

## Forfar Academy

### Revision Strategies

Support your child to create a revision timetable covering all the courses they are studying this year. This should be broken down into individual units and topics.

Encourage your child to read all theory materials for each unit:

- Theory course notes
- Class jotters
- Revision textbooks

Encourage your child to look at feedback from classwork, homework or end of unit tests.

Support your child to re-write/type up the notes for revision.

Make mind maps for each topic or subtopic.

Encourage them to revise with a friend and ask each other questions to check content knowledge.

Support them to complete revision tasks and practice questions provided by subject teachers.

Download SQA past papers from the SQA website. Encourage your child to complete past papers at home and bring in for marking. They should complete the past papers in timed conditions.

Allow pupils to access revision materials online, there is a large number of interactive learning resources available for pupils.

## Useful Parental Support Websites



ParentZone

BBC

Family Lives



SQA

ParentZone

BBC Bitesize



**STEP 1:**  
Start your favorite QR code scanner

**STEP 2:**  
Point your phone at the QR code

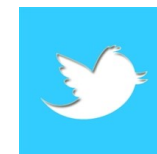
**STEP 3:**  
Scan the QR code

**STEP 4:**  
View the web page!

# Forfar Academy

## Supporting Your Child Through SQA Exams

### Parental Guide



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## Supporting Your Child At Forfar Academy

As part of Forfar Academy's vision and values we believe that home learning plays a crucial role in supporting our young people to reach their full potential. We believe that home learning encourages responsibility, independence and promotes the development of skills that will foster determination and commitment to achieve.

Home learning includes any task, revision or activity that takes place outwith the normal timetabled and taught class. Home learning aims to reinforce concepts developed in school, check for understanding and establish next steps, and to introduce essential concepts required for subsequent lessons.

Forfar Academy is committed to working in partnership with you, as parents and guardians, to help our young people develop study skills and home learning strategies that will support their learning journey.

You can support your child's learning at home by:

- Encouraging conversation about their learning and the tasks that are due for completion
- Set aside time after activities to discuss how your child managed each task
- Praise efforts
- Check the presentation and quality of work produced
- Engage with the tracking and monitoring reports, these detail your child's current working grade and the target grade for the next monitoring period.

## Advice and Tips For Supporting Your Child

The best way to support your child during the stress of revision and exams is to make **home life as calm and pleasant as possible**. It helps if other members of the household are aware that your child may be under pressure and that allowances should be made for this.

**Know the exam schedule.** Pin the exam timetable up at home with each exam highlighted. Add the dates and times of each exam to diaries and phone calendars and set reminders to alert you nearer the day.

**Removing distractions.** Creating an organised space to study will also help your child establish a routine for good study habits. Choosing a spot away from distractions like televisions and encouraging your child to switch off their mobile phone.

Make sure there are plenty of **healthy snacks** in the fridge and try to provide good, nutritious food at regular intervals. Energy drinks must be avoided as they are proven to reduce concentration and will disrupt sleeping patterns. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take **regular exercise**. A brisk walk around the block can help clear the mind before the next revision session.

Try not to nag or make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision.

**Ensure your child has an early night.** Late night

cramming will have a negative impact on their performance.

Set an alarm for them to **wake up early** and have a good breakfast before school.

Support them to **get prepared** the night before. Laying out school uniform, packing bags and stationery. Remind them to take at least 3 pens, their SCN card and a bottle of water into the exam.

Discuss **good habits** for before the exam to allow them to arrive fresh, going to the toilet before, eating a light snack and staying hydrated.

Encourage them to leave the house promptly and arrive around 5 mins **early** to the exam hall so that you they are not rushed.

**Watch for signs of stress** and talk to your child's PCS teacher or the relevant subject PT if you are concerned for your child's health and wellbeing.

