



Barrhead High School
Mathematics and Numeracy Department
Study Skills - Comments and Advice



1) Revision strategies

- Do as many past paper questions as possible. Time yourself to get used to exam conditions.
- As well as past papers, look at books with practice questions.
- At first, attempt different topics one at a time, then move to past papers.
- Make sure to spend time focussing on question types that regularly come up that you find difficult. Attempt all similar questions you can find, then move onto another question type.
- Ask classmates to pick out questions and test you.
- Look at SQA marking keys to see where you can pick up marks.
- Start your revision early.

2) Time management

Study Timetables	<ul style="list-style-type: none">• Make a study timetable.• Remember to include breaks in your study timetable.• Remember to block off time in your study timetable for your other activities (i.e. extra-curricular clubs, organised social activities, etc.) so your timetable is realistic. Don't drop extra-curricular clubs if you can avoid it. Plan around these.• Set aside time in your study timetable for you to quiz yourself after revision periods to make sure your time is being used effectively.• Try to avoid studying too late at night, as your concentration will suffer.• Study for a period of 40 minutes - 1 hour at a time. An overly long session might seem effective at the time, but might mean you are unable or unwilling to study later.• Start with the subjects you find most difficult.• Don't spend too long on the subjects you enjoy and know you're good at if this means you're avoiding other subjects.• Try to stick to the timetable you set; avoid spending longer than you'd intended to on particular things if this will mean you fall behind schedule. Alternatively, if you're "on a roll" and feel that you want to continue, then consider carrying on.• Look at the exam timetable when planning out your last few weeks of study. Be very careful when multiple exams are in close proximity. Remember that some exams are very close to the beginning of study leave; this means it's a good idea to start your studying well before study leave begins.• Avoid leaving detailed revision until the few days before an exam; this time should be for final preparation.
Study Environment	<ul style="list-style-type: none">• Make the effort to go somewhere to study, such as a local library.• Sit at a desk• Avoid studying where you sleep; this will affect the quality of your studying and your relaxation, as you won't be able to switch off so won't be well rested, so will then struggle to concentrate.• Make study time more focused by listening to classical music as you study.• Surround yourself with hard-working people.• If you find studying with friends distracting, don't persist with this.• Try to keep your study environment fairly tidy so you don't need to spend time looking for things.• Turn off the T.V. and your mobile phone. Avoid Facebook.• If you aren't using them for your studying, put your laptop or I-Pad away.

Managing the Workload	<ul style="list-style-type: none"> • Make a checklist of what you plan to study and tick these things off as you go. Be realistic about the amount of work still to be done. • Break subjects and subject units down into smaller and more manageable chunks; this will help you keep your focus. • If you're feeling bored, consider moving on to another topic or subject rather than stopping altogether. This will help you to cover more in the time you have left. • Complete homework as soon as you are able to, so that you have time for independent study. • Meet class deadlines for projects and folios so that you leave time for time for independent study in a range of subjects. If you can get these finished earlier, this is even better. • Use your planner to stay organised with preparations for unit assessments and class tests; this will allow you to continue to set aside time for independent study even though you're busy. • Make sure you hit deadlines; when these start to mount you will feel stressed and may find that you have not left enough time to do your best. • Don't procrastinate. Start early on in the year to avoid having to cram. • Don't fool yourself; if you're not studying productively as you're distracted, then don't count this as study time. • Don't get bogged down in minor details when this gets in the way of looking at bigger, more important areas. • Set targets so you can see a finishing point. • If doing past papers, time yourself so that you know you can do well in an exam situation.
General Advice	<ul style="list-style-type: none"> • Eat well and drink plenty of water to stay refreshed and alert. • If studying at weekends or during study leave, set your alarm to get up early; don't let part of the day go to waste. Remember that many exams begin early in the morning, so you'll want to be in the routine of working effectively at this time of the day. • Sleep is very important; this will help make your study time more effective. • Find a routine that works for you.

3) Motivation

General Advice	<ul style="list-style-type: none"> • Think about how your studying will affect your long-term future. Remind yourself why you're studying. Think about University and employment. • Think about how the work you're doing now will affect you positively in the near future (i.e. when you're filling in your UCAS form). • Set achievable targets so that you can feel a sense of achievement when you meet these. • Celebrate your good results in unit assessments and class tests which came as a result of good study habits. • Studying with a partner can provide motivation, inspiration, (friendly) competition and support. • Give yourself small rewards at the end of each session, such as a set amount of time on Facebook or the X-Box, etc. Plan bigger rewards for the end of each week/month/term, such as cinema trips or social activities with friends. • Speak to teachers you find motivational. • Remember that, in the long term, the amount of time you are sacrificing for independent study is very small in comparison to the amount of time you'll have
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to enjoy your success.

- Work systematically so you can track and celebrate your progress.
- Think about how it might feel to have delivered excellent results.
- Remember that you can enjoy a more relaxing summer if you've worked hard.
- Enjoy the rewarding feeling when you start to understand things you used to struggle with.
- Watch motivational speakers' videos online.
- Get outdoors and exercise to make yourself feel active.