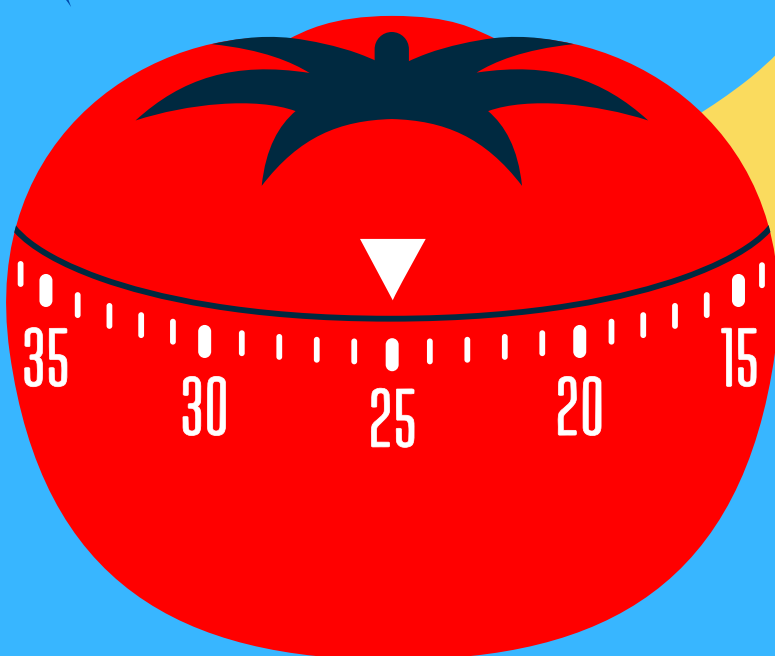




FIRRHILL HIGH SCHOOL STUDY GUIDE



THIS GUIDE IS SPLIT INTO 4 SECTIONS :

**1 Planning and
preparation**

**2 Process and exam
technique**

**3 Where can I go for
help and support?**

4 Self Care



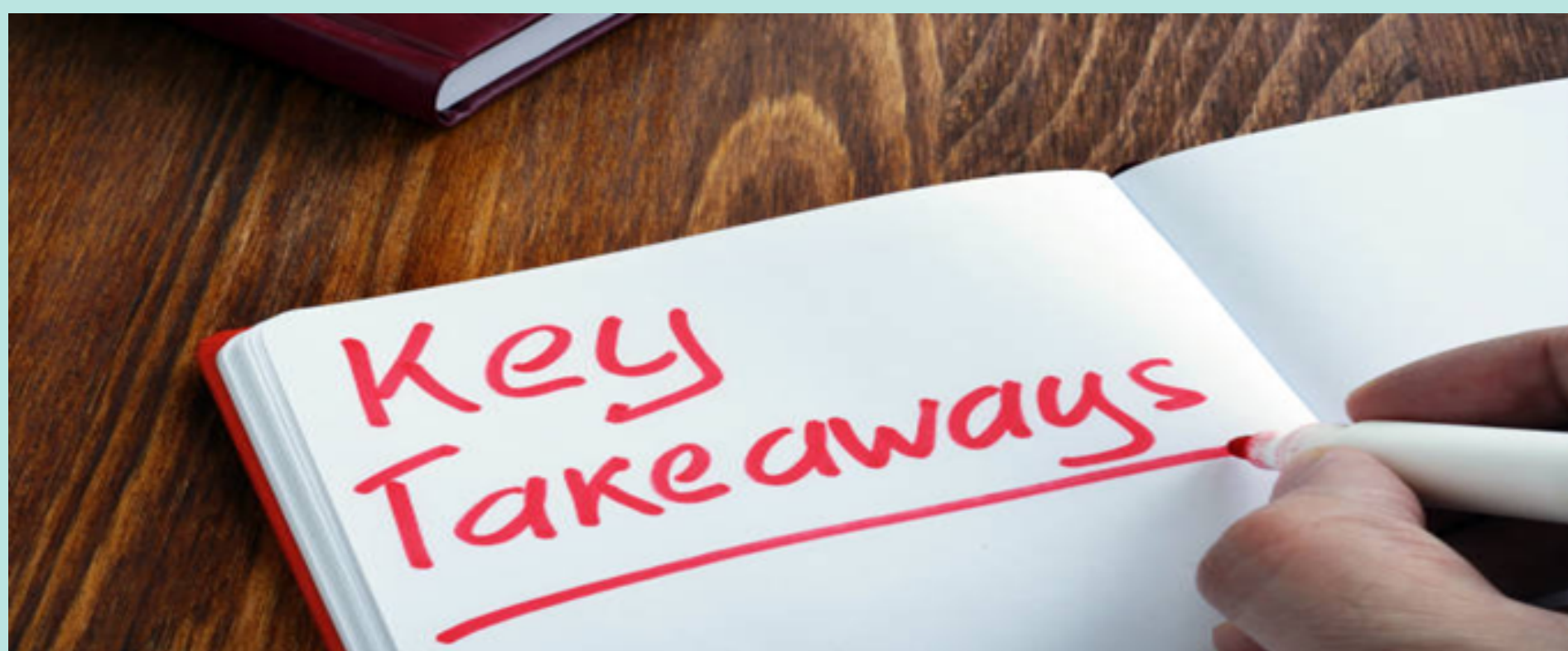
1. PLANNING AND PREPARATION

"Before anything else, preparation is the key to success." - Alexander Graham Bell

Plan study times and **make a timetable** of what you will revise when

Plan what **habits you want to adopt** eg better sleep,

Prepare your revision space - **no distractions** eg phone!



Plan study times so they become habit.

Space your learning topics and revision throughout your study timetable.

Use the Pomodoro method as the basis for study times!

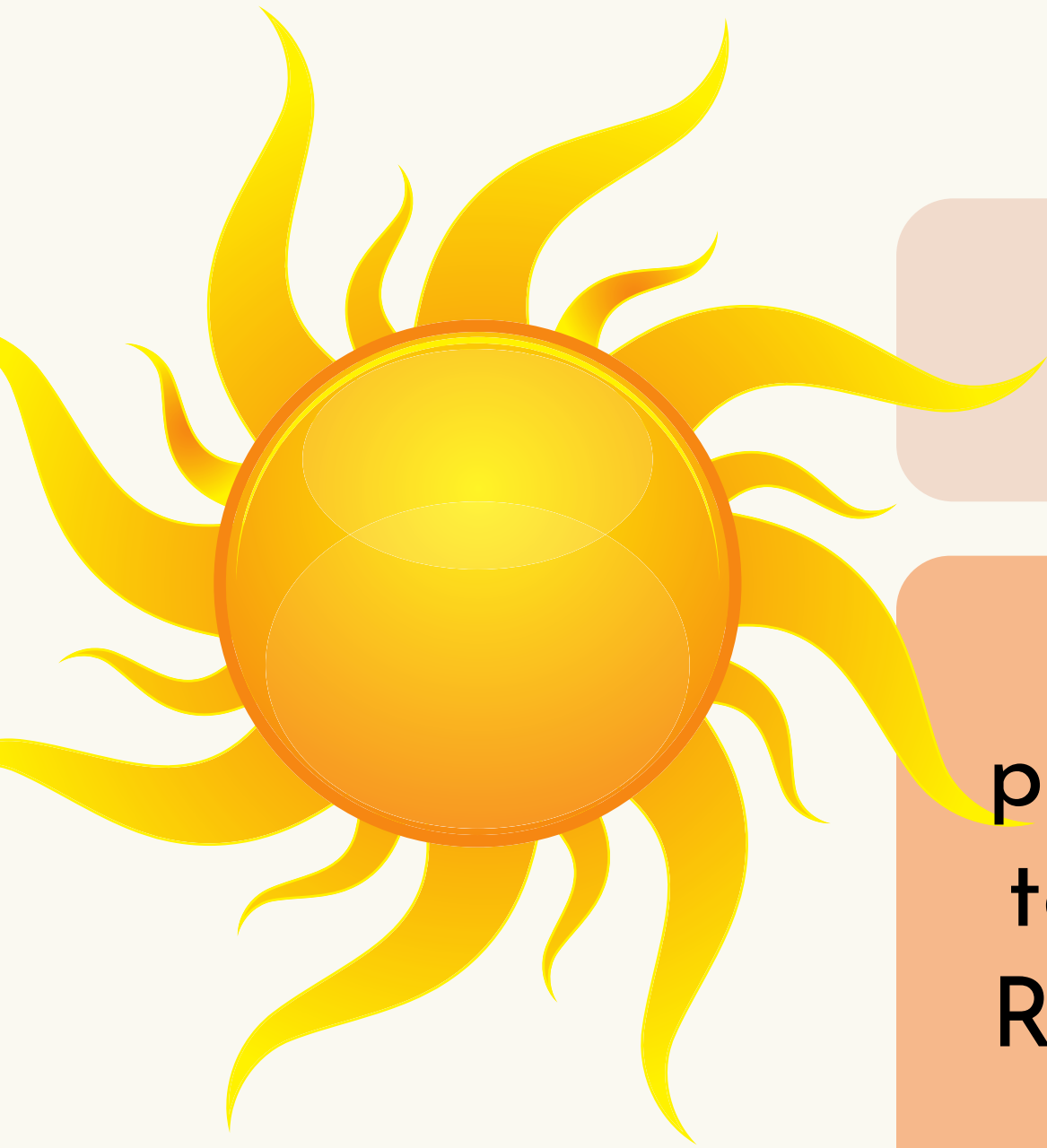
Cultivate good study habits

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!

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

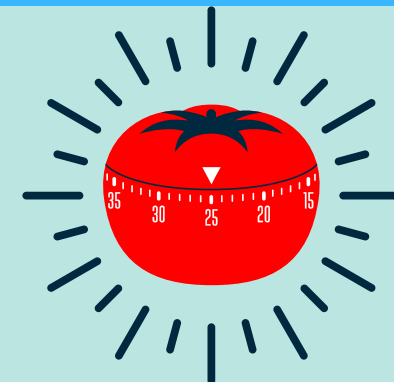


NOW



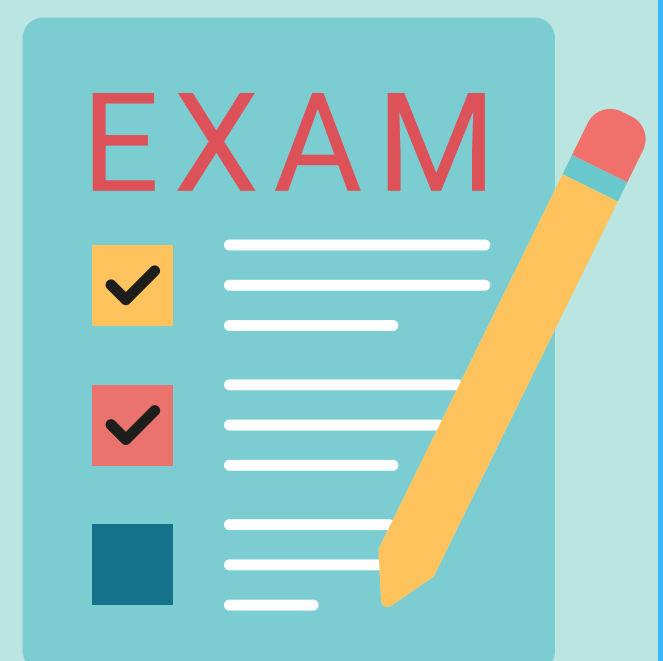
2. PROCESS AND EXAM TECHNIQUE

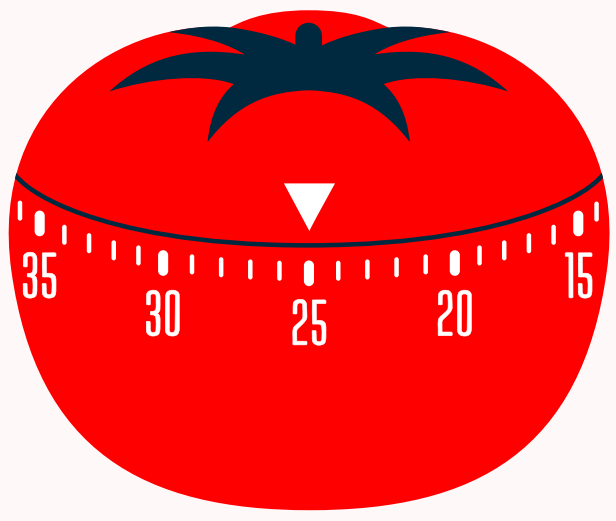
Use the Pomodoro technique as a process to help you revise.



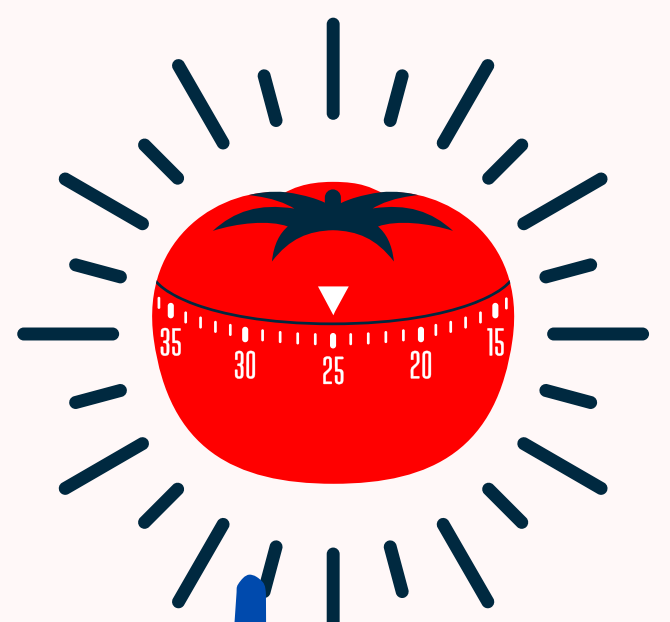
Decide what tools are going to help YOU best in the process eg flash cards, mind maps..

Work on exam technique - do past paper questions!





Firrhill High School 2022



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.



FIRRHILL

TOP REVISION 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

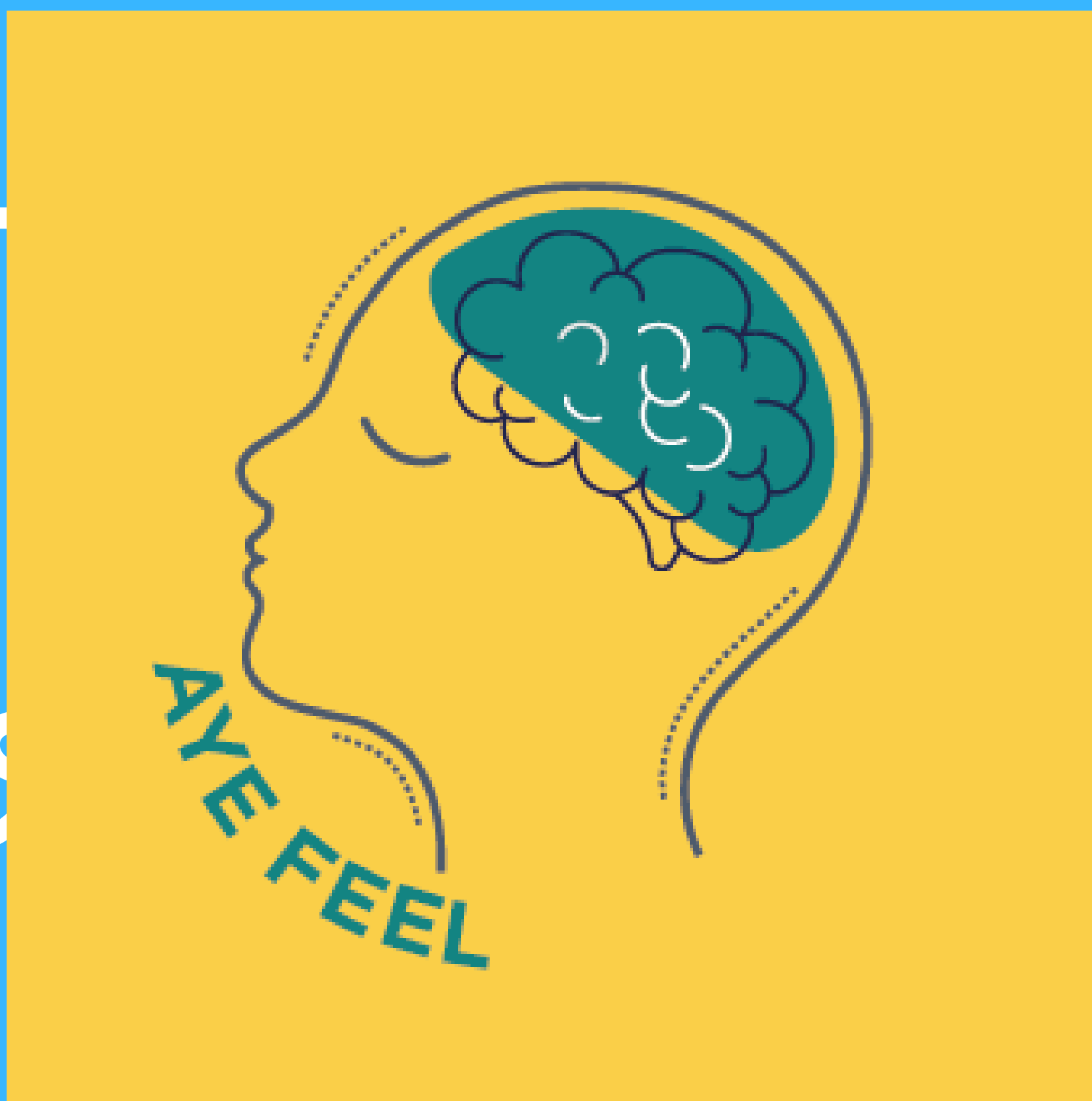


Watch our S6 pupils share their best ever study tips and what worked for them on our FHS youtube channel :

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



3. WHERE CAN I GO FOR HELP AND SUPPORT?



WHERE CAN I GO FOR HELP AND SUPPORT?

ASK A TEACHER

Whatever the reason, your teachers are here to help. It might be not knowing where to start, what to prioritise for study or needing clarification on a topic, reach out to your teacher for some support. This is a very simple but effective method to keep yourself on track and help organise your schedule.

YOUNG MINDS

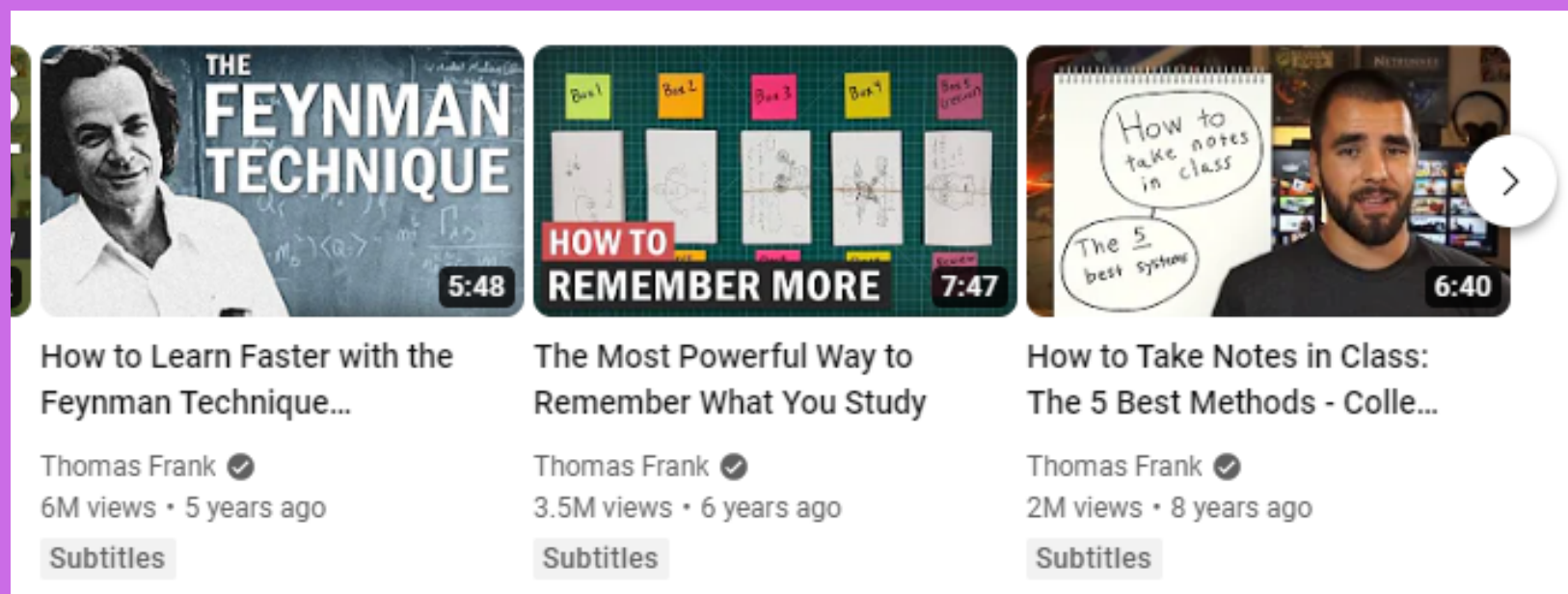


Young Minds are the UK's leading charity fighting for children and young people's mental health.

They strive for a world every young person can access the support they need, when they need it, no matter what. Check out their detailed guide on **Exam Stress** using the QR code.

THE ART OF STUDYING

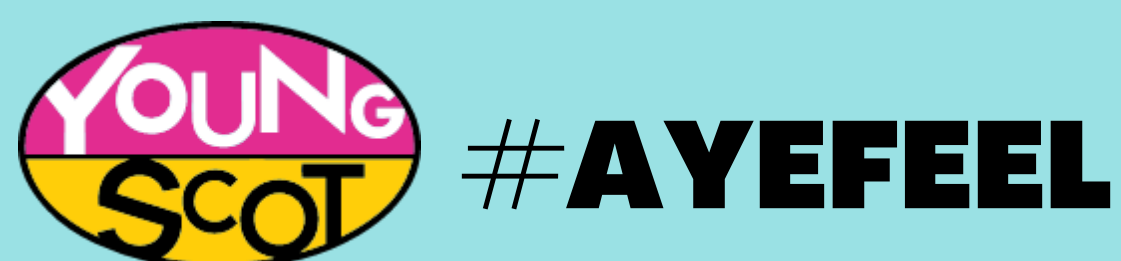
If your problem is just getting started because you don't know how to study, listen or watch the experts on study techniques. They share practical ideas on how to go about studying effectively. There are lots of Youtube channels out there but some worth checking out are Thomas Frank, Sprouts, Memorise Academy and TEDx.



TIKTOK WELLNESS HUB

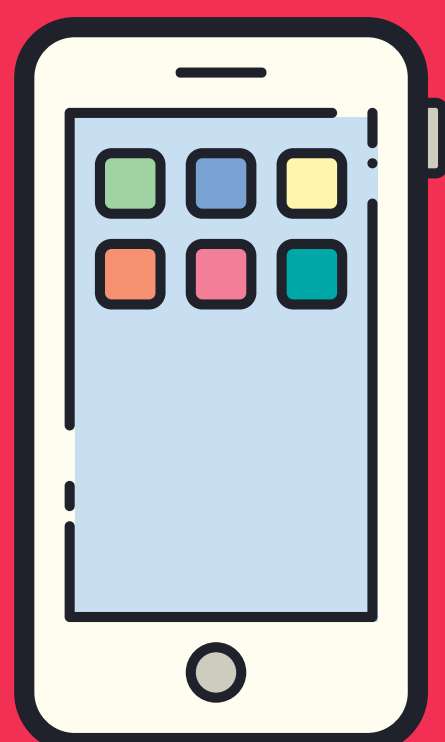
Did you know one of the most regularly used apps also has a whole area dedicated to wellbeing?

Find info on Food, Nutrition, Fitness, Life Advice and Mindfulness through TikTok videos and their partners.



For info on emotional wellbeing and mental health, specifically for Young People and during exam time.

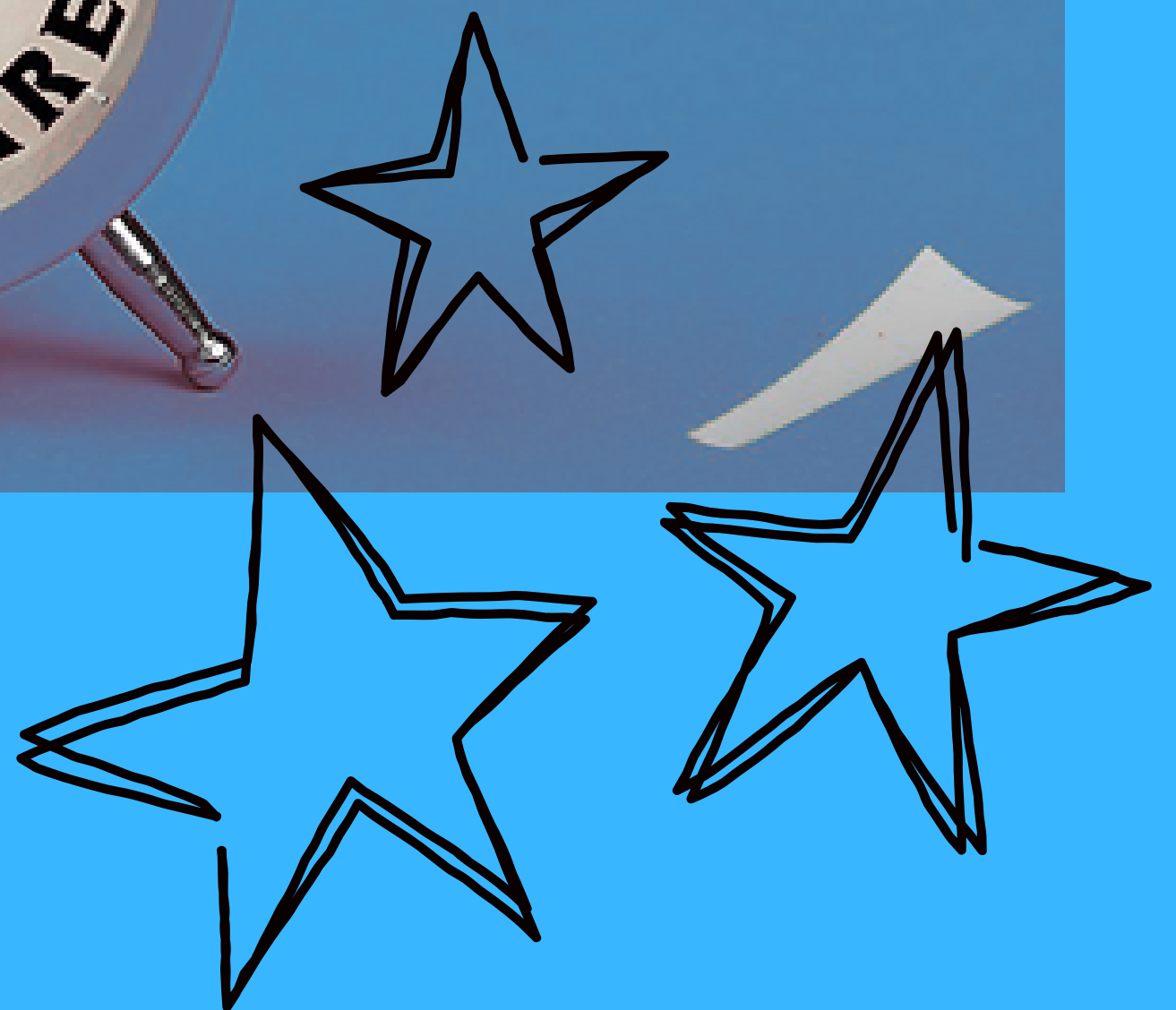
Access support from organisations around Scotland, download help guides and tips on how to promote a positive mindset.



THE MIX

The Mix is a digital charity in the UK and is the leading support service for young people. Their main remit is to help you take on any challenge you're facing - from mental health to exams, from home life to break ups. You can talk to them via their online community through their free, confidential helpline or our counselling service. Find them on social media @themixuk

4. SELF CARE





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



APPS FOR

WELLBEING



Nike Training Club

The Nike Training Club app has over 200 free workouts for all skill levels — no equipment or gym required. They range from high intensity through to wind down yoga.



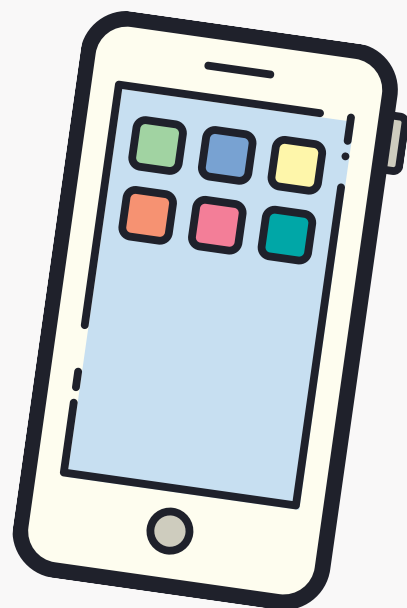
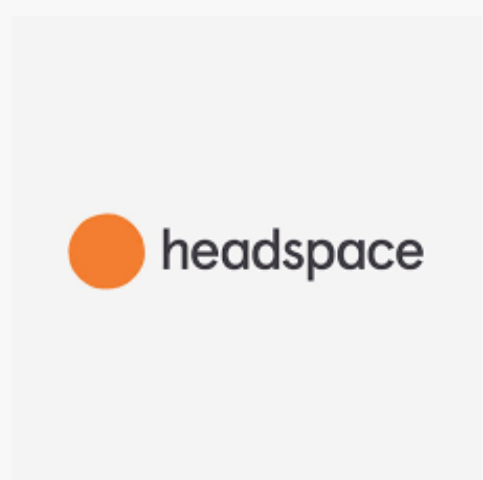
Journey OR My Diary

Two free journal apps that allow you to write and record your thoughts for the day. Big or small, good or bad, it can be really helpful to get what's going on in our heads out in a different space. Things to record might be daily goals, thoughts, gratitude and ideas.



Headspace

If you want to practice being more mindful and a bit less stressed, Headspace is another great app for you. It's one of the best free wellbeing apps because it has literally hundreds of guided meditations on just about everything. There's something for everyone—no matter what's stressing you out. Plus, you can track your mood and progress, add friends and more.



Sleep Cycle

Take notice of our sleep with Sleep Cycle's smart alarm clock. It analyses your sleep patterns and detects snoring, sleep talking, coughing and other sounds. There are also different challenges and tips to improve your quality of sleep, which is essential for recharging and recovering.

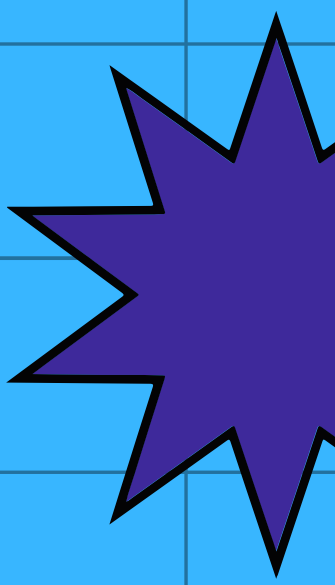


Strava

Strava lets you track your running, walking and cycling. You can join Challenges, share photos from your activities, and follow your friends. It is great way to motivate yourself to get outside for some fresh air. Discover new routes, create your own group with friends and send some positive kudos to others when you see their post.



**AND
FINALLY.....**



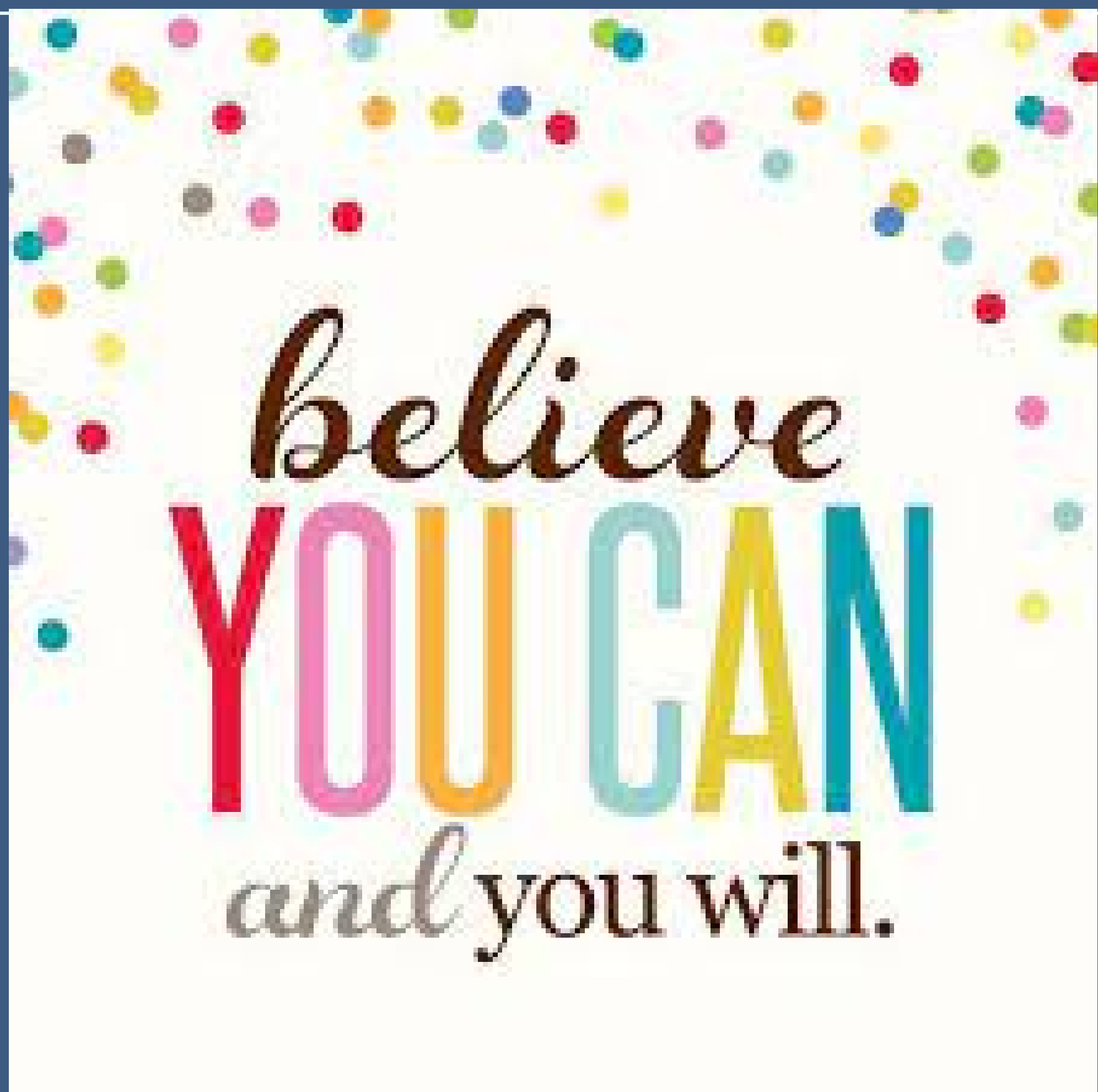
Firrhill High School 2022/23

Be ready

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

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Be positive



Firrhill High School 2022/23

Be optimistic



Preparing for SQA exams 2023

When you get your
examination timetable Check
all details are correct

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!