

MEARNS CASTLE HIGH SCHOOL

ASSISTED STUDY

PROGRESS TOGETHER



UNLOCK YOUR POTENTIAL

WITH DEDICATED STUDY SESSIONS

Assisted Study is your pathway to success this year!

This year, S4-6 prelim Assisted Study will run from October to January. This will allow you to spread out your study more evenly and to target all your subject areas, where offered, without feeling overwhelmed by too many study sessions too close together.

You should:

- Sign up in advance for Assisted Study sessions with your class teachers
- If you sign up – you must attend the session. If you have a good reason you cannot attend, please let your class teacher know in advance.
- Prepare a weekly Study Plan – this is essential for maximising your success this year.

Knowledge Boost



- Master tricky content you're stuck on.
- Solidify your understanding of crucial topics.
- Ensure no knowledge gaps are left behind.
- Feel fully prepared for all aspects of your subject.

Wellbeing & Confidence



- Reduce exam anxiety, feel more prepared, so there's less to worry about.
- Feel in control, taking charge of your own progress boosts your confidence.
- You'll develop a strong mental approach to tackling challenges head-on.
- Find a balance, helping you study smarter, not just longer.

Supercharged Study Skills



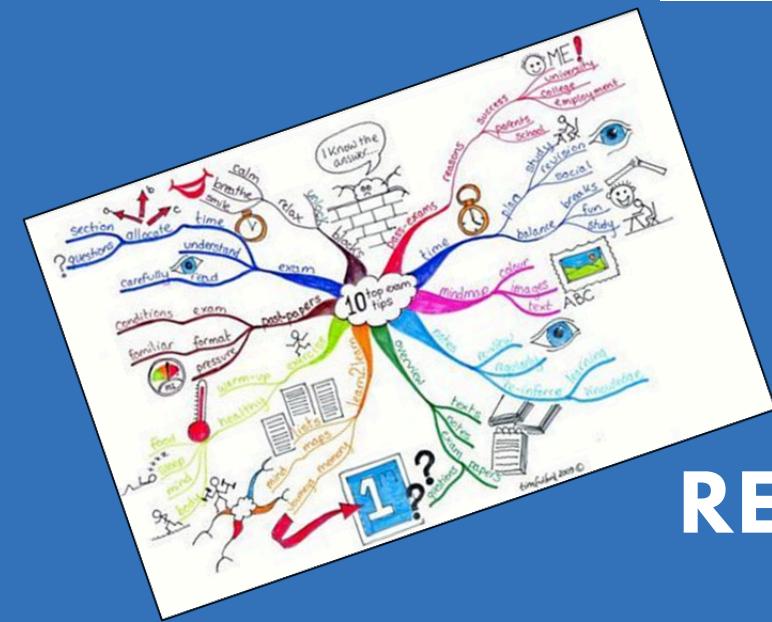
- Find out what study methods work best for you and your subjects.
- Learn to connect ideas and understand the bigger picture.
- Elevate your academic game. These skills will help you not just in school, but in all your future studies.

Focus on your Future Goals



- These sessions are designed to meet your specific needs so you can get the most out of your time.
- Stronger exam results open doors to the university, college, or job you're aiming for.
- This extra time is a direct investment in your future and your success.

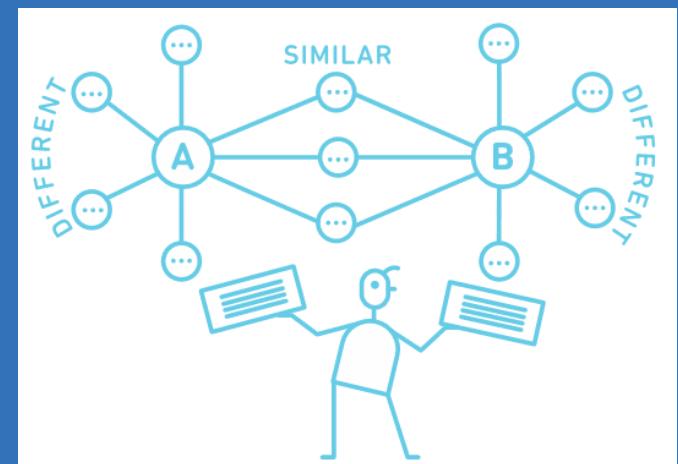
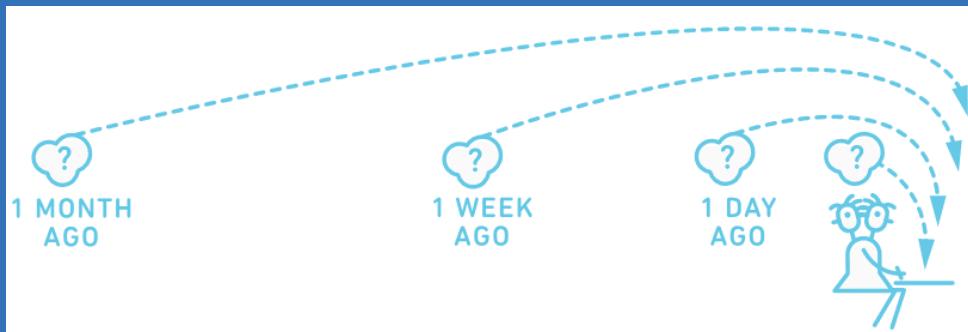
HOW CAN I STUDY?



DUAL CODING

RETRIEVAL PRACTICE

SPACED PRACTICE



ASSISTED STUDY TIMETABLE

Week Commencing 5 January 2026			
Day	National 5	Higher	Advanced Higher
Wednesday 07/01/26 2:45 – 3:45	Art & Design Business Management French Photography	Admin & IT Art & Design Business Management French Photography	Business Management
Thursday 08/01/26 3:35 – 4:35	Mandarin RMPS	Chemistry Drama Geography Mandarin Music Physics RMPS	Chemistry
Friday 09/01/26 2:45 – 3:45		ESOL PE Urdu	Biology

Week Commencing 12 January 2026			
	National 5	Higher	Advanced Higher
Monday 12/01/26 3:35 – 4:35	Graphic Communication Mandarin	French Graphic Communication History Mandarin Maths	Biology
Tuesday 13/01/26 3:35 – 4:35	Art & Design Business Management Mandarin Maths Maths (18.30 – 20.00)	Admin & IT Art & Design Business Management English Health & Food Technology Geography Mandarin Modern Studies PE Photography Physics Maths (18.30 – 20.00)	Maths (18.30 – 20.00)



ASSISTED STUDY TIMETABLE

Week Commencing 12 January 2026			
	National 5	Higher	Advanced Higher
Thursday 15/01/26 3:35 – 4:35	Mandarin Music Maths (18.30 – 20.00)	Chemistry Drama Mandarin Maths (18.30 – 20.00)	Business Management Maths (18.30 – 20.00) Chemistry
Friday 16/01/26 2:45 – 3:45		ESOL PE Urdu	

