

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.



# ASSISTED STUDY TIMETABLE

Week Commencing 16 February 2026			
Day	National 5	Higher	Advanced Higher
Wednesday 18/02/26 2:45 – 3:45	Admin & IT Business Management	Business Management	Business Management
Thursday 19/02/26 3:35 – 4:35	Chemistry Drama Maths Music RMPS	Chemistry Drama Human Biology Physics RMPS	

Week Commencing 23 February 2026			
Day	National 5	Higher	Advanced Higher
Monday 23/02/26 3:35 – 4:35	Biology Chemistry History Modern Studies	History Maths PE	Biology
Tuesday 24/02/26 3:35 – 4:35	Drama English Geography Music	Drama English Geography Physics	
Wednesday 25/02/25 2:45 – 3:45	Business Management Admin & IT	Business Management	Business Management
Thursday 26/02/26 3:35 – 4:35	Drama Maths Physics RMPS	Chemistry Drama Human Biology Modern Studies RMPS	
Friday 27/02/25 2:45 – 3:45	Music	PE	



# ASSISTED STUDY TIMETABLE

Week Commencing 2 March 2026			
Day	National 5	Higher	Advanced Higher
Monday 02/03/26 3:35 – 4:35	Biology Chemistry History Modern Studies	History Maths	Biology
Tuesday 03/03/26 3:35 – 4:35	Drama English Geography Music	Drama English Geography Physics	
Wednesday 04/03/25 2:45 – 3:45	Admin & IT Business Management	Business Management	Business Management
Thursday 05/03/26 3:35 – 4:35	Drama Maths Physics RMPS	Chemistry Drama Human Biology RMPS Modern Studies	

Week Commencing 9 March 2026			
Day	National 5	Higher	Advanced Higher
Monday 09/03/26 3:35 – 4:35	Biology Chemistry History French Modern Studies	History Maths PE	Biology
Tuesday 10/03/26 3:35 – 4:35	Drama English Geography Music	Drama English Geography Physics	
Wednesday 11/03/25 2:45 – 3:45	Business Management French	Admin & IT Business Management PE	Business Management
Thursday 12/02/26 3:35 – 4:35	Drama Physics RMPS	Drama Chemistry Human Biology RMPS Modern Studies	



# ASSISTED STUDY TIMETABLE

Week Commencing 16 March 2026			
Day	National 5	Higher	Advanced Higher
Monday 16/03/26 3:35 – 4:35	Biology Chemistry French History Modern Studies	History Maths	Biology
Tuesday 17/03/26 3:35 – 4:35	English Music Geography Drama	English Drama Geography Physics	
Wednesday 18/03/25 2:45 – 3:45	Business Management French Admin & IT	Business Management PE Modern Studies	Business Management
Thursday 19/02/26 3:35 – 4:35	Drama Maths Physics RMPS	Chemistry Drama RMPS	

Week Commencing 23 March 2026			
Day	National 5	Higher	Advanced Higher
Monday 23/03/26 3:35 – 4:35	Biology Chemistry French History Modern Studies	History Maths PE	Biology
Tuesday 24/03/26 3:35 – 4:35	English Drama Geography	English Drama Geography Physics	
Wednesday 25/03/25 2:45 – 3:45	Admin & IT Business Management French	Business Management PE Modern Studies	Business Management
Thursday 26/03/26 3:35 – 4:35	Drama Maths Physics RMPS	Chemistry Drama Human Biology RMPS	



# ASSISTED STUDY TIMETABLE

Week Commencing 30 March 2026			
Day	National 5	Higher	Advanced Higher
Monday 30/03/26 3:35 – 4:35	Biology Chemistry History Modern Studies	History Maths PE	
Tuesday 31/03/26 3:35 – 4:35	English Geography	English Geography Physics	
Wednesday 01/04/25 2:45 – 3:45	French Business Management	Business Management PE Modern Studies	Business Management
Thursday 02/04/26 3:35 – 4:35	Maths Physics RMPS	Chemistry RMPS	

