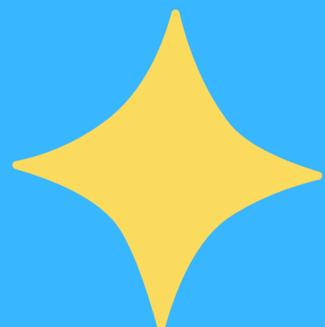
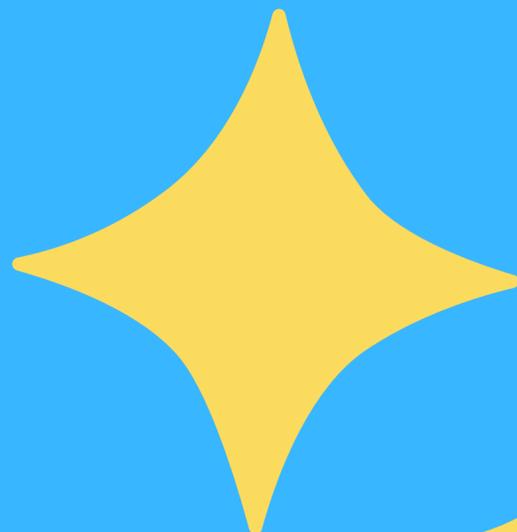




**FIRRHILL
HIGH SCHOOL
STUDY TIPS**





FIRRHILL

TOP TIPS

01

create a good place to study
without distractions

02

use the pomodoro technique
(20-25 mins at a time)

03

leave all social media outside
your study area

04

find ways that work for you
- flash cards/ mind maps?
speaking out loud?

05

take lots of breaks

06

eat and sleep well



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Be optimistic



Choose to be optimistic,
it feels better.

Dalai Lama

Preparing for SQA exams 2022

Check all details are correct when you get your examination timetable

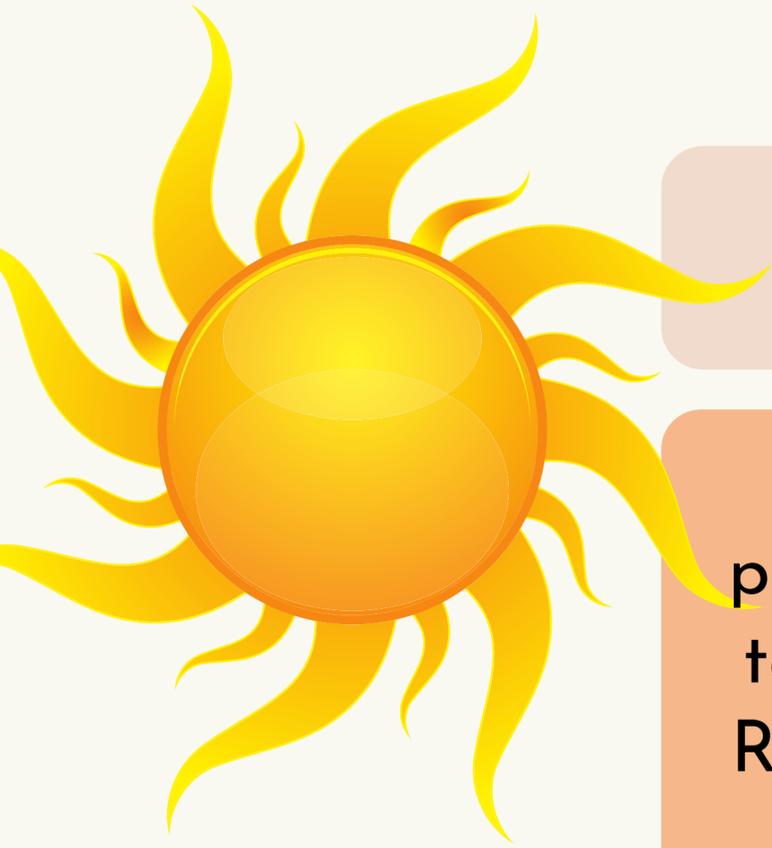
Make a list of your exam dates and double check the times!

Share your exam timetable with people at home

Arrive in time for each exam!

Procrastination

- the enemy of good study!



To avoid putting things off
make a study plan.

Focus on the process not the
product- for example " I am going
to do 20 mins English revision on
RUAE " rather than " Help! I have
got so much English to do!"

Do the hardest part first



LATER



NOW



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Be ready

“Dear Past, Thank
you for the lessons.
Dear Future,
I'm ready.”

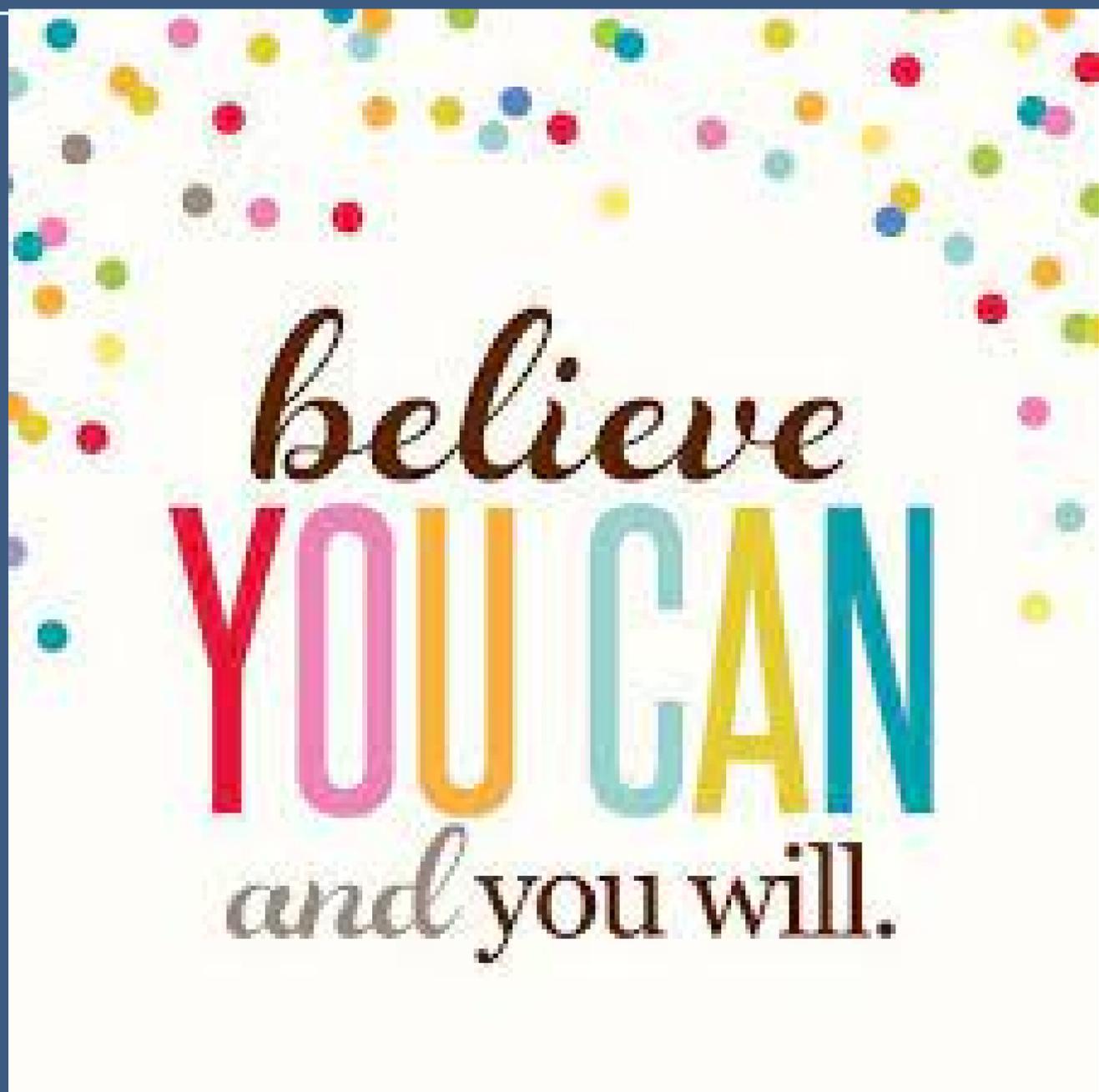
Cultivate good study habits

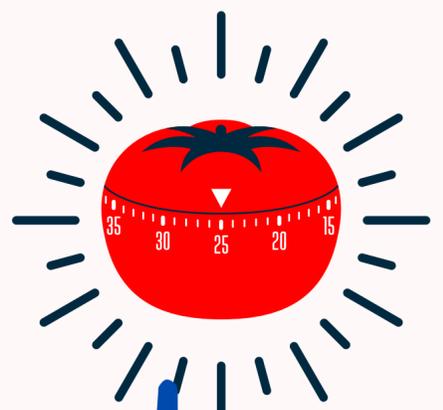
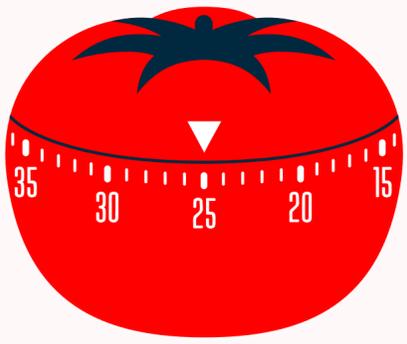
Good habits lead
to best results

1. Create a good routine that works for you
2. Build in rewards for when you have done revision (things to look forward to after study times)
3. Believe that you can achieve your study goals!

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Be positive





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The pomodoro Study technique

Use a timer set to 20-25mins



For that time commit to focussed revision, no distractions

Once your 20/25mins are up give yourself a 5 minute reward (phone time, cup of tea, call a friend)

then go back to a different study topic - this is called **Interleaving**

..and Make sure you have a quiet place to study!



Interleaving and spaced learning

Interleaving is very effective - it involves swapping between topics when you study

Spaced learning is proven to embed knowledge too. The idea involves spacing revision apart by regularly reviewing material rather than cramming information in one study session. A University of California psychology study discovered that spacing is more effective than cramming, with 90% of participants performing better in exams using this method.



Self-Care Activity



Eat regularly and well



Get some fresh air -go for a walk or watch the sunset

Be kind to yourself and others

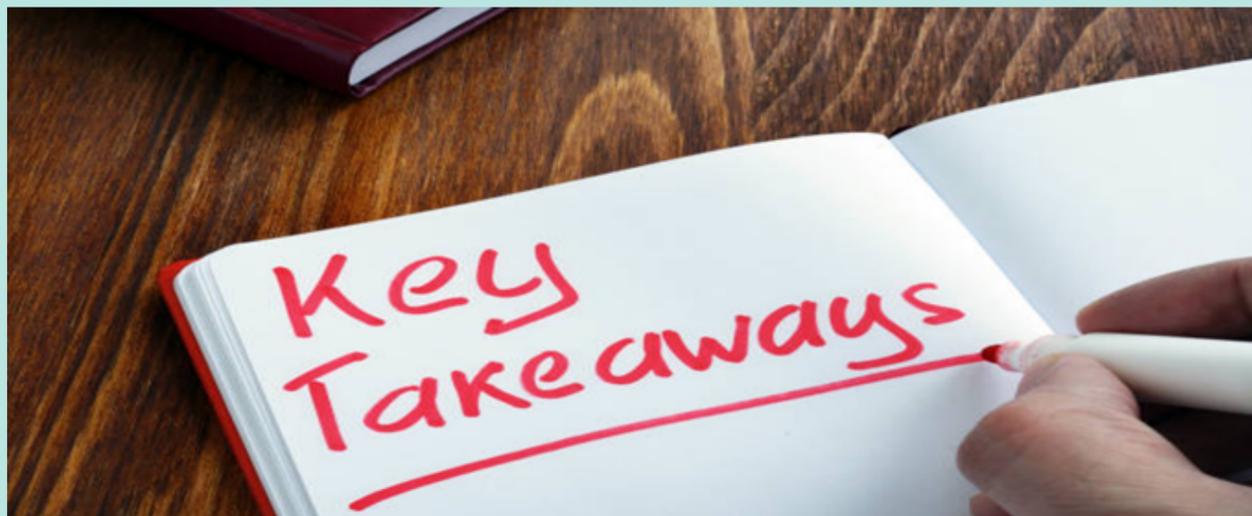
Go Screen free sometimes eg Listen to music!



Go to sleep at the same time every night around 10pm

Spend some time with people you care about





Space your learning topics and revision throughout your study timetable.

Plan study times so they become habit.

Use the Pomodoro method as the basis for study times!

and lastly

Watch our S6 pupils talk about their best study tips on our Firhill youtube channel :

<https://www.youtube.com/watch?v=jk-YBpYKK38&t=1s>

MARCH 2022

***What Study
techniques work
best for us?***



Providing learning opportunities of the highest quality

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