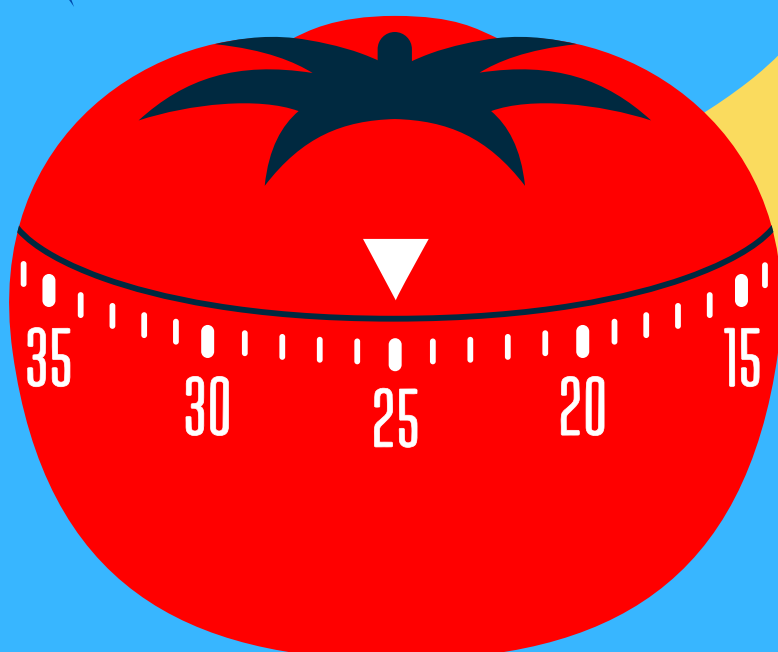




Firrhill High School

Study skills Guide

Second edition



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, plan.
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,

Deal with
procrastination and
prepare your revision
space - **no distractions**
eg phone!

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

Space your learning topics and revision throughout your study timetable.

The image displays a collection of revision planning tools:

- REVISION TIMETABLE:** A grid for planning study times. It includes columns for Day, Subject, Topic, Resources, Homework, Social, and Done? The days listed are Monday, Tuesday, and Wednesday.
- Golden Finds:** A yellow box for noting down key findings.
- Goals:** A green box for setting study goals.
- Notes...ation Topic Revision Plan:** A form for planning revision topics, including fields for Subject and Date.
- Green Level, Amber Level, Red Level:** A revision plan divided into three levels of difficulty, each with a corresponding color and percentage of revision time allocated.

Green Level	Amber Level	Red Level
(Topics that I am confident with and understand. I usually answer questions in these areas correctly)	(Topics that I am not so confident with but can answer some questions in these areas correctly)	(Topics that I still do not understand or struggle to answer full during examinations or assessments)
10% of my revision time Hours Per Week	30% of my revision time Hours Per Week	60% of my revision time Hours Per Week

Plan what habits you want to adopt eg better sleep, better routines, breaking down the subject into topics,

Make a list and build these new habits into your timetable.



Deal with **procrastination**
and **prepare your revision**
space - No distractions eg
phone!

tomorrow

(noun)

a mystical land where 99% of all
human productivity, motivation and
achievement is stored

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



Plan Ahead
for
Less Stress



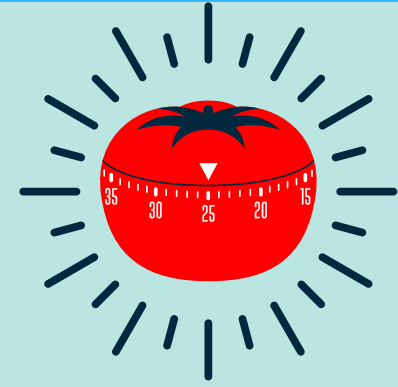
LATER



NOW

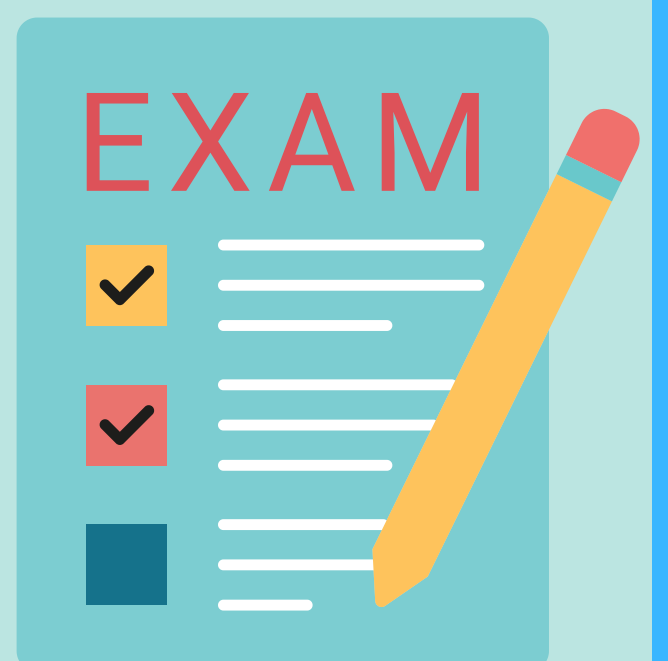
2. PROCESS AND EXAM TECHNIQUE

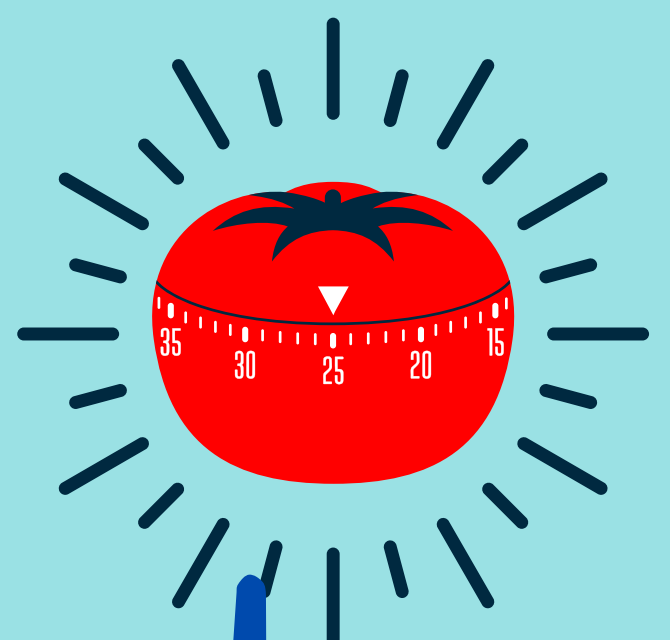
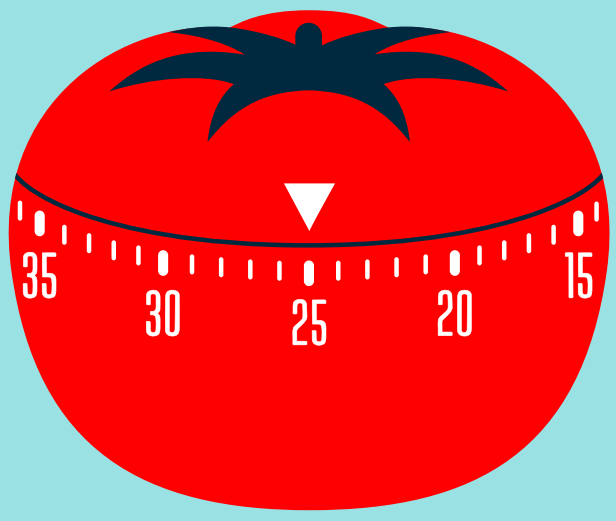
Use the **Pomodoro** technique as a process to help you revise.



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!





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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)

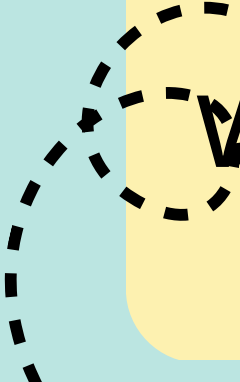
then go back to a different study topic - this is called **Interleaving**

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

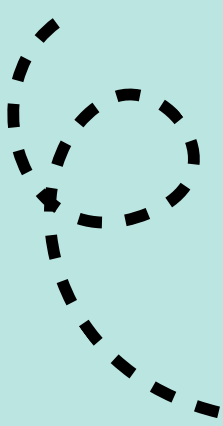






Interleaving and spaced learning



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.

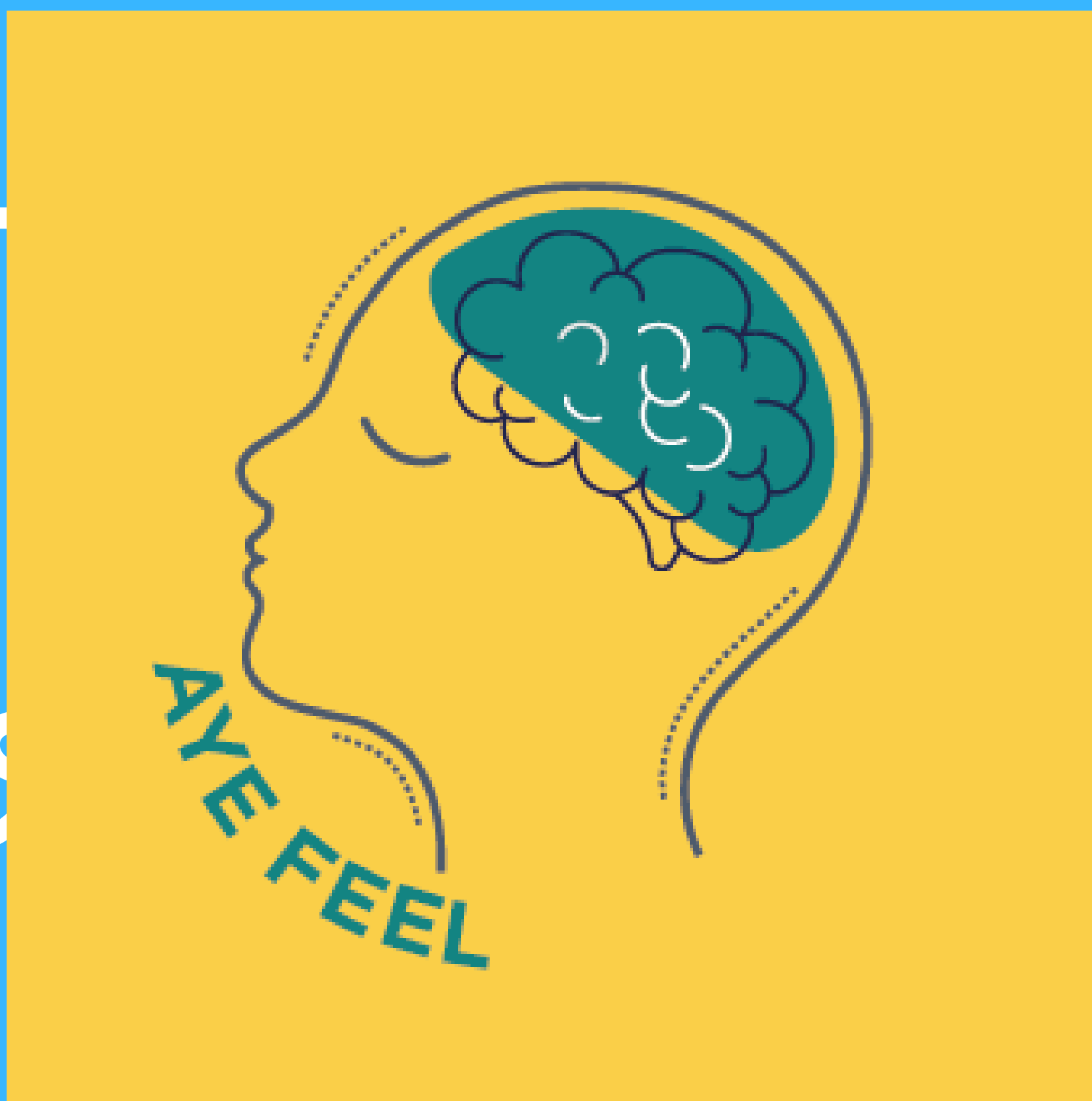


Watch our S6 pupils share their best ever study tips and what worked for them on our FHS youtube channel :

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



3. WHERE CAN I GO FOR HELP AND SUPPORT?



GET HELP AND SUPPORT AS
OFTEN AS YOU NEED IT

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

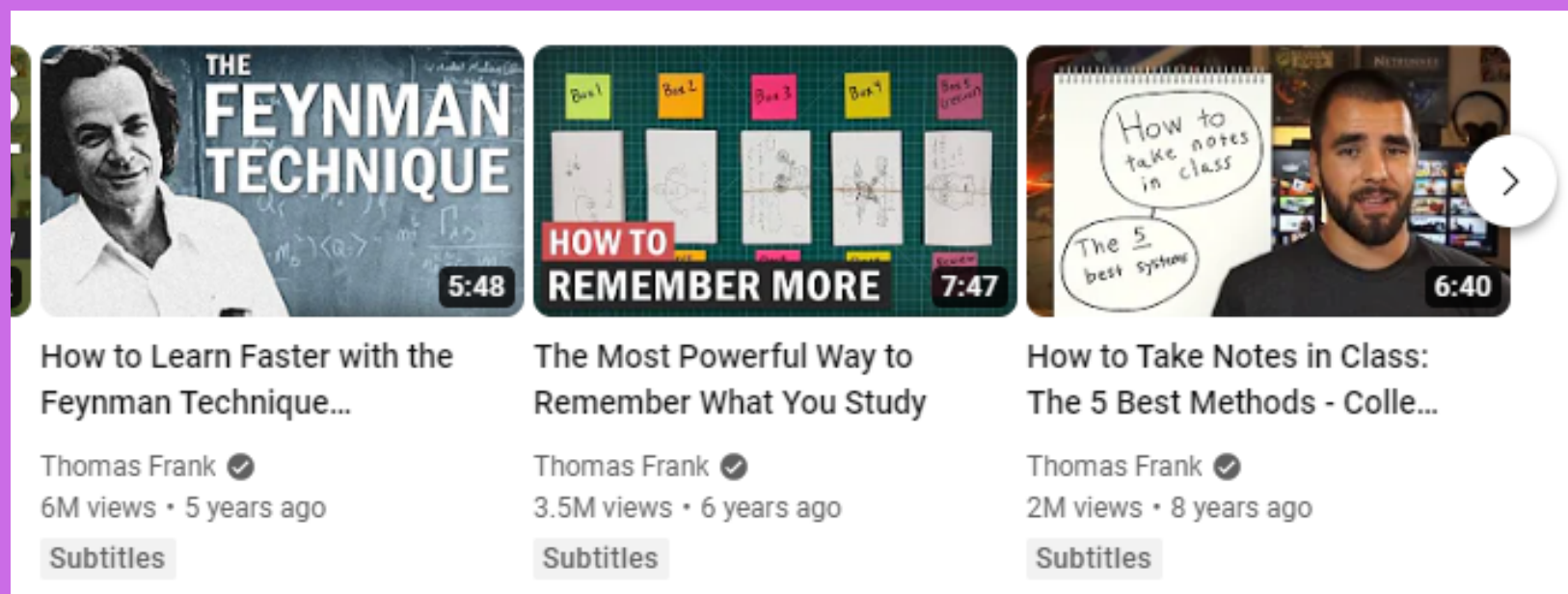


Young Minds are the UK's leading charity fighting for children and young people's mental health.

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

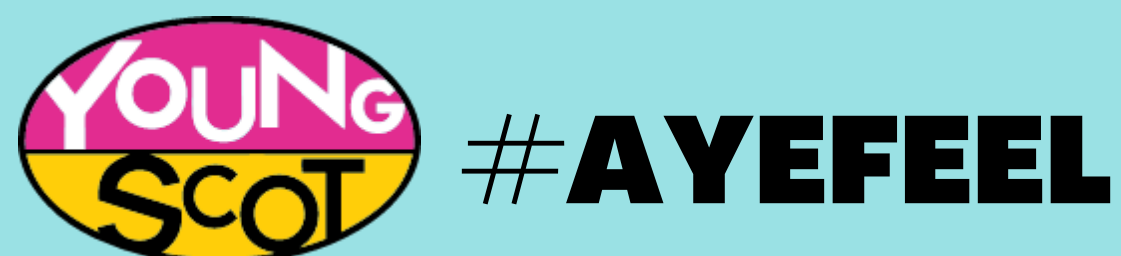
If your problem is just getting started because you don't know how to study, listen or watch the experts on study techniques. They share practical ideas on how to go about studying effectively. There are lots of Youtube channels out there but some worth checking out are Thomas Frank, Sprouts, Memorise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



TIKTOK WELLNESS HUB

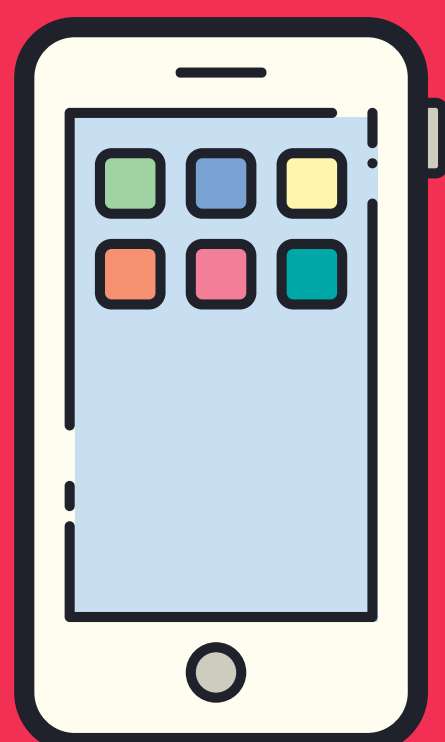
Did you know one of the most regularly used apps also has a whole area dedicated to wellbeing?

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.

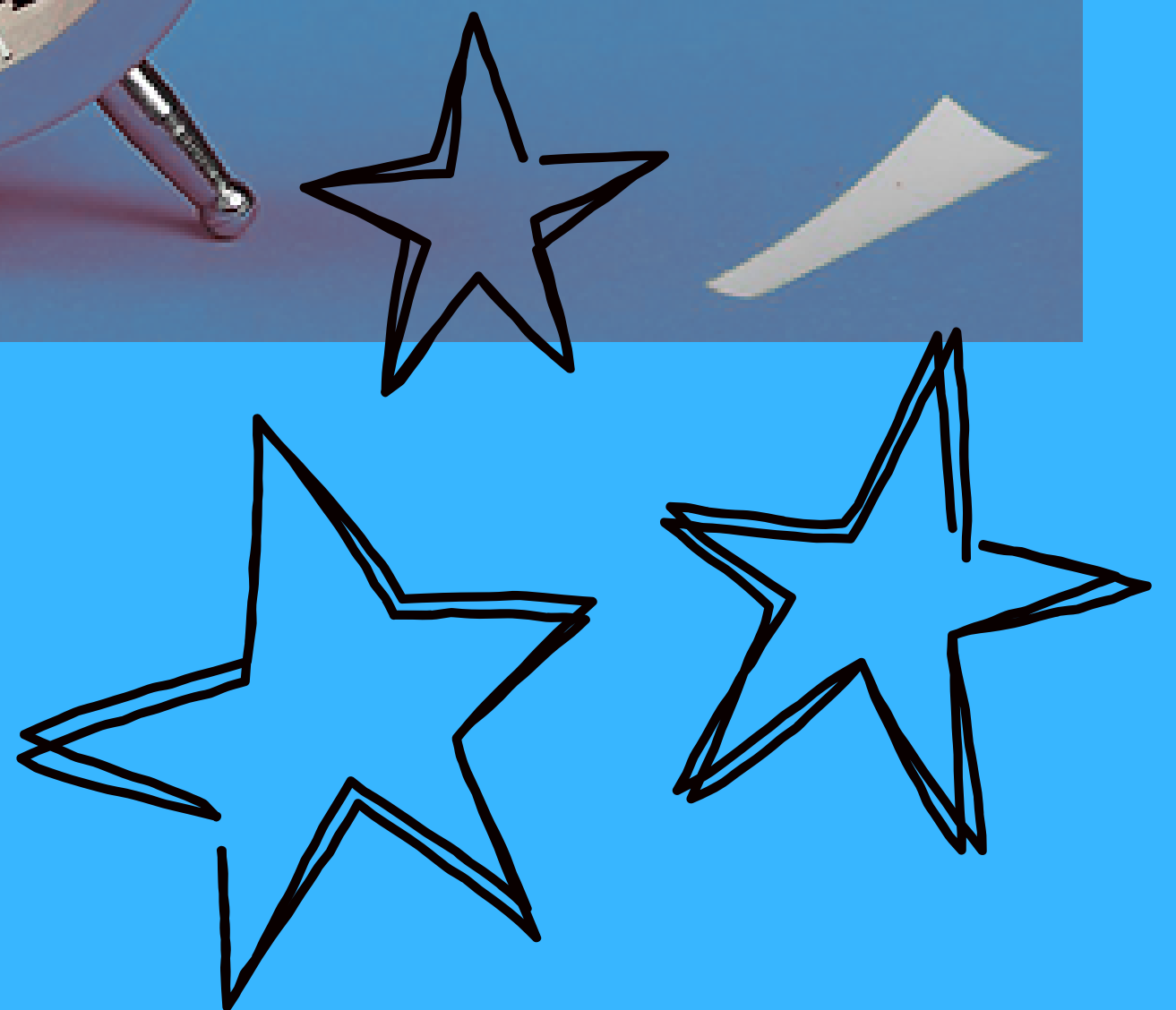
Access support from organisations around Scotland, download help guides and tips on how to promote a positive mindset.



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.



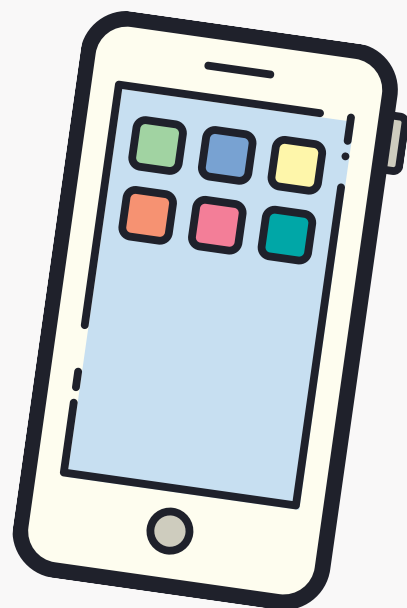
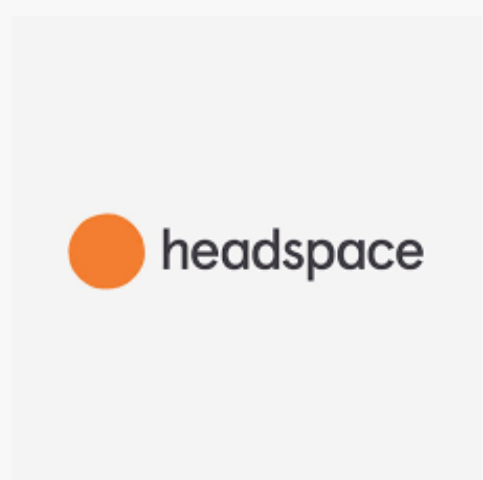
Journey OR My Diary

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.



The Power of Sleep

Sleep is a superpower that can often be forgotten about!

When we sleep, our brain begins to process and store information from that day, including what we have learnt in school. Our body also begins to rest, repair and restore – a process key to both physical and mental health.

How can we improve the quality of our sleep?

Routine:

Research tells us that consistency is key when it comes to sleep! Getting limited sleep midweek followed by extensive bursts of sleep at the weekend is actually quite disruptive. Experts recommend we try to maintain a regular sleep pattern to allow for optimal recovery and will contribute to a healthy internal body clock.

Ditch the Digital:

The blue light given off from digital screens suppresses the body's ability to produce melatonin - the sleep hormone. Digital devices also provide an overload of stimuli for our brains - some research suggests this can promote that 'overthinking' feeling that can often prevent us from settling down to sleep. Try downloading a 'blue light' filter or adjusting the brightness settings on your device to limit light exposure. You can also utilise 'screen time limits' on mobile devices in which you can set a specific time of the day to lock certain apps until morning. This is a great way to prevent the temptation to scroll through your phone late at night, and will avoid unnecessary stimulus which will prevent you from getting to sleep.

Wind Down:

One of the most powerful tools we have to improve sleep is actively carrying out tasks that 'switch off' and 'unwind' the brain. Setting aside time dedicated to relaxing and switching off can be really useful but easy to over look. The more regularly we engage in the practice of 'switching off' the more impactful it will be on sleep and wellbeing. Effective bedtime routines and rituals include meditations, reading, journaling, listening to a story/podcast/ sleep sounds and low intensity yoga/stretches. Challenge yourself to create your own ritual and persevere with it for one week - see what impact the regular 'wind down' has on your quality of sleep.

Sleep & Learning

A recent study analysed the impact of sleep on our capacity to learn. Those who got insufficient sleep, showed a 40% deficit in learning compared to those who had enough sleep...That's the difference between an A and a D!



SOCIAL CONNECTION

Social connections can offer a number of mental health benefits, such as boosting mood, reducing stress, and improving self-esteem.

When we connect with friends, whether that's through a quick phone call, facetime, a walk or even just going for a coffee, we experience a range of feelings - laughing, crying, or venting about life. When we express these emotions, our brains release dopamine and endorphins – the “feel good” neurotransmitters responsible for happiness and mood.

For teenagers who are approaching exam season, it is normal to experience a range of more difficult feelings and thoughts. Keeping this to ourselves can become quite heavy and lonely, the stress of wanting to do your best can be overwhelming. Recent studies have shown that simply connecting with others who are feeling the same way or going through a similar experience can be healing and boost wellbeing.

CONNECTING WITH OTHERS



Social Study

Try 'social study' by going for a walk, coffee or catch up with a friend who is studying for the same topic. Take the pressure off by chatting through key topics, asking questions, exploring ideas and quizzing each other in an informal setting.

Check - In

Reach out to a friend and check-in. Your peers will be experiencing the same stress and worries as you are. Never underestimate the power of letting someone know you care/ are thinking about them.

Check - Out

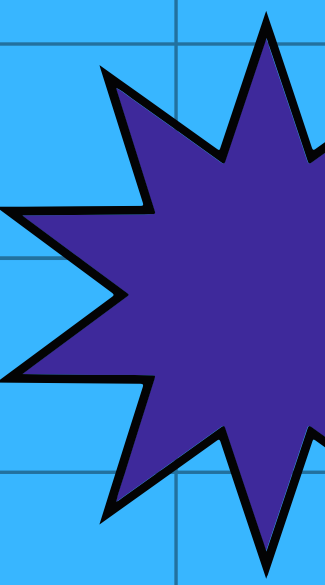
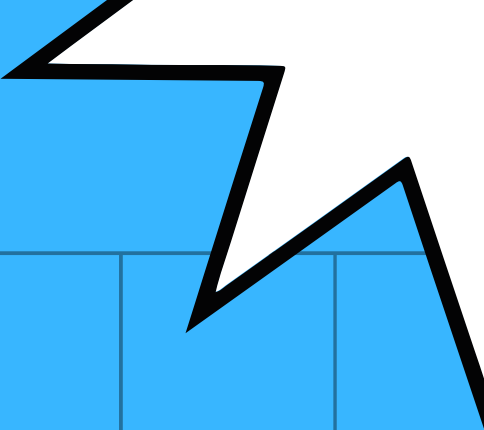
Set aside some time to do something totally unrelated to study. Avoid burn out by allocating time and space in the day to do something 'feel-good'.

Ask the Expert

Utilise your teachers - they are experts in their subjects! Try attending study support classes or asking a teacher for some extra help. Go along with a friend and work through key topics in a more relaxed environment.



**AND
FINALLY.....**



Preparing for SQA exams

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!

ALL
THE BEST