

## Support your child's learning – Supporting study

English version	Gaelic version
<b>Supporting study</b>	<b>Cur taic ri ionnsachadh</b>
Tips on encouraging your child to study, helping them learn to manage their time and get ready for exams and assessments.	Cuideachaidhean a thaobh brosnachadh do phàiste gu ionnsachadh, gan cuideachadh a' làimhseachadh an ùine agus ag ullachadh airson dheuchainnean.
<b>Time management</b>	<b>Làimhseachadh ùine</b>
There are so many calls on a young person's time that it is often difficult for them to decide where to start and what to do next.	Tha a leithid de dh'èighean air ùine dhaoine òga agus gu bheil e doirbh dhaibh glè thrì co-dhùnadh càite an tòisich iad agus dè an ath cheum.
Preparing for assessments and exams is often something that some children only begin to think about in the last few weeks (and sometimes only days) before the event.	Tha ullachadh airson mheasaidhean is dheuchainnean gu tric mar nì nach eil cuid de chloinn a' tòiseachadh a' smaoineachadh ma dheidhinn gus na seachdainean mu dheireadh (agus uaireannan làithean a-mhàin) ron tachartas.
<ul style="list-style-type: none"> <li>Encourage your child to start revision in good time to avoid cramming and panic.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaich do phàiste gu tòiseachadh air ath-obair ann an deagh àm gus dinneadh agus breisleach a sheachnadh.</li> </ul>
<ul style="list-style-type: none"> <li>Help your child to plan a realistic timetable of study for each subject. Their school may have given them a revision planner, which your child can use to plan their own time. Subject teachers will give students information on when the Unit Assessments will take place.</li> </ul>	<ul style="list-style-type: none"> <li>Cuidich do phàiste gu clàr-ama reusanta a phlanadh airson gach cuspair ionnsachadh. Dh'fhaodadh gu bheil an sgoil aca air planair ath-obair a thoirt dhaibh, a dh'fhaodas do phàiste a chleachdadh gus an ùine fhèin a phlanadh. Bheir tidsearan cuspaireil fiosrachadh do dh'oileanaich mu dheidhinn an ama a bhios am Measaidhean Aonaid a' gabhail àite.</li> </ul>
<b>Getting organised</b>	<b>A' faighinn eagraichte</b>
<ul style="list-style-type: none"> <li>Talk to your child and help them decide on a fixed area at home where they can study with the least distractions. Make sure that they have everything they need, for example pens, pencils,</li> </ul>	<ul style="list-style-type: none"> <li>Bruidhinn ri do phàiste agus cuidich iad a' co-dhùnadh air àite sònraichte aig an taigh far am faigh iad air ionnsachadh gun a bhith a' cur dragh orra. Dèan</li> </ul>

paper, notebooks.	cinnteach gu bheil gach nì aca a dh'fheumas iad, mar eisimpleir, pinn, peansailean, pàipear, leabhraichean-nòtaichean.
<ul style="list-style-type: none"> <li>Ensure that snacks and water are close by to prevent any unnecessary distractions and make sure the study area is warm and well lit.</li> </ul>	<ul style="list-style-type: none"> <li>Dèan cinnteach gu bheil greimean-bidhe agus uisge faisg air làimh gus draghan san amharc a sheachnadh, agus dèan cinnteach gu bheil an t-àite ionnsachaidh blàth agus le solas math.</li> </ul>
<ul style="list-style-type: none"> <li>Speak to the rest of the family, particularly younger members, about respecting this study area and as far as possible trying to avoid interrupting.</li> </ul>	<ul style="list-style-type: none"> <li>Bruidhinn ris a' chòrr den teaghlach, gu h-àraid buill nas òige, mu dheidhinn spèis a thoirt don àite ionnsachaidh seo agus cho fada 's a ghabhas fuireach bhuidhe.</li> </ul>
<ul style="list-style-type: none"> <li>If it is difficult to study at home, perhaps your child could make use of the local library, or ask your school if they can help.</li> </ul>	<ul style="list-style-type: none"> <li>Ma tha e doirbh ionnsachadh aig an taigh, dh'fhaodadh gum faodadh do phàiste an leabharlann ionadail a chleachdadh, no faighnich don sgoil an urrainn dhaibh cuideachadh.</li> </ul>
<ul style="list-style-type: none"> <li>Encourage your child to get their notes in order for each subject before starting. Having notes organised into topic areas for each subject may be helpful.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaich do phàiste an nòtaichean a chur ann an òrdugh do gach cuspair mus tòisich iad. Dh'fhaodadh gum bi e cuideachail nòtaichean eagrachadh a rèir gach cuspair.</li> </ul>
<ul style="list-style-type: none"> <li>Check the dates of each exam and keep a record of them somewhere you can see them easily. Your child's school will give your child an exam timetable with the subjects being presented at your school. You can access the full exam timetable on the SQA website. Your child can also use the SQA Personal Timetable Builder<sup>1</sup> facility to create their own timetable.</li> </ul>	<ul style="list-style-type: none"> <li>Dèan cinnteach às na cinn-latha do gach deuchainn agus cùm clàr dhiubh an àiteigin far a bheil e furasta am faicinn. Bheir an sgoil clàr-ama dheuchainnean dod phàiste leis na cuspairean a tha gan riochdachadh san sgoil agaibh. Faodaidh tu làn chlàr-am nan deuchainn fhaicinn air làrach-lìn SQA. Faodaidh do phàiste goireas Togalaiche Clàr-ama Pearsanta SQA<sup>2</sup> a chleachdadh cuideachd airson an clàr-ama fhèin a chruthachadh.</li> </ul>
Remember: sometimes an exam is on a public holiday. The exam will definitely take place on that day and there will be no opportunity to sit it on another day.	Cuimhnich: Uaireannan tha deuchainn air saor-latha poblach. Gabhaidh an deuchainn àite air an latha sin gun teagamh sam bith, agus cha bhi cothrom sam bith ann a shuidhe air latha

<sup>1</sup> <http://www.sqa.org.uk/sqa/66653.html>

<sup>2</sup> <http://www.sqa.org.uk/sqa/66653.html>

<p>Schools and colleges are allowed to change the start times of exams slightly, so you should double-check the times of your child's examinations with your school / college.</p> <p>Courses will typically also have a second assessment element, e.g. an assignment or a practical activity, depending on the subject being studied (or some courses may not have an exam element at all). Your child's school will be able to give you more details on what this involves and the timing of any assessment.</p>	<p>eile.</p> <p>Tha cead aig sgoiltean agus colaistean amannan tòiseachaidh dheuchainnean atharrachadh gu ìre bhig, agus mar sin bu chòir dhut àm deuchainnean do phàiste a dhearbhadh leis an sgoil / colaiste agaibh.</p> <p>Gu h-àbhaisteach, bidh eileamaid dàrna measaidh ann an cùrsaichean m.e. obair shònraichte no gnìomhachd dhèanadach, a rèir a' chuspair a thathar ag ionnsachadh (no dh'fhaodadh nach bi eileamaid dheuchainn anna n cuid de chùrsaichean idir). Bidh sgoil do phàiste comasach air barrachd fiosrachaidh a thoirt dhut mu na tha an lùib seo agus tomhas-ama measaidh sam bith.</p>
<p><b><i>Tips to encourage studying</i></b></p>	<p><b><i>Cuideachaidhean gus ionnsachadh a bhrosnachadh</i></b></p>
<ul style="list-style-type: none"> <li>Exam times can be stressful so encourage your child to take breaks. Hour-long revision sessions with short regular breaks of 10 minutes are effective.</li> </ul>	<ul style="list-style-type: none"> <li>Faodaidh àm dheuchainnean a bhith uallachail agus mar sin brosnach do phàiste gu bhith a' gabhail ùineachan fois. Tha seiseanan ath-obair de dh'uir a thìde le fois cunbhalach 10-mionaidean glè èifeachdach.</li> </ul>
<ul style="list-style-type: none"> <li>Your child may prefer to complete each task and then build in a break rather than stick to definite time slots. It's the quality of work that is important.</li> </ul>	<ul style="list-style-type: none"> <li>Dh'fhaodadh gum b' fheàrr led phàiste gach pìos obrach a chrìochnachadh agus an uair sin ùine fois a ghabhail an àite cumail ri amannan sònraichte. Is e càileachd na h-obrach a tha cudromach.</li> </ul>
<ul style="list-style-type: none"> <li>Young people often focus best earlier in the day or in the early evening, so encouraging them to study at these times may be beneficial.</li> </ul>	<ul style="list-style-type: none"> <li>Tha daoine òga glè thrì nas comasaiche air cuimseachadh tràth san latha no tràth air an oidhche, mar sin dh'fhaodadh am brosnachadh gu ionnsachadh aig na h-amannan sin a bhith buannachdail.</li> </ul>
<ul style="list-style-type: none"> <li>Your child might find it useful for you to read through revision notes with them. Asking them about what they have learned in their revision may be useful.</li> </ul>	<ul style="list-style-type: none"> <li>Dh'fhaodadh gum biodh e feumail dod phàiste nan leughadh tu tro nòtaichean ath-obair còmhla riutha. Dh'fhaodadh gum biodh e feumail ceistean a chur orra mu na dh'ionnsaich iad.</li> </ul>
<p><b><i>Keeping well</i></b></p>	<p><b><i>Cumail fallain</i></b></p>
<ul style="list-style-type: none"> <li>Encourage your child to get plenty of sleep. This is particularly</li> </ul>	<ul style="list-style-type: none"> <li>Brosnach do phàiste gu bhith a' faighinn cadal gu leòr.</li> </ul>

important the night before an exam as it will help them perform better.	Tha seo gu h-àraid cudromach an oidhche ron deuchainn oir cuidichidh e iad gu coileanadh nas fheàrr.
<ul style="list-style-type: none"> <li>• Encourage your child to eat well. On the morning of an exam encourage them to have breakfast, or lunch if the exam is in the afternoon.</li> </ul>	<ul style="list-style-type: none"> <li>• Brosnaich do phàiste gu bhith ag ithe ceart. Air madainn deuchainn, broснаich iad gu bracaist ithe, no lòn ma tha an deuchainn feasgar.</li> </ul>
<ul style="list-style-type: none"> <li>• Help your child to avoid any unnecessary anxiety or panic by making sure they are in plenty of time for each exam and have everything they need for it, for example pens, pencils.</li> </ul>	<ul style="list-style-type: none"> <li>• Cuidich do phàiste gu iomagain no breisleach sam bith a sheachnadh, le bhith a' dèanamh cinnteach gu bheil iad ann an deagh àm airson gach deuchainn agus leis gach nì air a bheil feum aca, mar eisimpleir, pinn, peansailean.</li> </ul>
<ul style="list-style-type: none"> <li>• Encourage exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Brosnaich eacarsaich.</li> </ul>