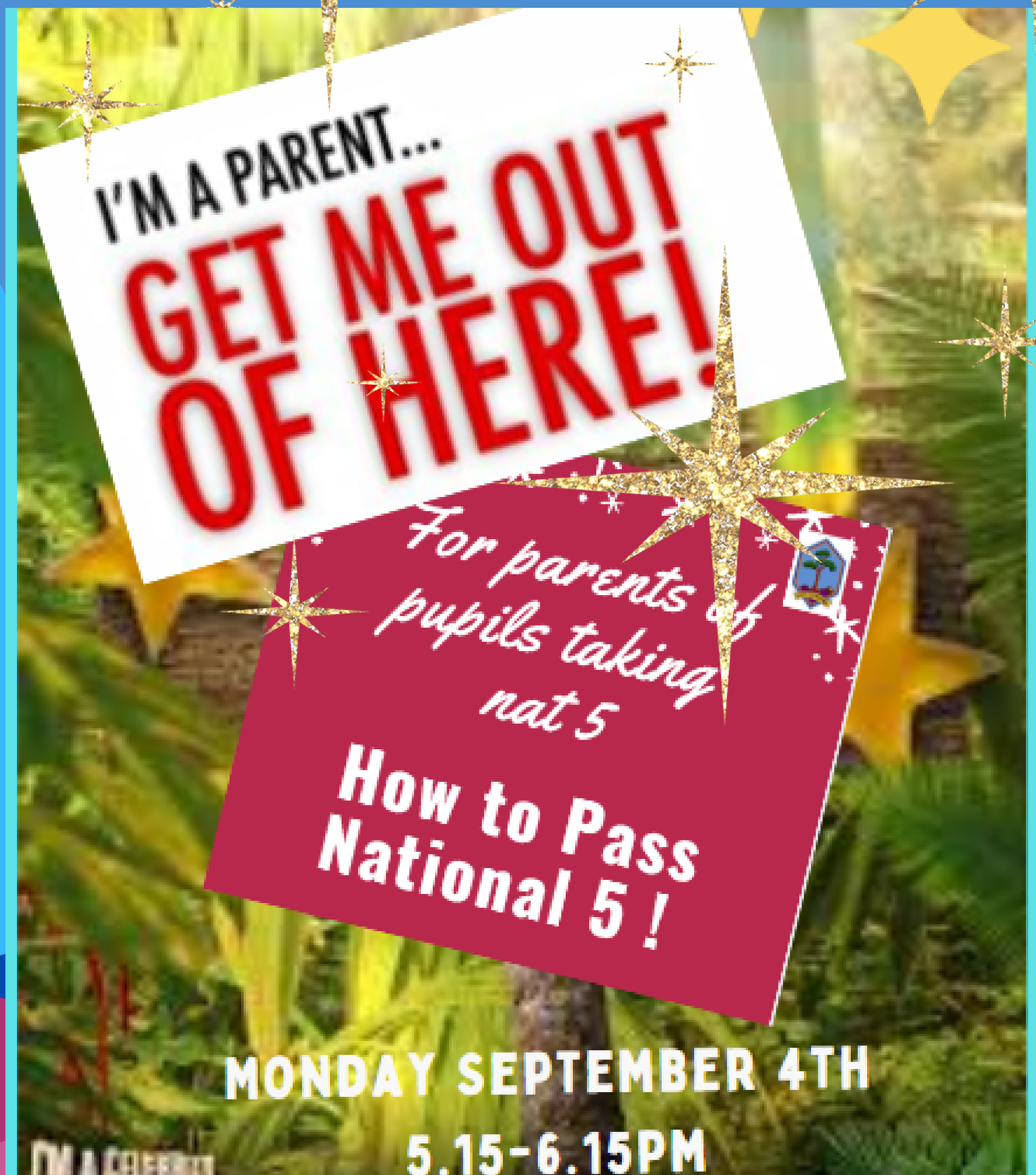
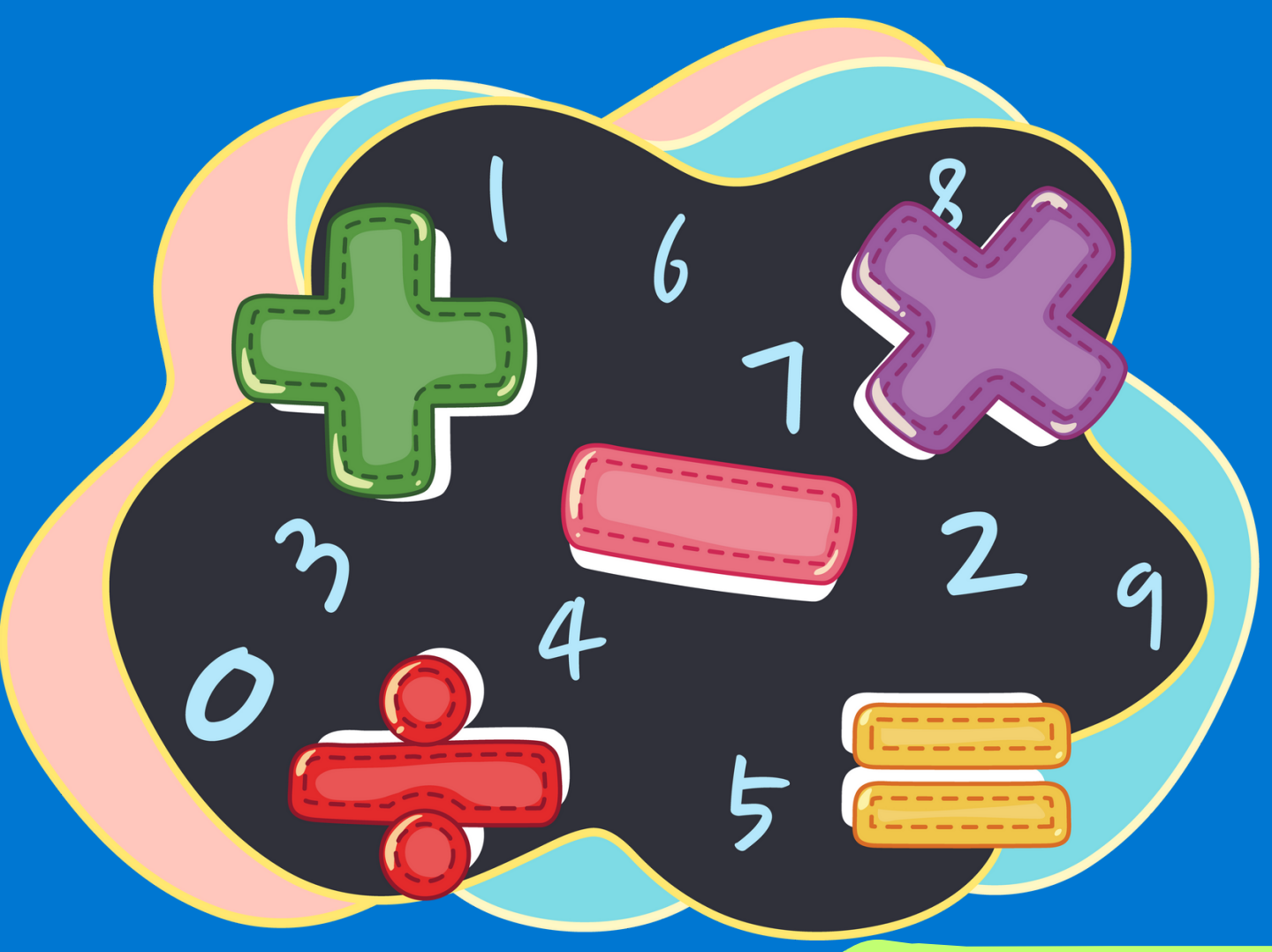


# How to Pass National 5 : Parent support guide





# Maths

**Questions to ask and other hints  
and tips!**



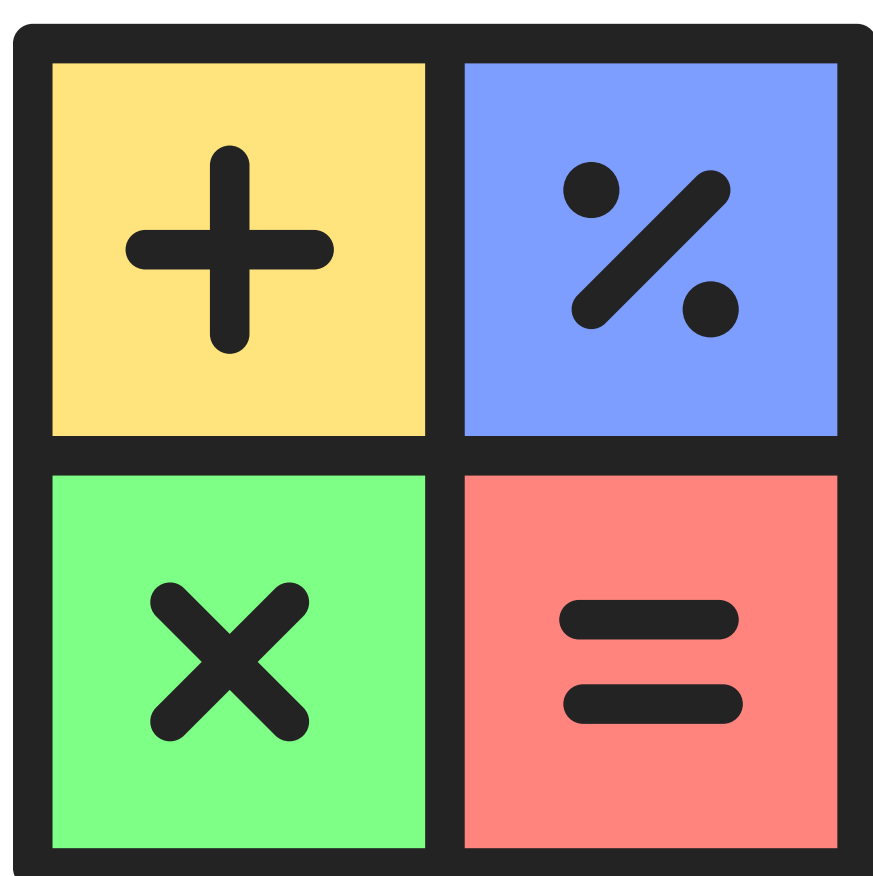
**Encourage your children to spend the time practising Maths each week from now on.**

**Revise each week. The amount of content becomes overwhelming if they leave it too long so it is important to get them into a good habit of revising each week.**

**Ask them about what they are studying – offer to help by letting them teach you!**

**Test them – ask them questions.**

**Be positive about Maths when you talk about it. Share your experiences with Maths and what you learned from them (only if they are positive!)**



**Encourage them to do  
past paper questions**





# English

**Questions to ask and other hints  
and tips!**



**Test your child's  
knowledge of critical  
terminology.**

**Ask them to summarise  
the plot / themes / key  
characters or events to  
you.**

**Test them on their  
knowledge and  
understanding of key  
quotations, Encourage  
them to attempt  
changing sentences  
from a newspaper  
article into their own  
words.**

**Encourage them to read  
and annotate persuasive  
articles, asking them,  
"What other words could  
you use to say that?"**

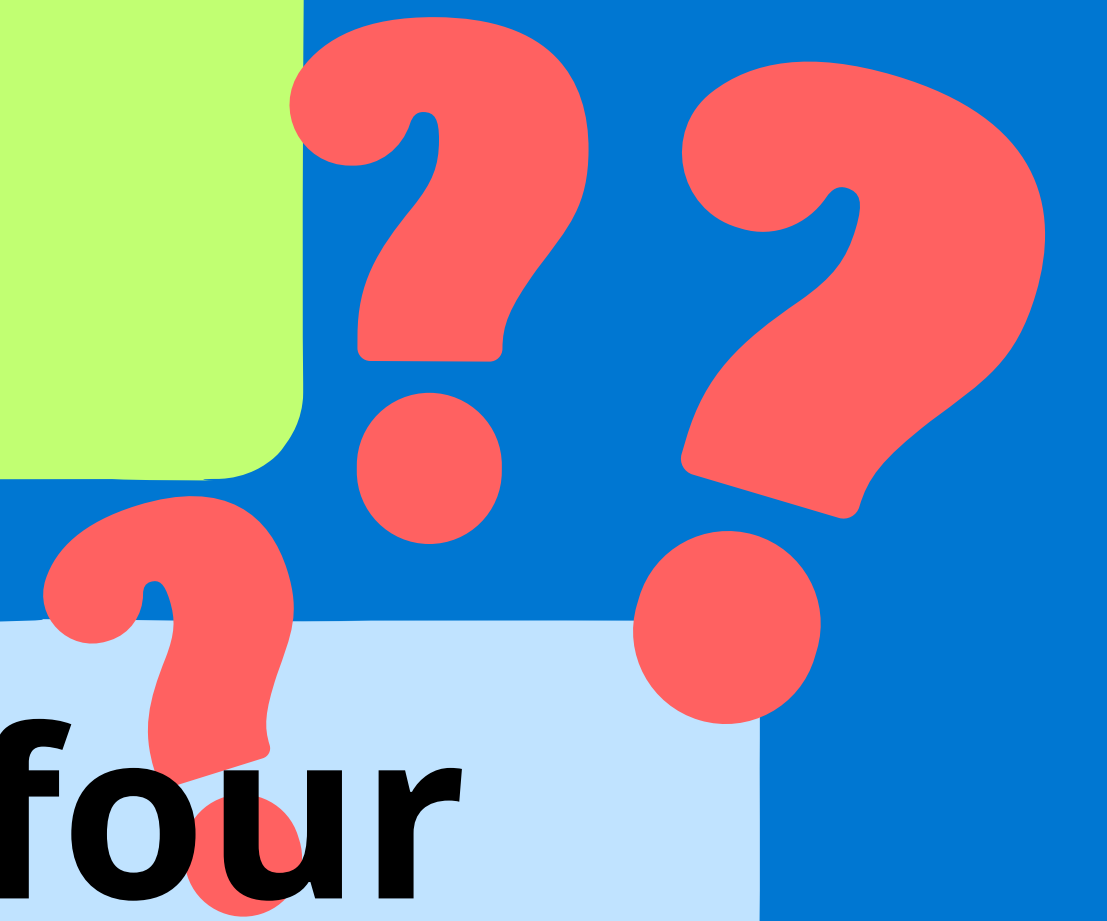
**Encourage them to read  
quality broadsheet  
newspapers online.  
Discuss their style,  
content, vocabulary,  
arguments and structure.**





# History

**Questions to ask and other hints  
and tips!**



**BBC Bitesize -  
excellent resource  
for course content**

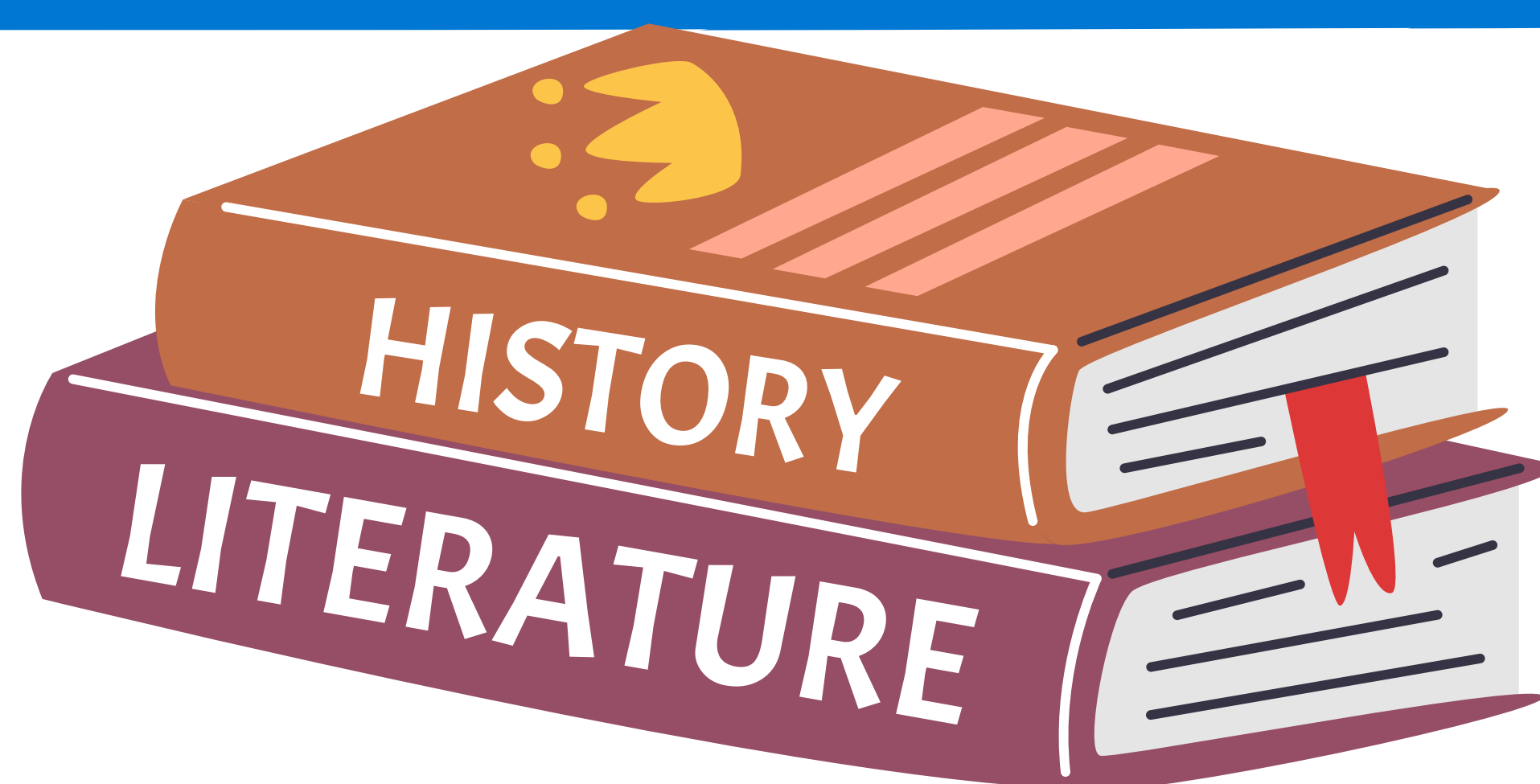
**N5 History Skills Guide  
- ask your child to  
explain all six  
techniques to you,  
and go over the  
writing frame  
prompts.**

**Can you describe four  
things about that?**

**Can you explain six  
reasons why that  
happened?**

**What word ensures you  
are explaining?  
(because)**

**Can you tell me what  
this source says in your  
own words?.**







# Geography

**Questions to ask and other hints and tips!**

**Ask them to tell you what are the 8 topics that make up Nat 5 Geography? Let them teach you a topic!**

## **Revision Resources :**

**BBC Bitesize, Teams resources (lesson ppts), Nat 5 textbooks (copies in SOC 2 and 3), Revision and Success guides in library, S3 and S4 Jotter and notes, Mr Smith's website.**

**Past papers - this is a must! Encourage your child to do them under timed conditions and check marking scheme (1 minute 45 secs per mark).**

**Encourage them to make revision quizzes you can test them on.**

**Encourage interactive flash cards - you ask them the question on one side (with the answer on the other)**





# Drama



**Questions to ask and other hints  
and tips!**



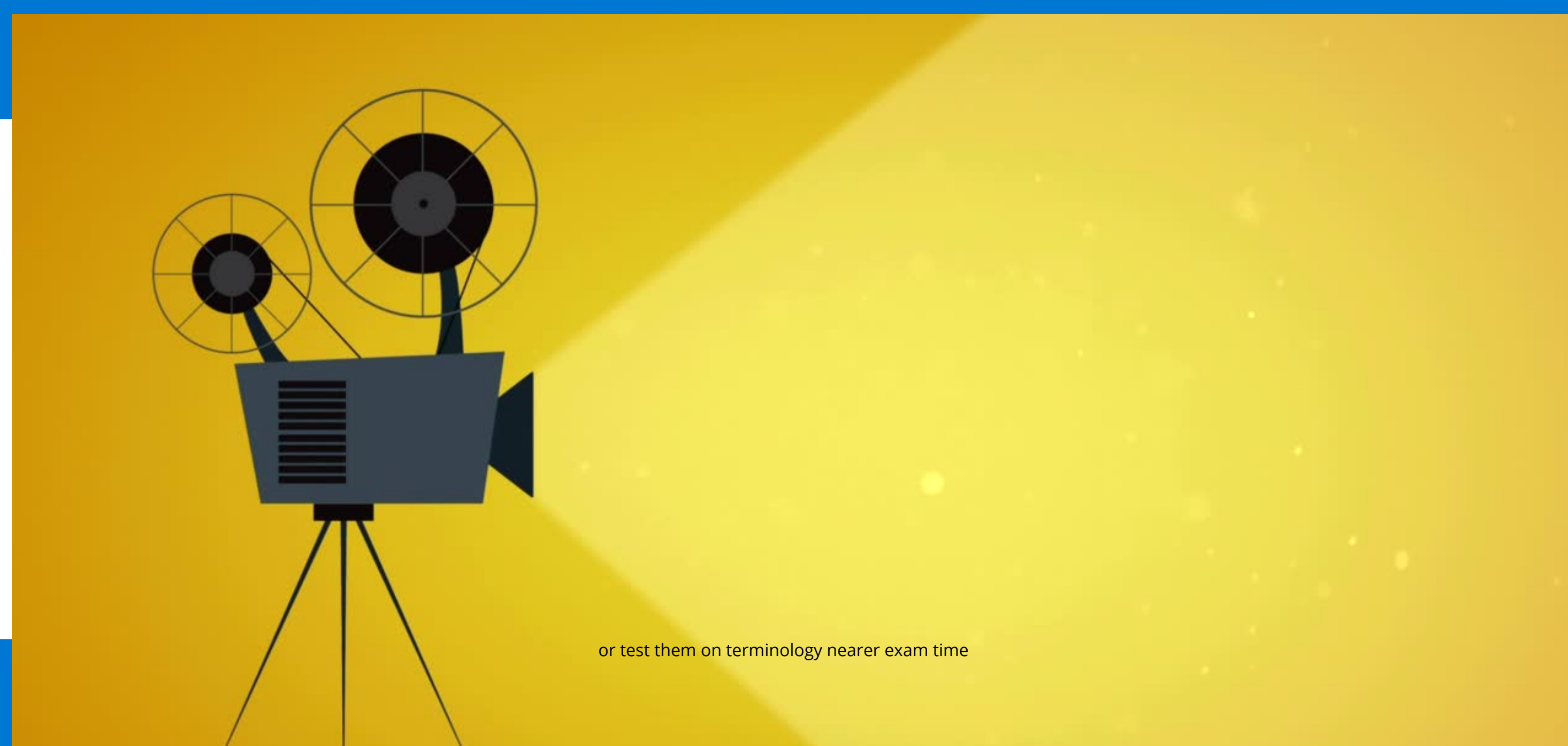
**Test them on  
terminology nearer  
exam times.  
Terminology will be in  
the Support booklet.**

**How are they  
progressing with line  
learning for practical  
pieces?**

**Please help pupils go  
over their lines using  
their exam script.**

**Are they learning  
terminology for their  
level using vocab  
lists/support booklets?**

**Please encourage  
them to use their  
Teams pages to revise  
from.**







# Art

## Questions to ask and other hints and tips!



**Check that they know where to find all Art & Design studies notes, deadline dates and powerpoints on Teams.**

**Tell me about your ideas for your final piece in your folio.  
What is going well for you with your folio?  
What are you finding challenging? How can you overcome these challenges?**

**Do you know your next folio deadlines?**

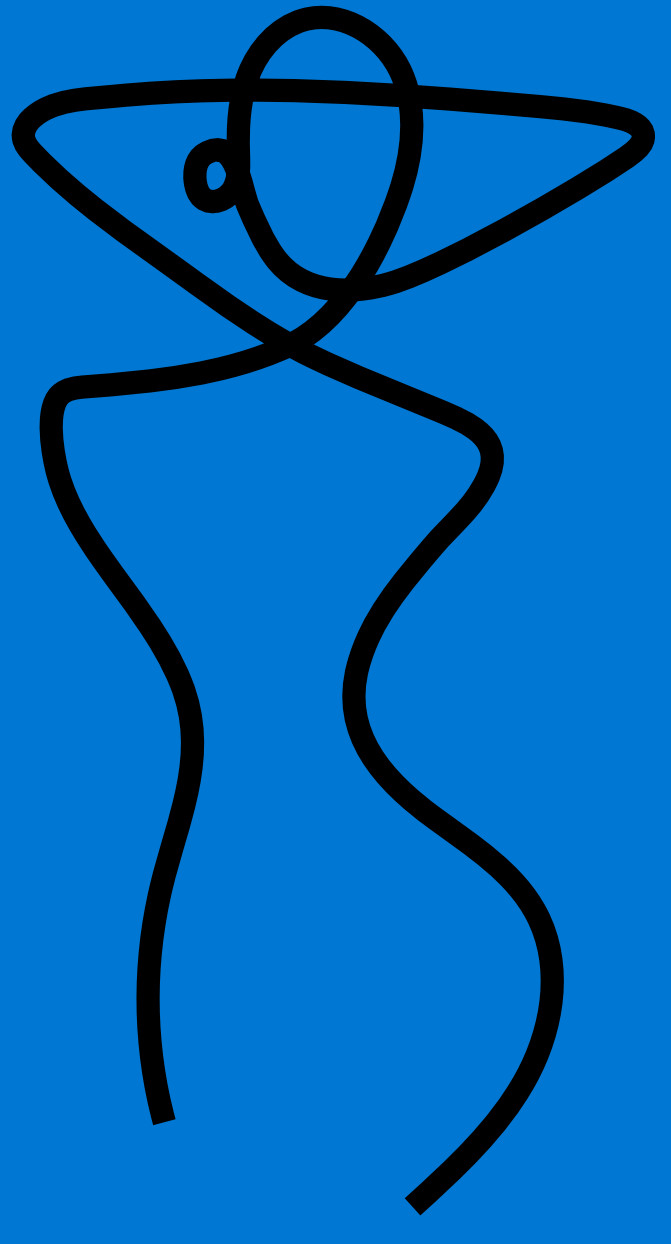
**Can you talk to me about the artist and designer you are studying in art?**

**Can you show me your folio so far?**

**What are you working on next in your folio?**







# Fashion

## Questions to ask and other hints and tips!



**Discuss the findings of their fashion assignment with them, ask to see photos of practical work in progress.**

**Offer to test hem on properties and characteristics of natural and synthetic fibres (Using Teams powerpoints)**

**What stage are you at with your cushion project? What stage are you at with your Fashion assignment? What exam topics you have studied so far? Are you confident with all of these?**

**How are you getting on with the exam topic tests in class? What do you need to revise more?**



Also that they can show you the deadlines for the projects and the exam topics, you what stage they are at with these.





# Music

**Questions to ask and other hints  
and tips!**



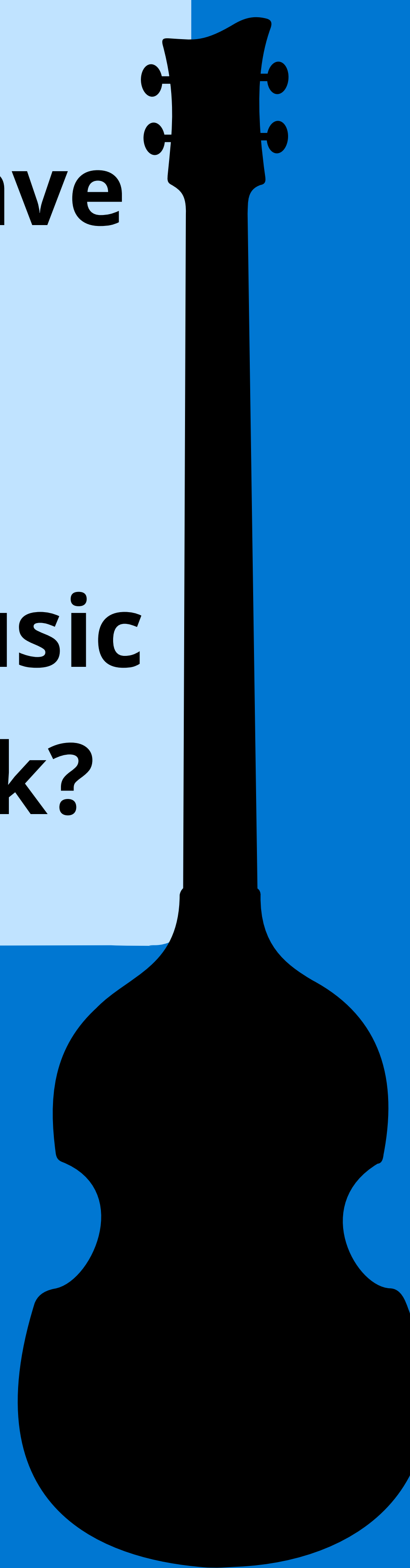
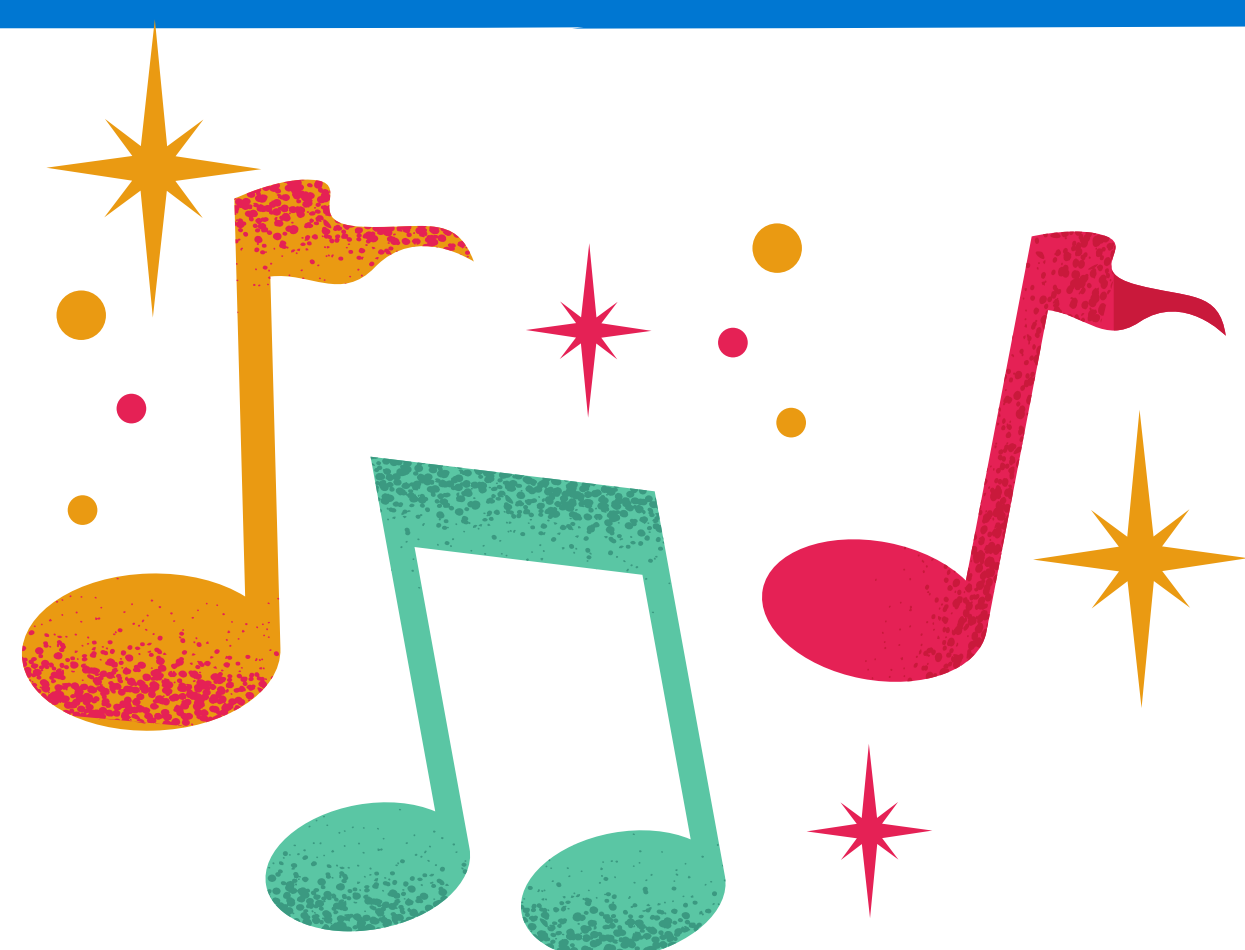
**Listen to them  
sing/play their  
performance  
programme pieces.**

**Listen to the different  
genres of music that  
they are required to  
know for the listening  
exam with them - ask  
them questions about  
what they are hearing.  
Check assignment  
deadlines on TEAMS.**

**Does your performance  
programme meet the  
SQA requirements?**

**Tell me about your  
composition -what  
instruments are you  
composing for/in what  
style are you  
composing/which  
musical concepts have  
you included?**

**Do you have any music  
homework this week?**





# Langugaes

## Questions to ask and other hints and tips!

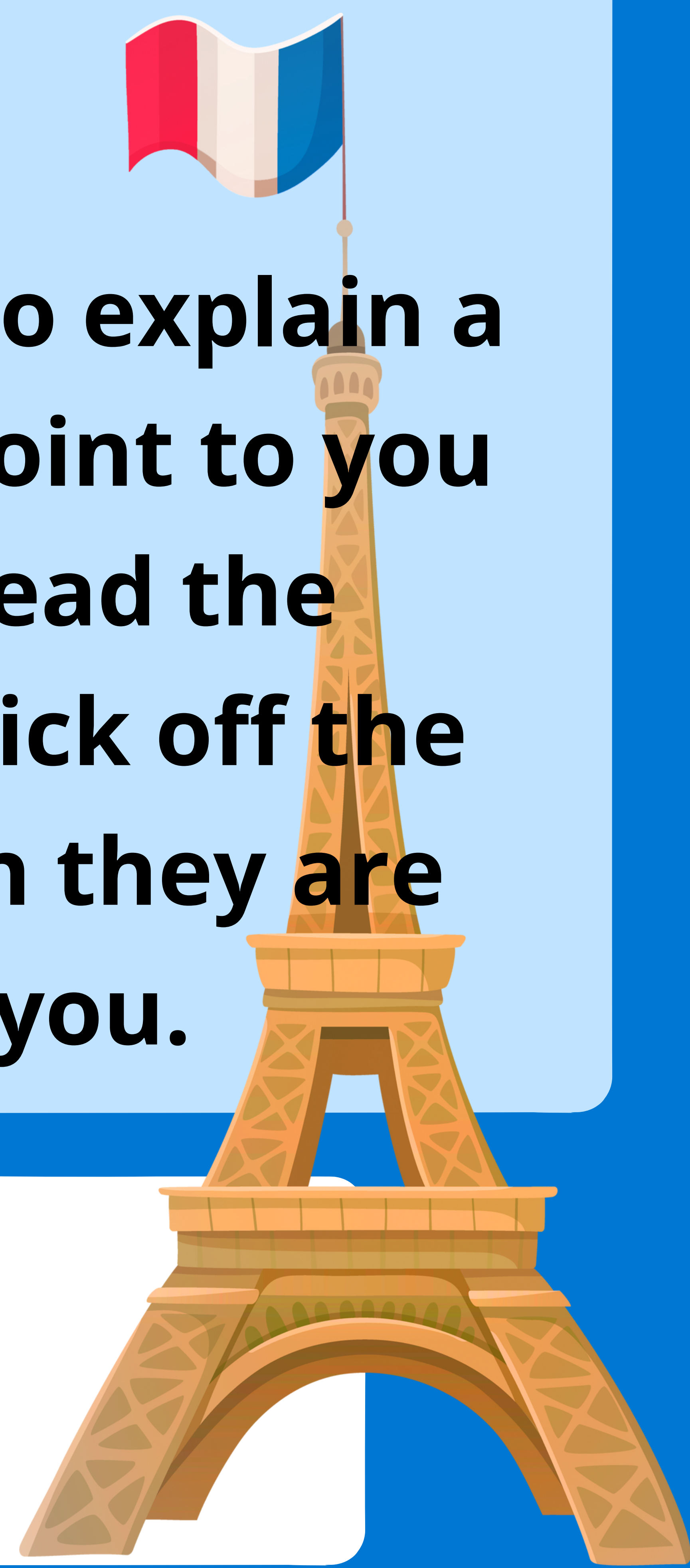
Would you like me to test you on your vocabulary? Are you up to date with your assignments on TEAMS? Have you submitted your assignments that are due?

Listen to the different genres of music that they are required to know for the listening exam with them - ask them questions about what they are hearing. Check assignment deadlines on TEAMS.

Ask them if they would like you to test them on their vocabulary.

Ask them if they have presentations that they need to learn and listen to them while they talk it through.

Ask them to explain a grammar point to you while you read the notes and tick off the information they are able to tell you.







**How many marks is the question worth and have you made that many points? Is your answer relevant to the question? Is your answer detailed enough? What links and connections can you make? What is a religious response to this issue? What is a non-religious response to this issue? Do you agree or disagree with it? Why?**

**Discuss the topics with your young person; they will have to form their own opinion on issues like Capital Punishment or the Existence of God, so talk to them about your views and why you think that way.**







# DFT

**Questions to ask and other hints  
and tips!**



**Are they feeling  
overwhelmed?**

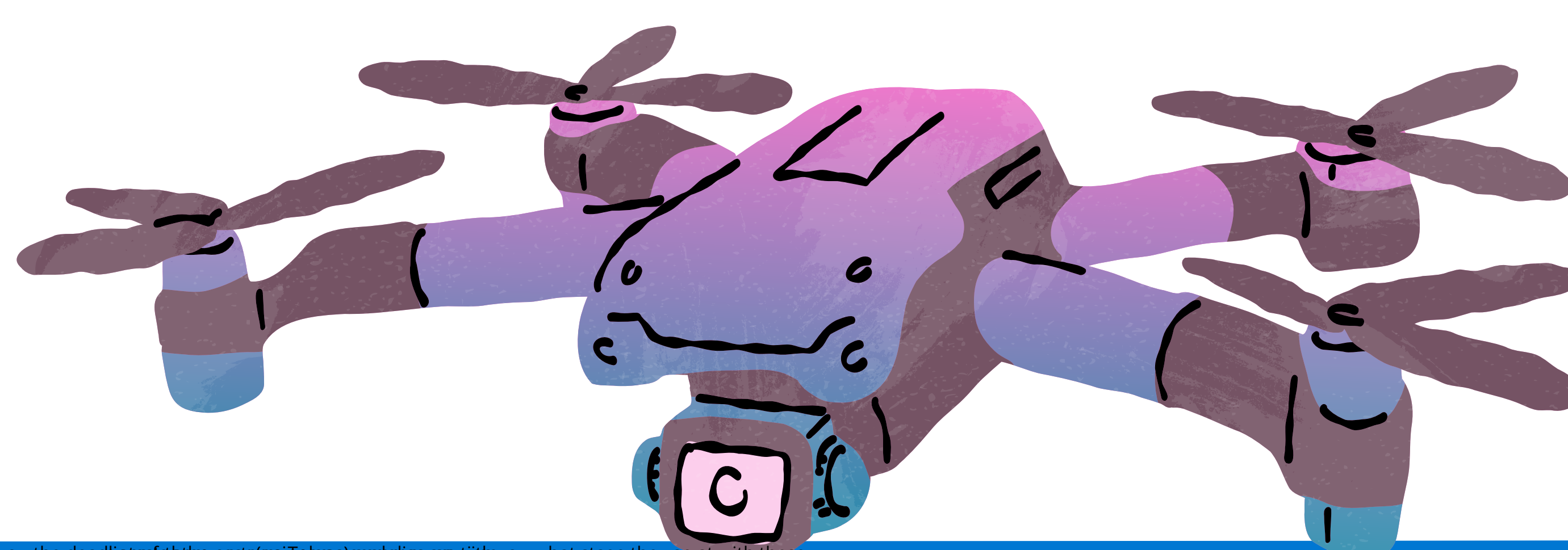
**How are you getting  
on with assignments?**

**The young person  
could attempt to  
teach a parent/carer a  
specific revision  
strategy.**

**See if they can predict  
the exam paper? Can  
you describe for me  
what a describe  
question entails?**

**What ways have you  
found best, in terms of  
being able to recall  
information?**

**Have you made any of  
your own resources to  
help you recall and  
learn? Do you know  
what the structure/  
format of the question  
paper is? Are there  
common questions that  
come up again and  
again? Do you  
understand the sqa  
command words?**



Also that they can show you the deadness of the present and the future and what stage they are at with these.





# Practical Cookery and Practical Cake Craft

**Questions to ask and other hints and tips!**



**Encourage young person to practice cake decorating techniques eg piping**

**Do you know what FOC stands for?**

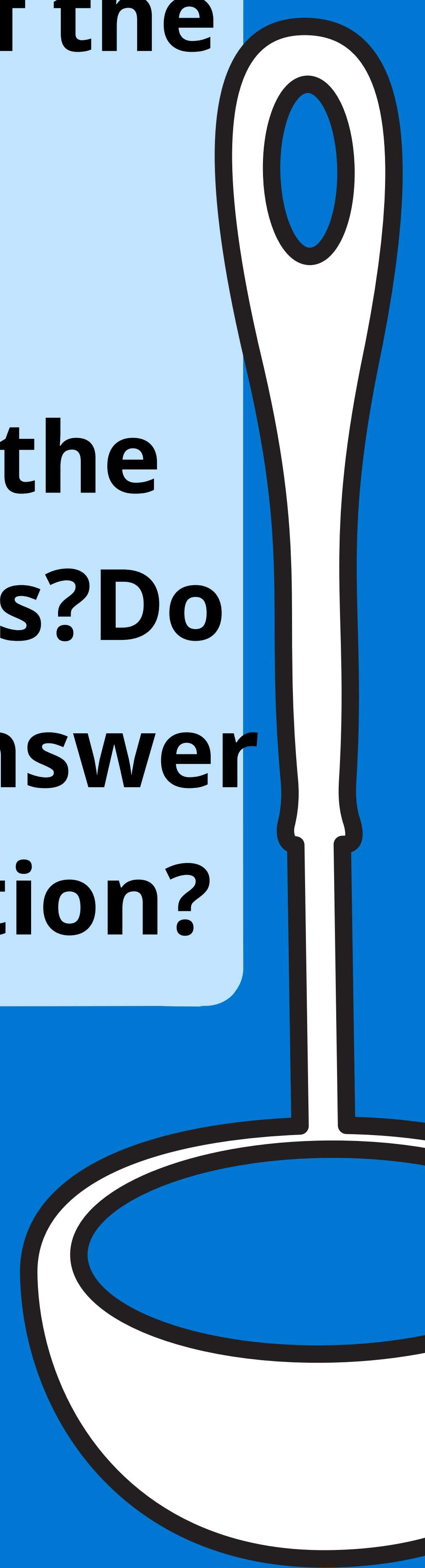
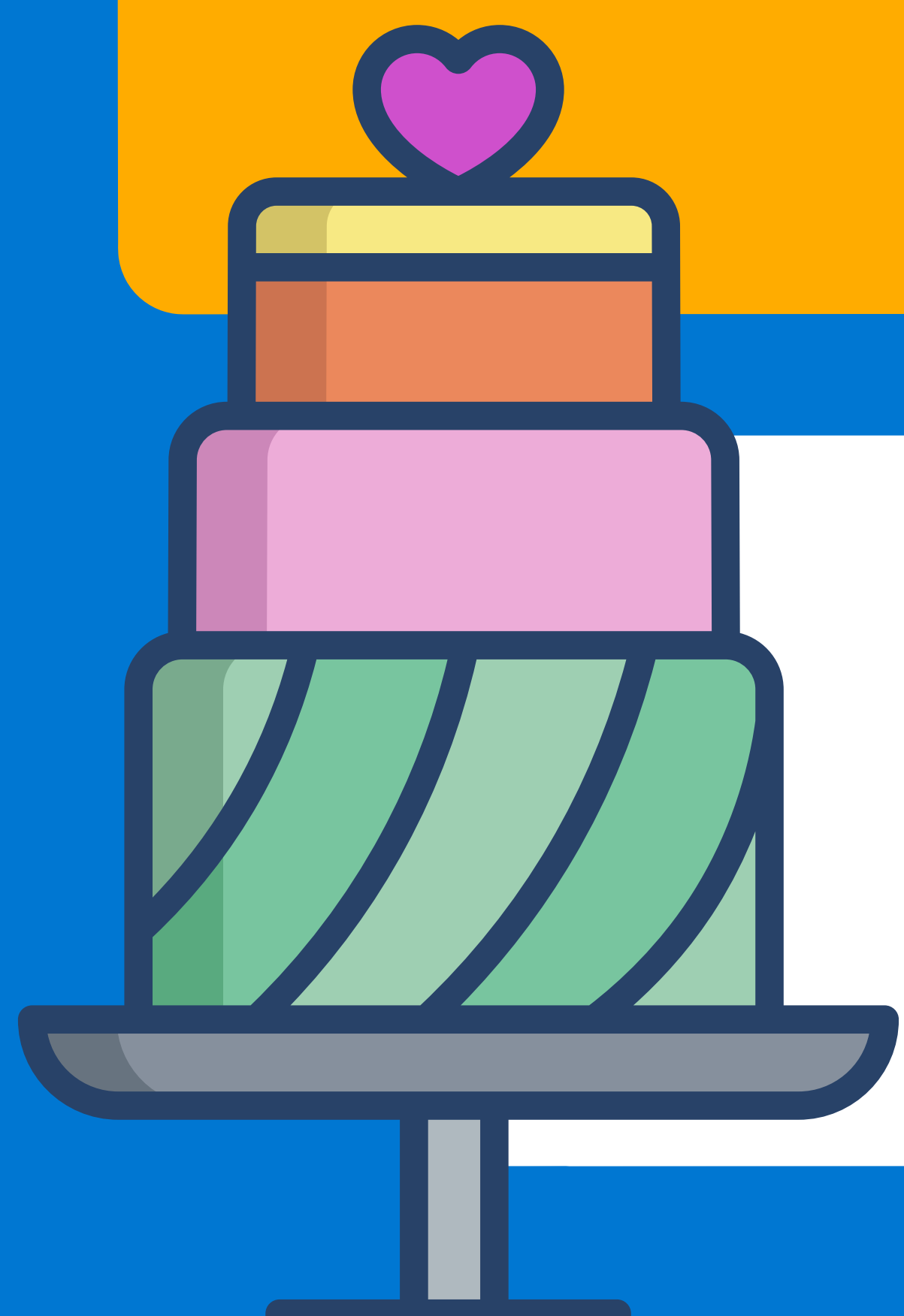
**Have you made any of your own resources to help you recall and learn?**

**Encourage practical cookery pupils to practise similar exam style dishes at home**

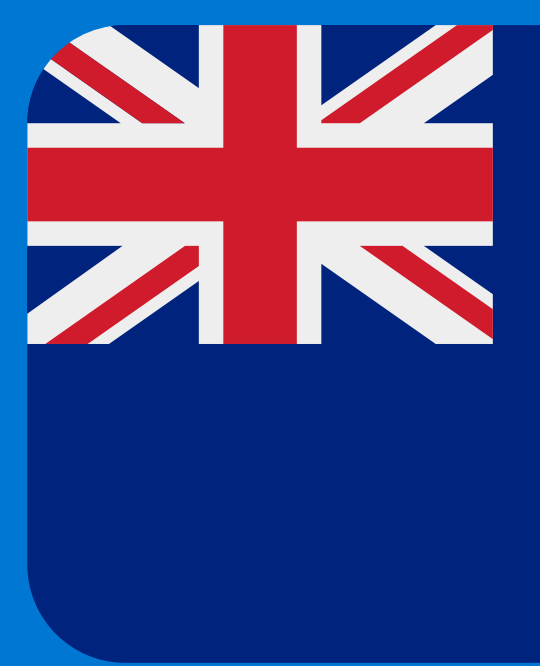
**Do you know what the structure/ format of the question paper is?**

**Please test them on the command words.**

**Do you understand the sqa command words? Do you know how to answer an evaluation question?**







# ModernStudies

**Questions to ask and other hints  
and tips!**



**Ensure your young person is keeping up to date with the news which they can use in their exam – downloading (and reading!) the BBC News app is a good place to start**

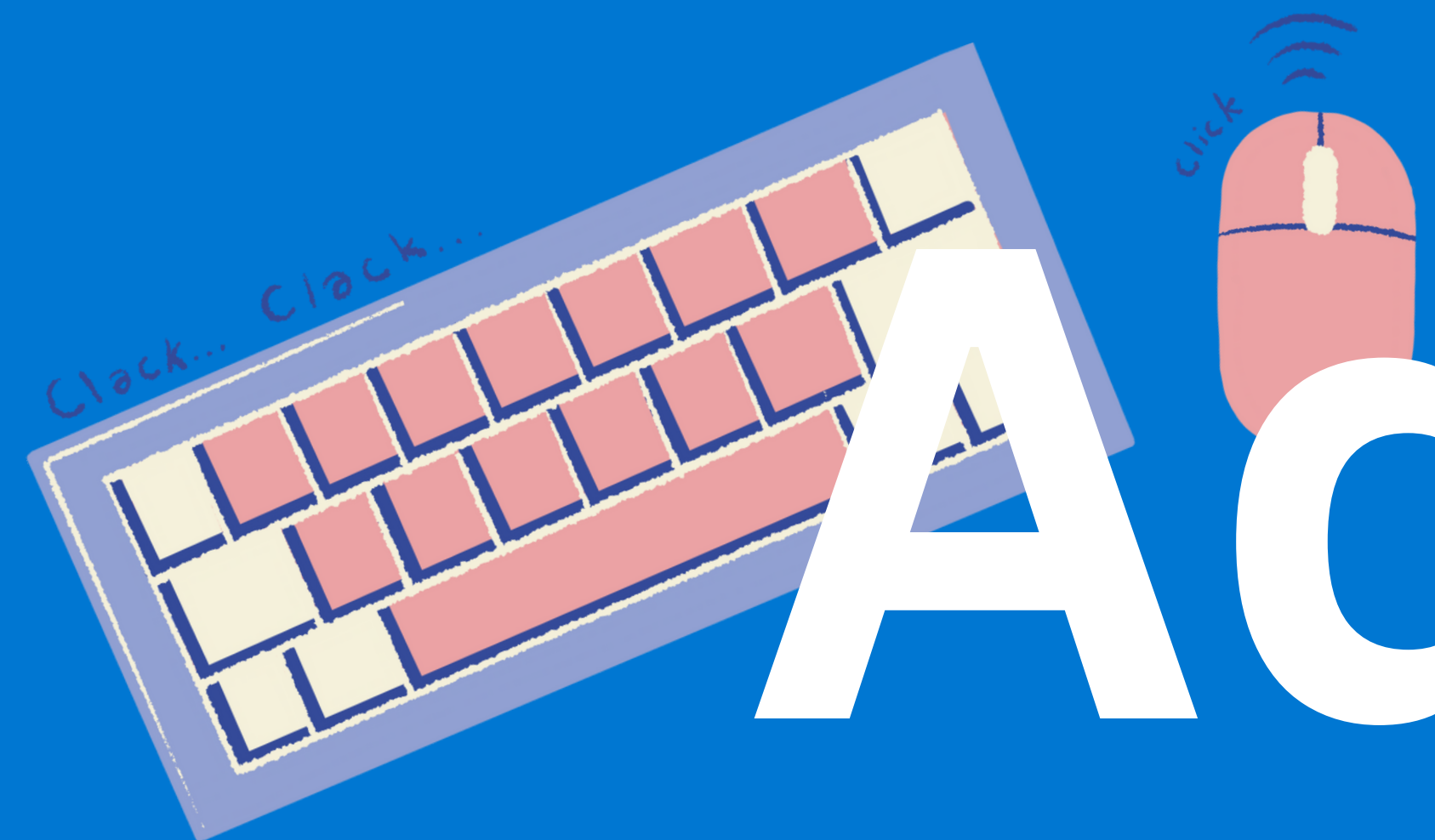
**The Modern Studies course is split into 2 sections – ‘KU’ and ‘Skills’ – so ensuring your young person is aware of the 3 different ‘Skills’ in the paper (Support/Oppose, Options, and Conclusions) is essential. Encourage your young person to complete practise exam questions, especially Skills questions, in the run up to the exam – for many young people, the timing is a big challenge, so this is essential.**

**If you can, please point your young person towards any articles related to Democracy/Parliament, Crime and Law and the USA is especially helpful – and if you can discuss these at home, even better!**

**BREAKING NEWS**







# Admin and IT

**Questions to ask and other hints  
and tips!**

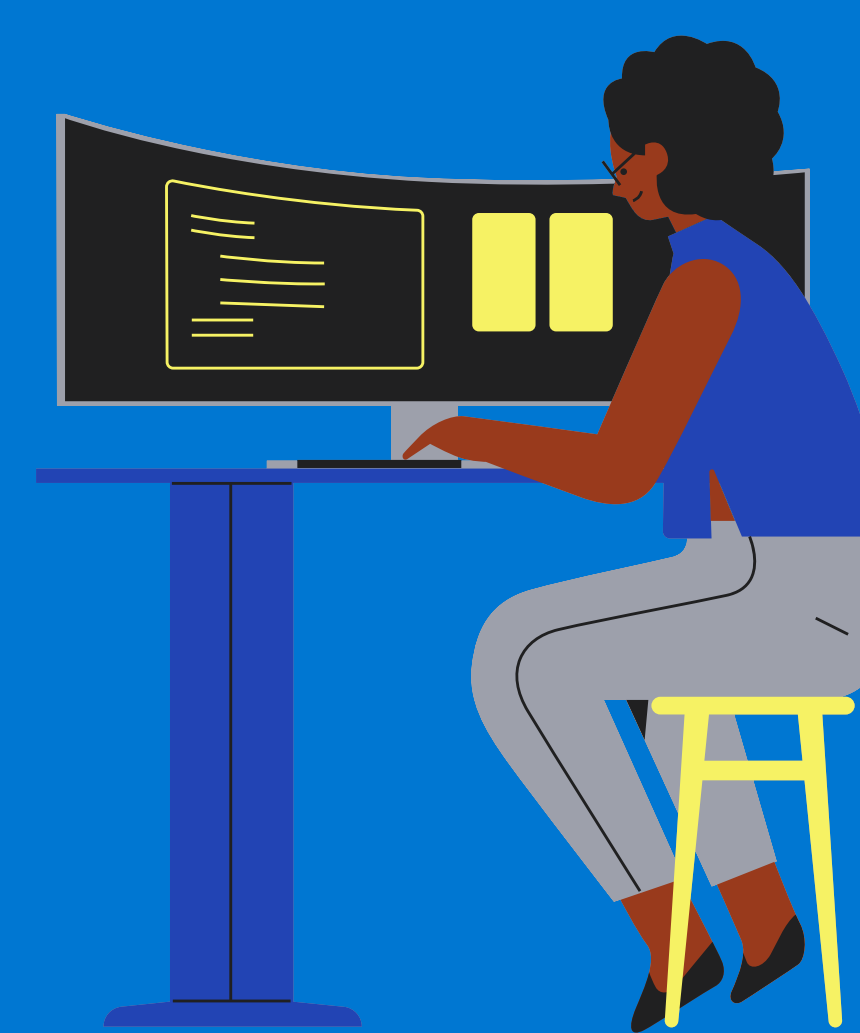


**Encourage them to  
use their Office 365  
account regularly and  
to practice their IT  
skills.**

**Accuracy is essential  
in their keyboarding -  
they will lose marks  
for spelling errors,  
capitalisation and  
layout  
inconsistencies.  
Encourage them to  
proofread all their  
work to pick up on  
these errors  
themselves.**

**Ask your young person  
about document  
layouts eg business  
letters, itineraries. Can  
they tell you what the  
component parts of  
these are?**

**Can they tell you about  
the skills they will need  
to demonstrate in their  
practical exams? What  
do the different  
command words mean  
for how they structure  
their theory answers?**

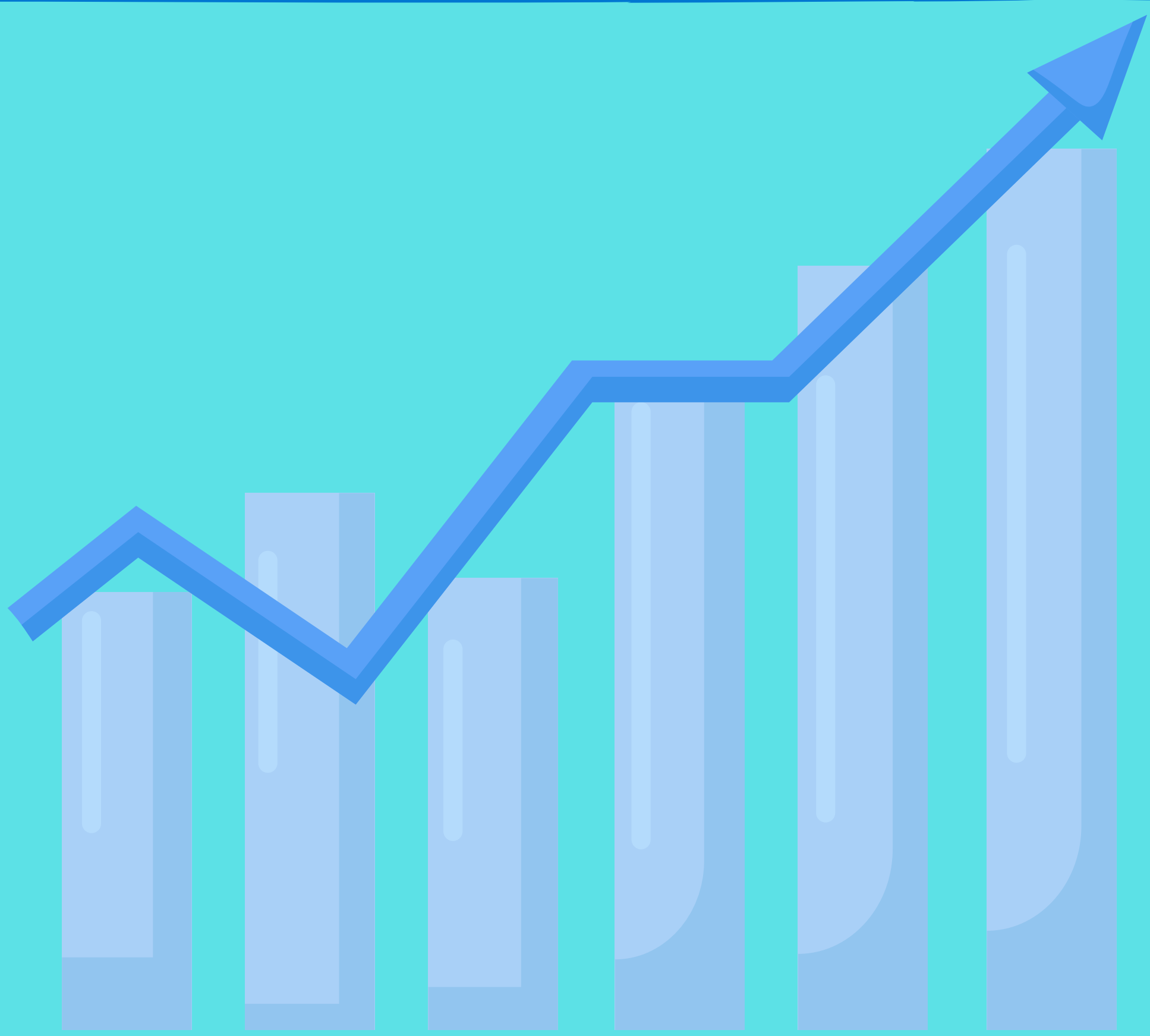






# Business Management and Economics

**Questions to ask and other hints and tips!**



**Encourage them to pay attention to what is happening in the business world. The BBC news website is very good for this - allows them to make the link between the theory in class and real world examples.**

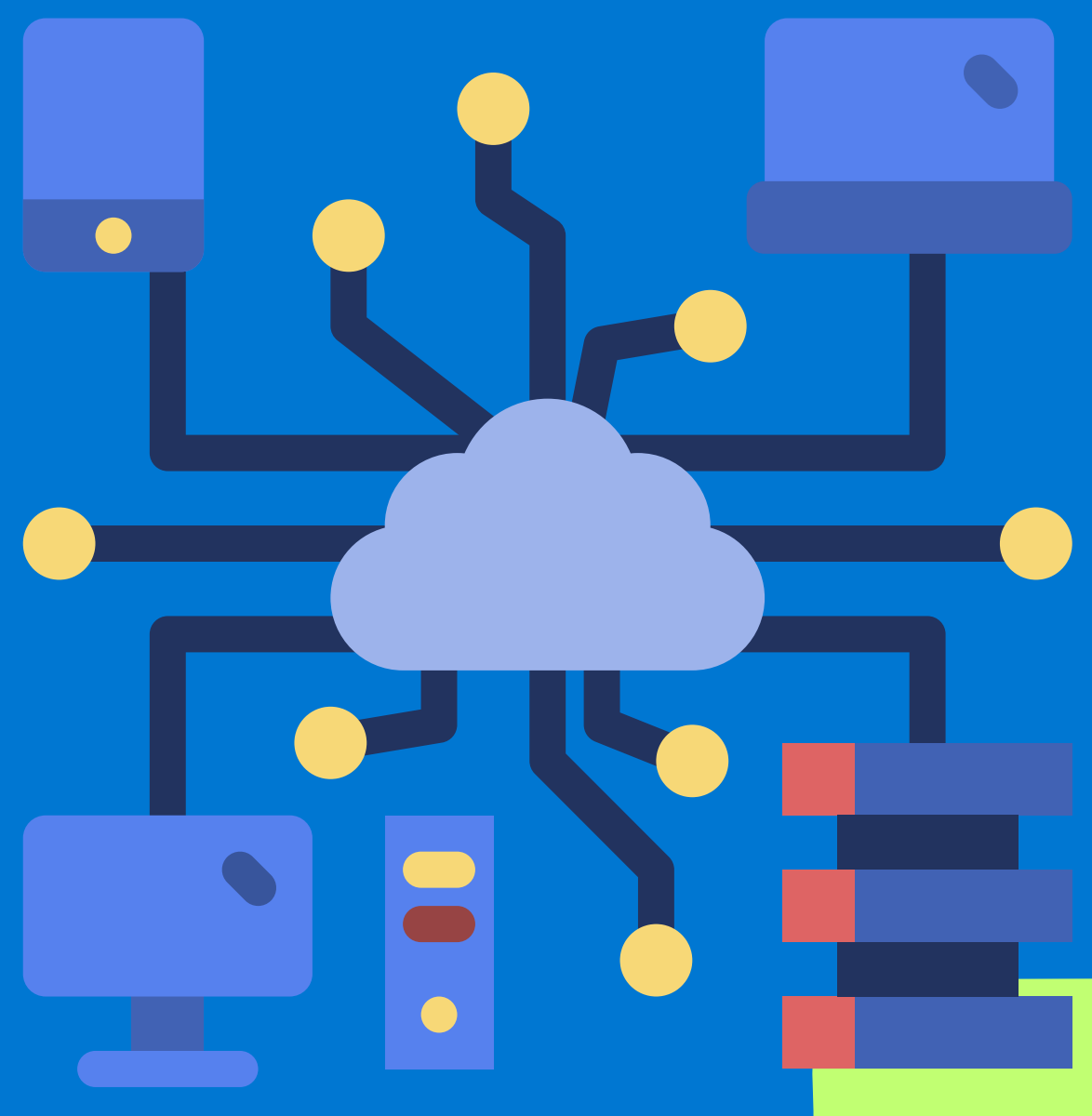
**Ask about the command words - can they tell you what they mean and how they indicate the structure they should use in their exam answers?**

**Ask your young person to draw, label and explain to you any diagrams they have been using in class eg an inventory control diagram, supply and demand curves etc.**



Also that they can show you the headlines from the news and explain to you what stage they are at with these.





# Computing

**Questions to ask and other hints  
and tips!**



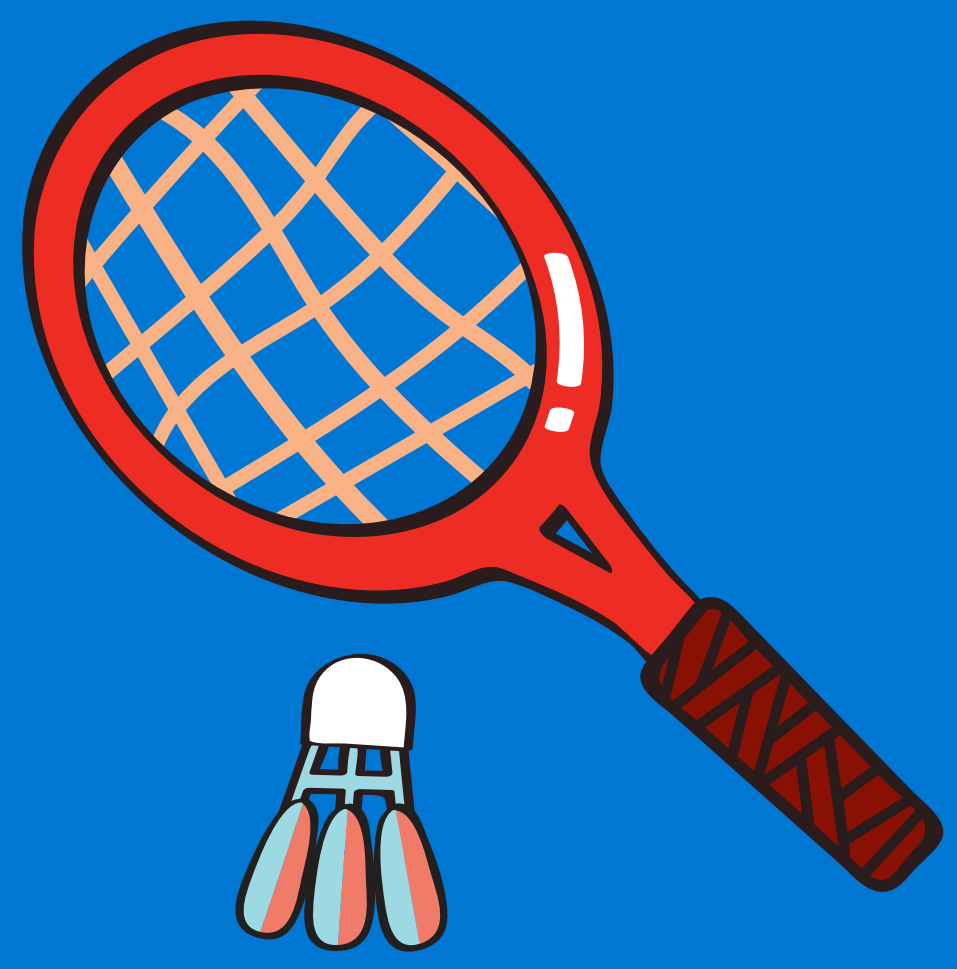
**Encourage pupils to use the OneNote and scholar account to revise and consolidate their learning.**

**All the course resources and class materials for N5 Computing are available throughout the year on OneNote. Parents could ask pupils to explain/expand one item from the unit specification table, then encourage pupils to check their response using the PowerPoints etc.**

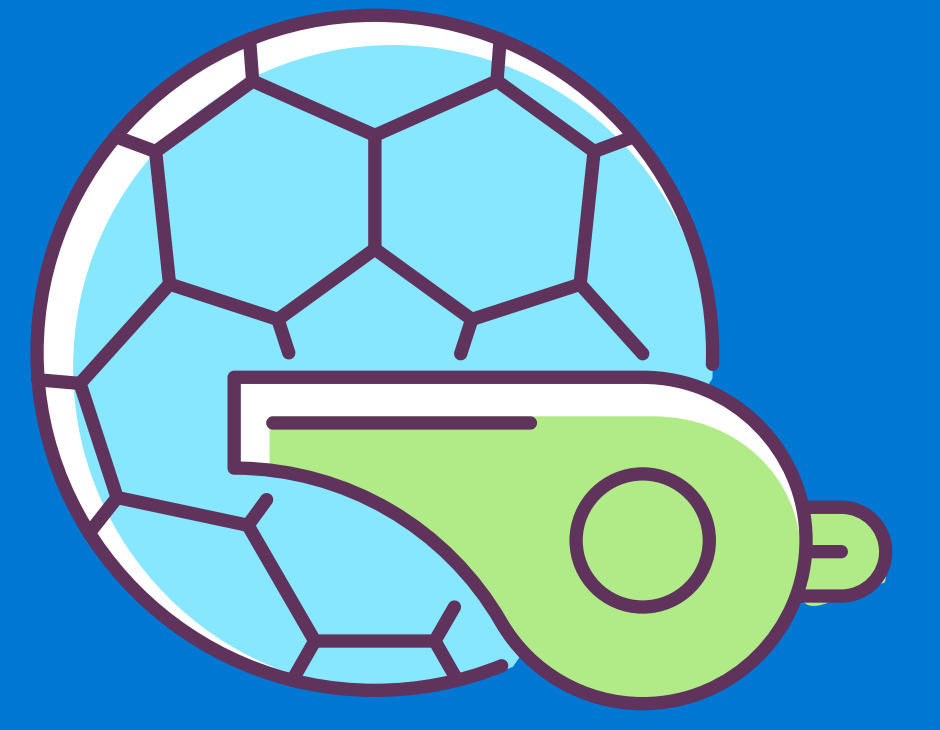
**Ask them to describe one of the stages of the software development cycle (Analysis, Design, Implementation, Testing, Documentation, Evaluation, Maintenance). These stages make up 90% of the course. Ask pupils to describe how different types of data are represented/stored in a computer system. Ask pupils to break real world problems down into smaller, easier to solve steps - this forms the basis of the design sections of the course.**







# PE



## Questions to ask and other hints and tips!



**Encourage your child to discuss with you how their portfolio is progressing**



**Ask you child what activities they are doing for their one off performances and suggest that they join team/club for each activity either in school or out of school**

**There are four factors that we study in PE (Physical, Mental, Emotional and Social). Please ask your child what factor they are looking at and which features they are focusing on?**

**What data gathering tools have they used to assess their level?  
(e.g. standardised tests).**

**What area of improvement they are focusing on in their PDP and what approaches they are using?**







# Sciences

**Questions to ask and other hints  
and tips!**

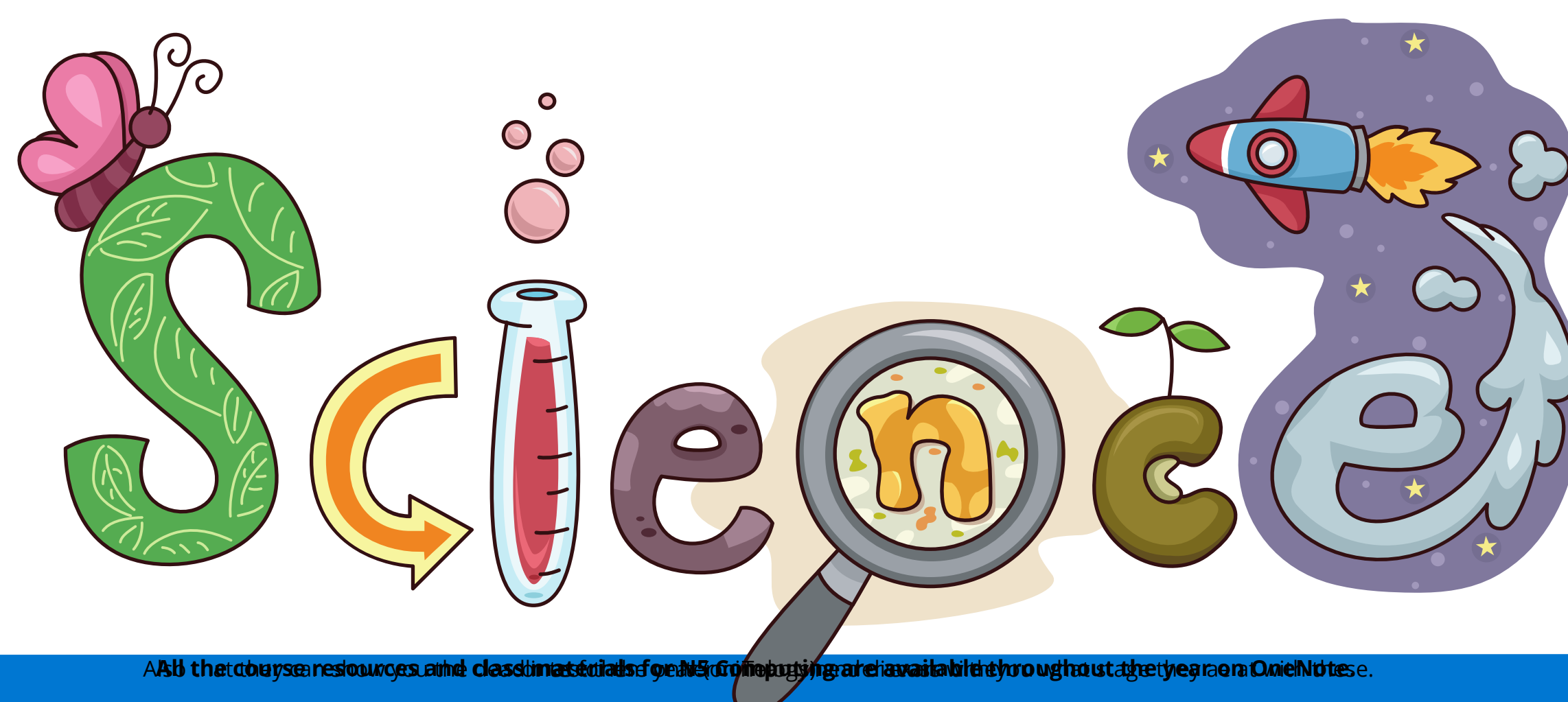


**Encourage your child  
to do past papers  
questions using the  
marking scheme to  
check answers**

**Other resources that  
can help**

- Teams page
- BBC bitesize
- Scholar
- SQA course  
support notes
- For chemistry :  
Miss Adams  
Chemistry channel

- Ask them questions about what they are studying in class? Let them teach you.
- Ask them to explain concepts to you. All concepts are found in their Teams.





# WHERE CAN MY CHILD 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

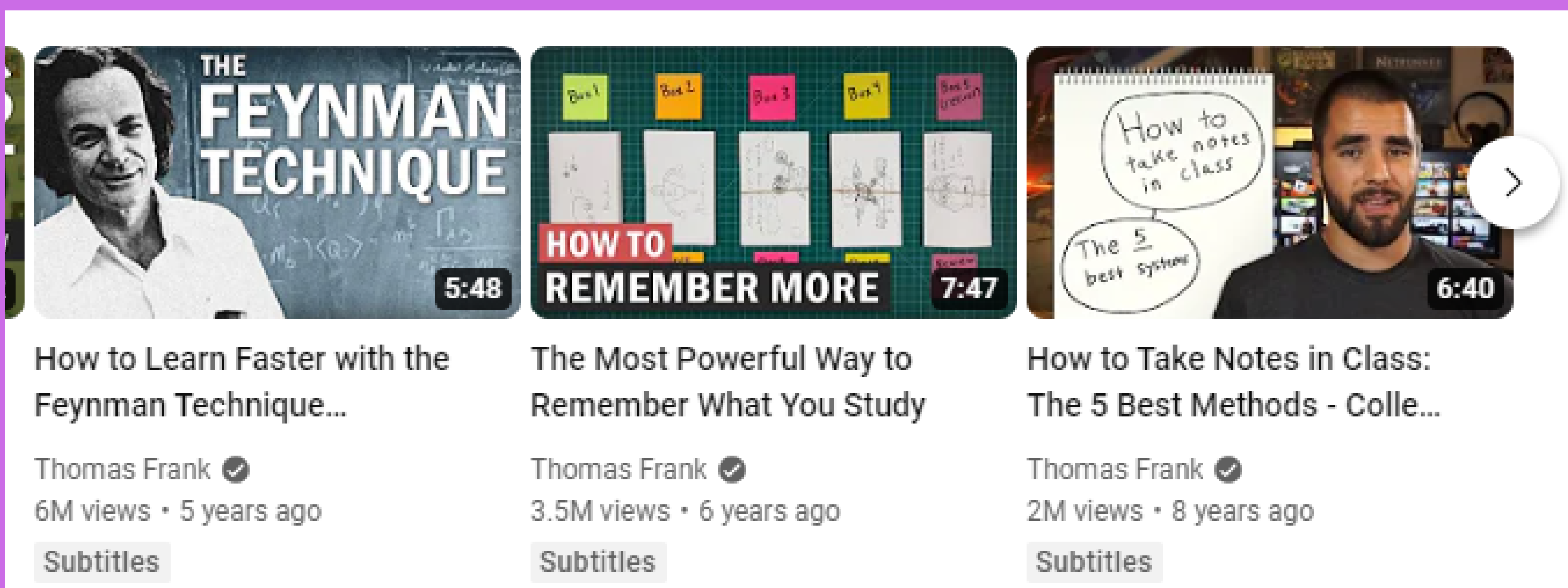


Young Minds are the UK's leading charity fighting for children and young people's mental health.

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?



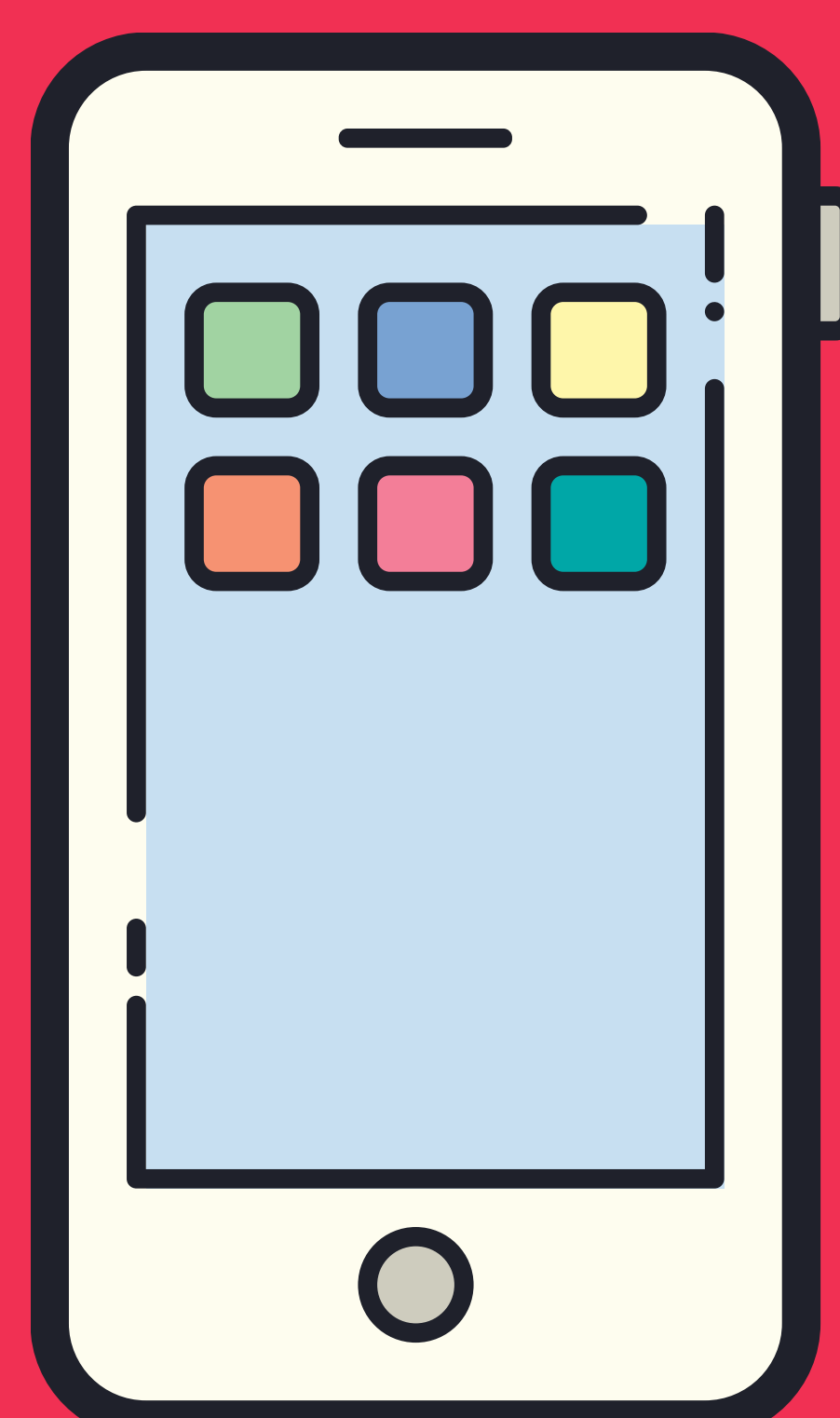
Find info on Food, Nutrition, Fitness, Life Advice and Mindfulness through TikTok videos and their partners.



# #AYEFEEL

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





# 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.



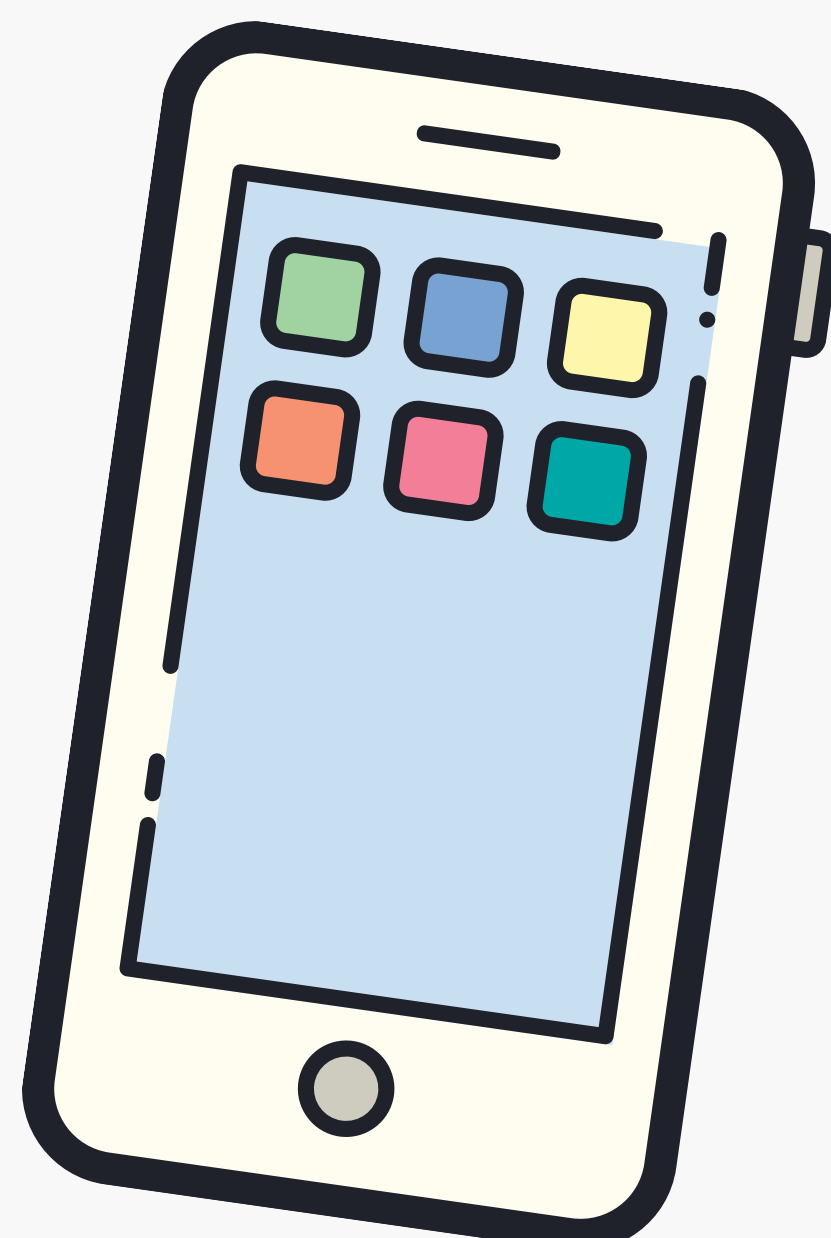
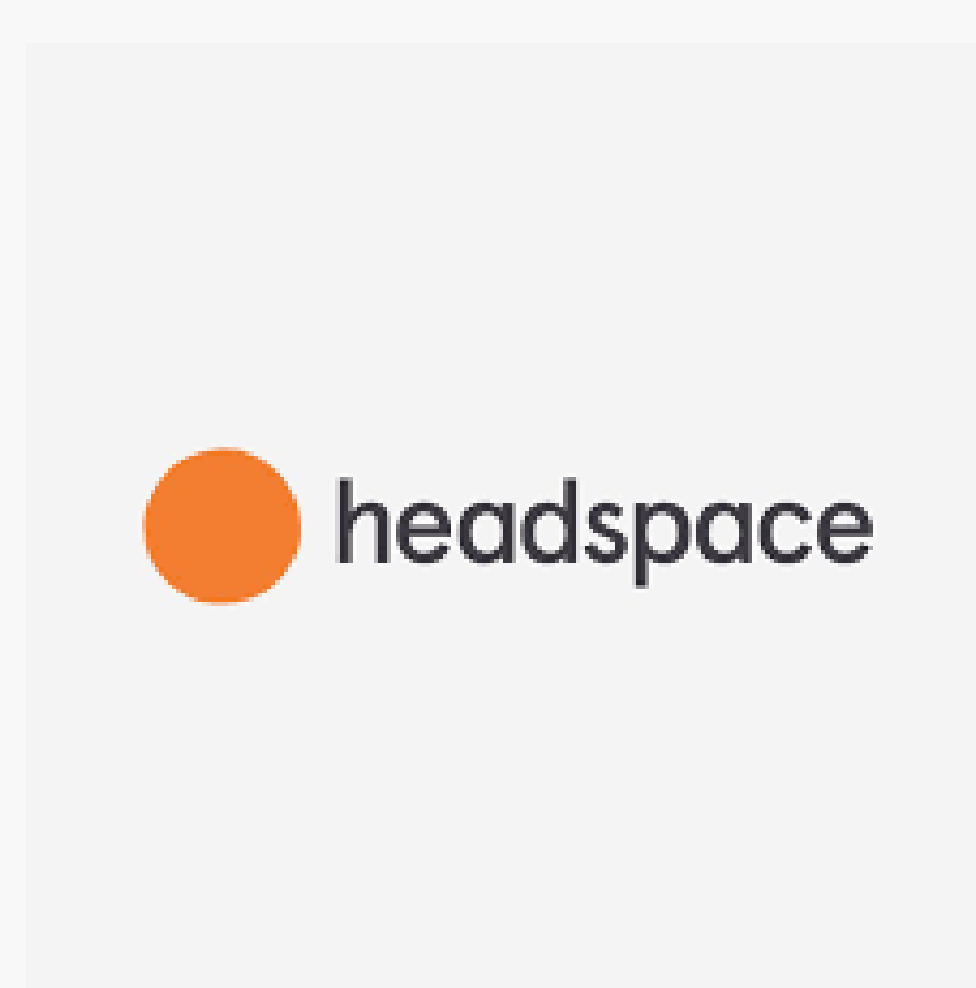
## Journey OR My Diary

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.

