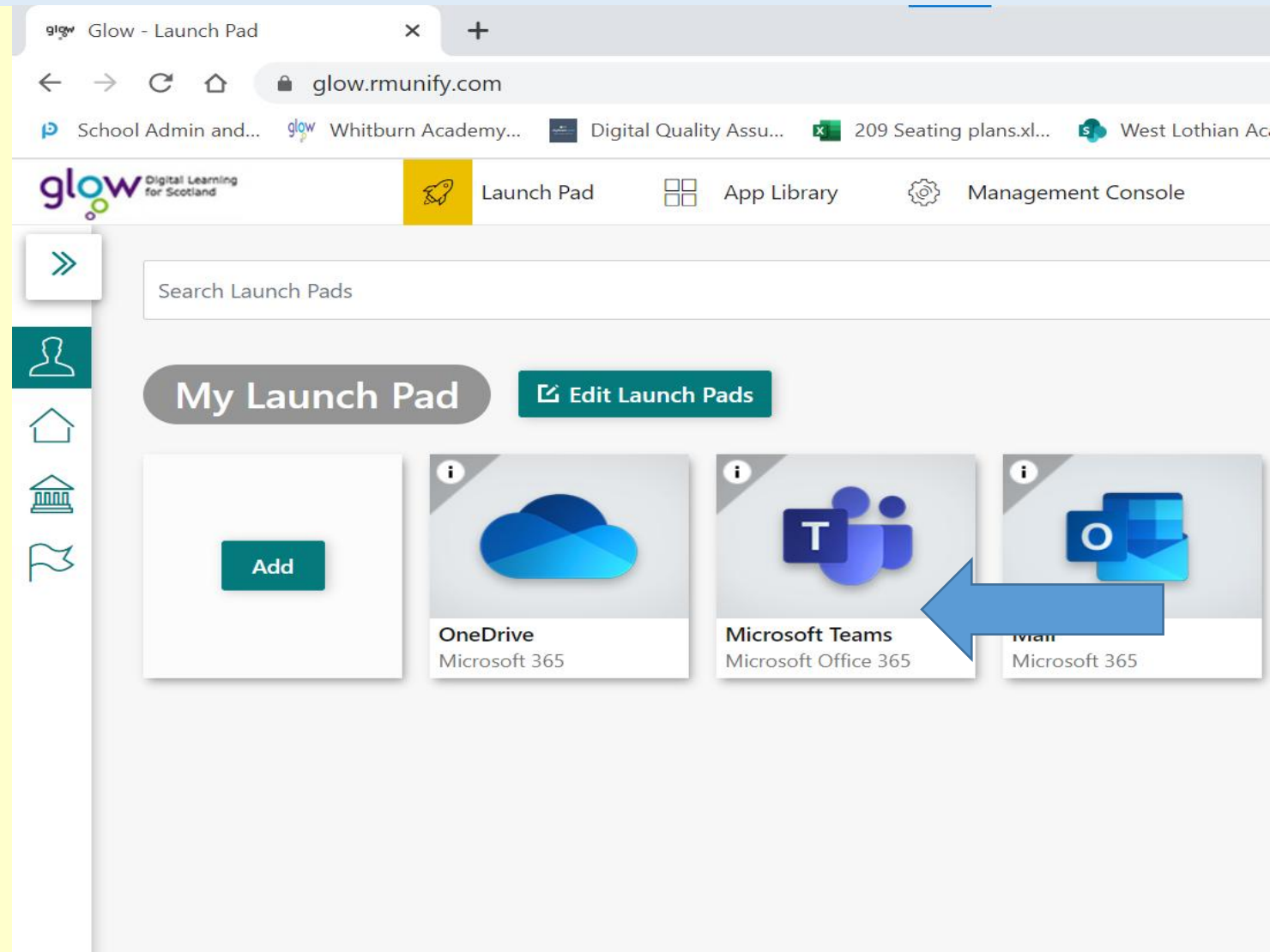
Remember 'WL' at the start of username



The screenshot shows the RM Unify login interface. 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 'wllyn.pryde@glow.sch.uk' entered. Below this is a 'Password (required)' field with masked characters '.....' and a toggle icon. A link for 'I have forgotten my password' is visible. There is a 'Remember me' checkbox with the note '(Do not select on shared devices)'. At the bottom is a large teal 'Sign in' button. The background of the login form features a scenic image of a field with sunflowers under a blue sky with clouds.

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



+ New



Upload



Edit in grid view



Share



Copy link

Documents > General



Name

Modified



Class Materials

Download Files

Documents > General > Class Materials ⇄ > Marketing			
	Name ▾	Modified ▾	Modified By ▾
	 Customer.pptx  ...	Open	> Miss Pryde
	Extended Marketing Mix.pptx	Preview	Miss Pryde
	Market Research .pptx	Share	Miss Pryde
	Place.pptx	Copy link	Miss Pryde
	Price.pptx	Make this a tab	Miss Pryde
	Product.pptx	Manage access	Miss Pryde
	Promotion.pptx	Download	Miss Pryde
		Delete	Miss 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



View profile

Contact

🕒 08:53

✉ lyn.pryde@westlothian.org.uk

Study Skills

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

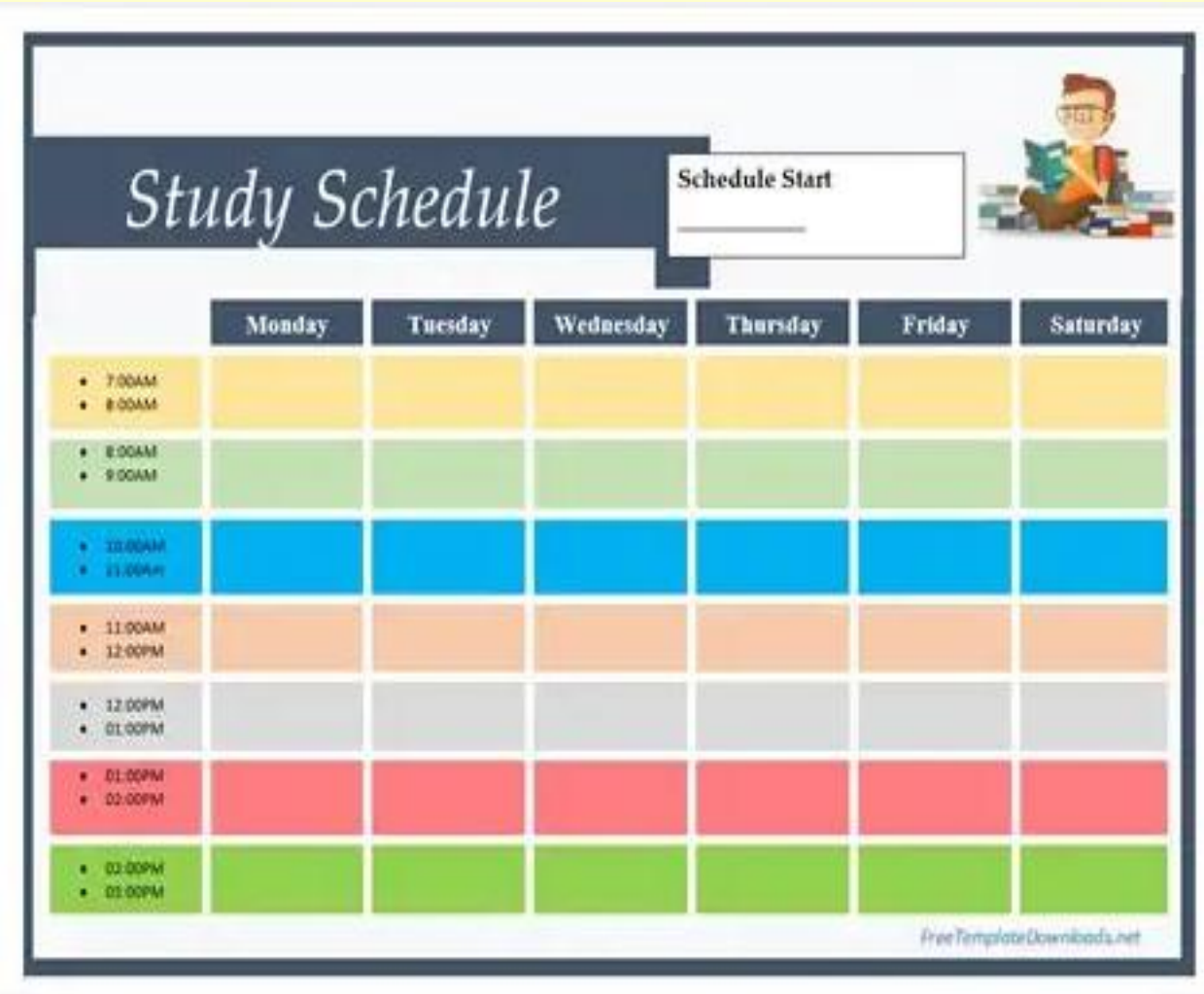


5 top tips for supporting young people and their studies

- **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

- Create a to-do list (more info on this to come)
- Get into good habits – routine
- Create a study timetable

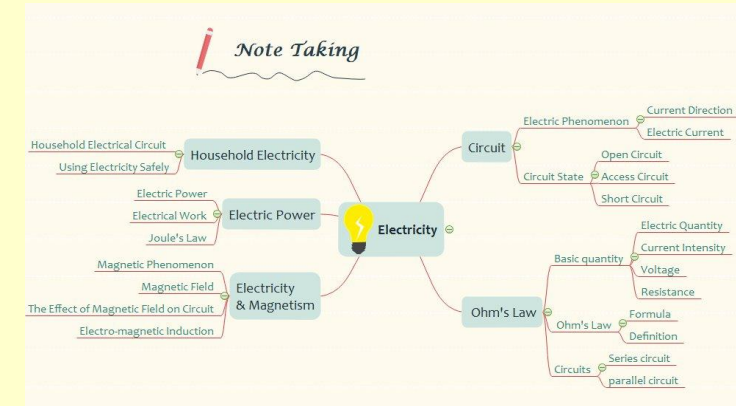


Note taking

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.

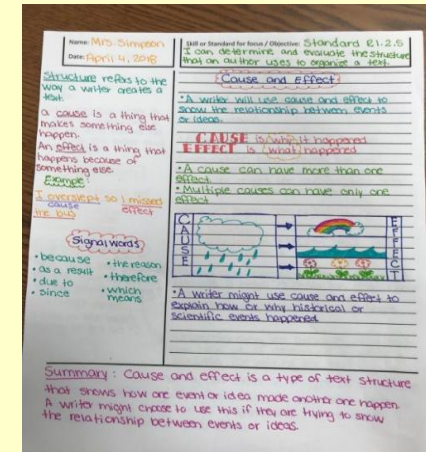
Mind mapping or concept map

- 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.

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



Setting up an appropriate study space



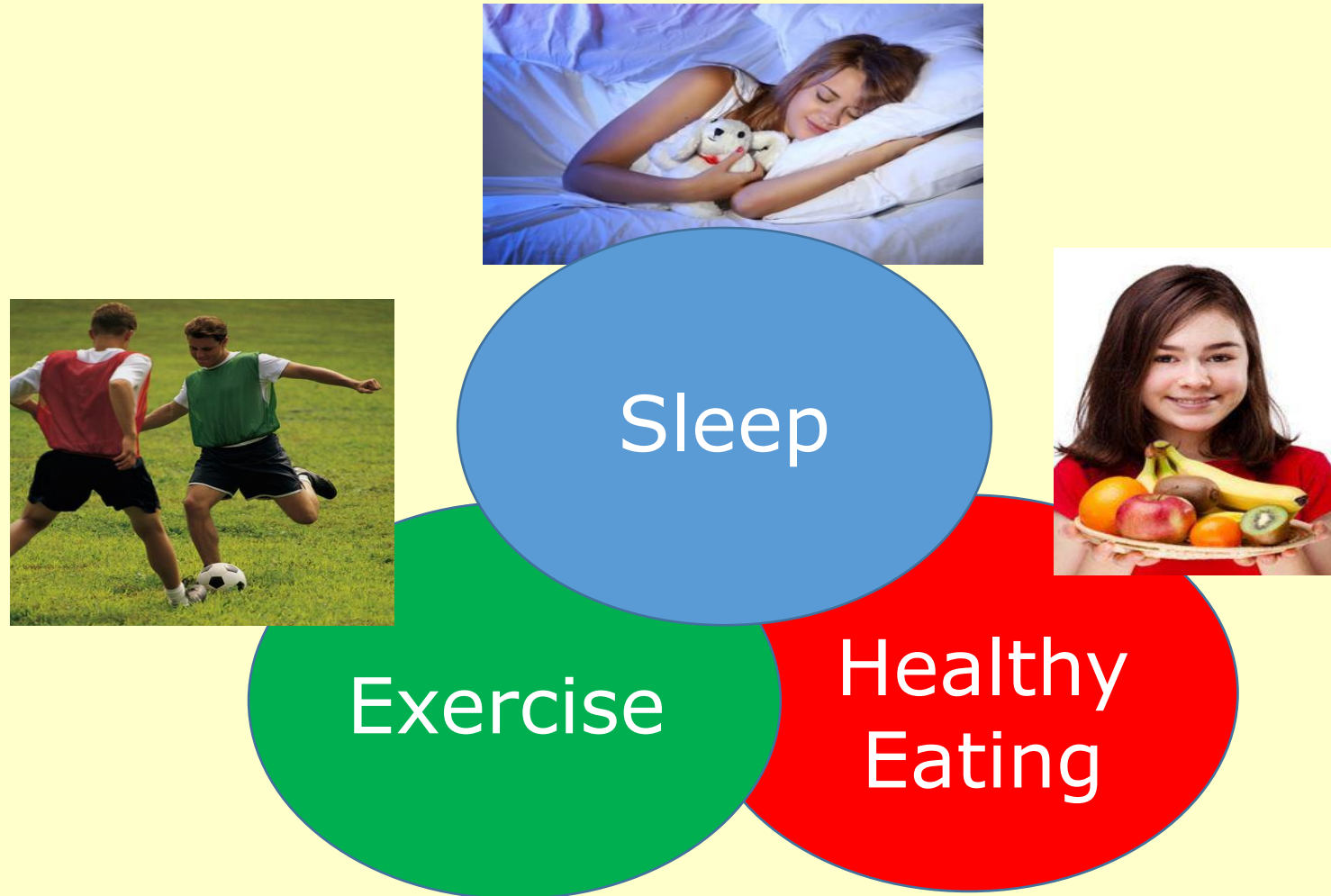
- Find a quiet well-lit area that is available to you whenever you need to study. This may also be a supported study session in school!
- It is important to limit distractions, such as other reading materials, your phone, friends, food, and television by keeping them out of the area.
- Make sure the 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 will have friends / peers in your classes – study with them
- Be accountable to each other
- Set time aside to study with them
- Help each other
- More enjoyable and more likely to stick to the plan

Maximising Wellbeing



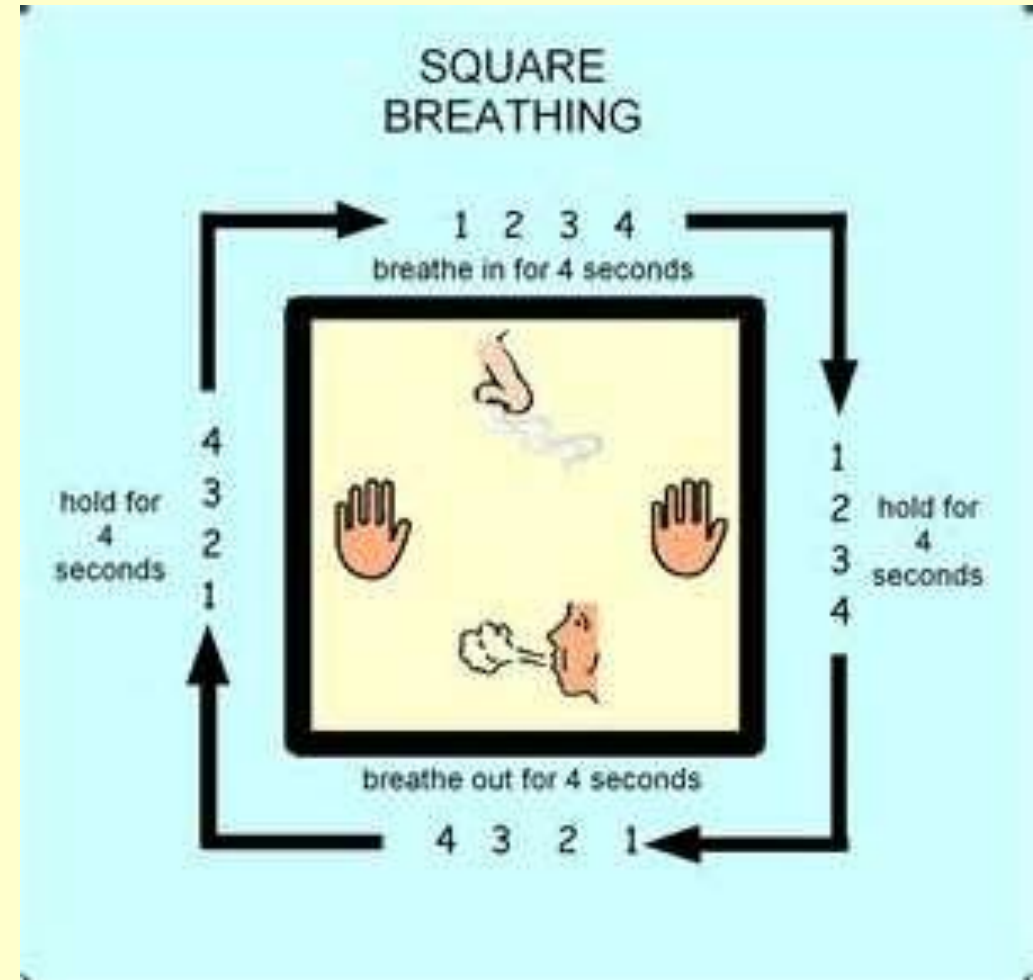
Relaxation is very important

- 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

Two of our S6 pupil's experiences:

- **In S4 = 12 x N5**
- **In S5 = 11 x Highers**

This year:

- **School captain**
- **House captain**

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 23-24

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%



Impact 24-25

Total presentations and outcomes:

S4:

5+ @N5 was 52% = 3rd in WL Council

S5:

5+ @H was 22% = 2nd in WL Council

3+ @H was 45% = 2nd in WL Council

S6:

1+ @AH was 21% = 3rd in WL Council

Our Vision

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