



St Luke's High School

**'Preparing and supporting
your child for success'**



2021- 2022

Love, Faith and Understanding



@StLukesHigh / @WellnessawareSL



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6 Useful Links

- ♦ Study skills from St Lukes High:

<https://blogs.glowscotland.org.uk/er/StLukes/pupils/supported-study/study-skills/>

- ♦ BBC Bitesize supporting parents: <https://www.bbc.co.uk/bitesize/articles/znsmyc>

- ♦ SQA Past Papers: <https://www.sqa.org.uk/pastpapers/findpastpaper.htm>



5 Support in St Luke's High School



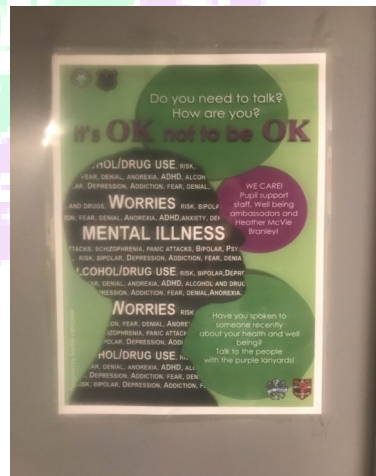
Every member of the St Luke's community is here to support and maximise your child's learning. Currently we offer a supported study timetable program and one to one sessions for those who have requested. Pupils can find additional help from their subject teachers or their Pupil Support teacher. Remember no question is too silly to ask!!



Mental Health Ambassadors

17 staff are trained in Mental Health First Aid Training, to provide additional support for children. The group is now well established and the visibility for this service is now having a strong impact on our learners, with staff being formally identified through their purple lanyards and the notice board outside the Pupil Support.

If your child would wish to work with a mental health ambassador on the build up to exams please sign post them to the board outside of the pupil support base.



1 Introduction:

Supporting effective study where to begin?



Welcome to St. Luke's High school study guide booklet '**Preparing and supporting your child for success**'. In St Luke's High School nurturing every child's God-given talents to enable them to flourish beyond school and unleash their potential, is at the centre of everything we strive for as practitioners and as parents/carers.

Exams are a daunting time for both learners and parents/carers! The fear of failure or not living up to expectation is a very real anxiety some children face prior to exams. Some learners seem to be extremely organised and prepared, some struggle to organise their time effectively despite their best efforts.

'I don't know how to start' 'Where do I begin?' 'I feel sick' 'There is too much' 'What if this happens?' 'I don't want to let anyone down' these are just some of the thoughts learners have before exams and as a parent/carer knowing how to be supportive and help your child navigate through this period can be challenging!

Studying and preparing is vital to exam success. This guide contains useful tips on supported study and targeted study approaches to suit different types of learning that are specific to your child. The aim of the booklet is to provide support in partnership with your child's teachers, an established routine and methods that support your child's learning preparation for exams at home.



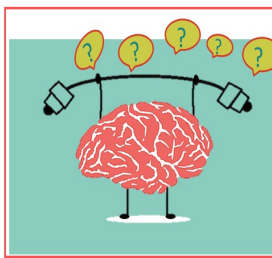
Please remember, teachers here at St. Luke's High School are here to support your child's learning and are always happy to help in any way to maximise their potential.

2. Studying for Success/ Top tips



Where do we begin?? This can be the biggest hurdle. The following parts of this booklet will aim to provide support strategies to PREPARE for study, along with some advice on how to prioritising subjects, finding an approach to revision that works for the individual! Also supporting your mental health and wellbeing.

Remember, success for everyone is different so pathways and journeys are also different whether that is to go to college, university, training, a modern apprenticeship, or wider job opportunities. Maximising these opportunities through study is key to success.



5 Retrieval Practice

Retrieval practice is the act of recalling information without having it in front of you. Research has shown this is far more effective than re-reading!



How it works- 3 EASY STEPS

- 1. Write it down:** Try writing down everything you know about the topic. Then go backwards compare with your notes and see if you have missed anything.
- 2. Partner Up:** Get together with a friend/ guardian and write down everything you can remember about a topic. Compare notes and see if you have missed anything.
- 3. Use Flash Cards:** Make some flash cards and then try recalling the information on them.

4 Methods of Retrieval Practice

Before you start put away all your books & classroom materials.

4 Methods of Retrieval Practice	
<p>BRAIN DUMP</p> <p>Write, draw a picture, create a mind-map on everything you know about a topic.</p> <p>Give yourself a two hour/ day 5 minutes, then have a look at your books & add a few things you forgot.</p>	<p>QUIZZING</p> <p>Create practice questions on a topic. Swap your questions with a partner & answer.</p> <p>Question - What is a metaphor?</p> <ul style="list-style-type: none"> <input type="checkbox"/> A comparison using 'like' or 'than'. <input type="checkbox"/> A comparison where one thing is another. <input type="checkbox"/> A comparison with a human attribute.
<p>FLASHCARDS</p> <p>Create your own flashcards, question on one side answer on the other. Can you make links between the cards?</p> <p>You need to repeat the Q&A process for flashcards you fail on more frequently & less frequently for those you answer correctly.</p>	<p>KNOWLEDGE ORGANISERS</p> <p>Complete a knowledge organiser template for key information about a topic.</p> <p>Definition Draw a picture</p> <p>Examples Topic Non examples</p> <p>You can use knowledge organisers to learn new facts & make links in between subjects or ideas.</p>

After you have retrieved as much as you can go back to your books & check what you've missed. Next time focus on that missing information

Useful tips:

Using short periods of time—This is more effective than spending one long session! That struggle to remember???..... This is **STRENGTHENING** your long term memory.

Don't give up! - The more you practice the more you will remember !!

Flash Cards— these help fill in the gaps in your knowledge and trigger memory loss.

Methods you can use for retrieval practice are: Mind maps, Quizzing, Flash-cards, Knowledge Organisers



4 Flash Cards/ Study Cards



A flashcard is a card with information on both sides, which is intended to be used to help with memorising facts. Each flashcard has a question on one side and an answer on the other.

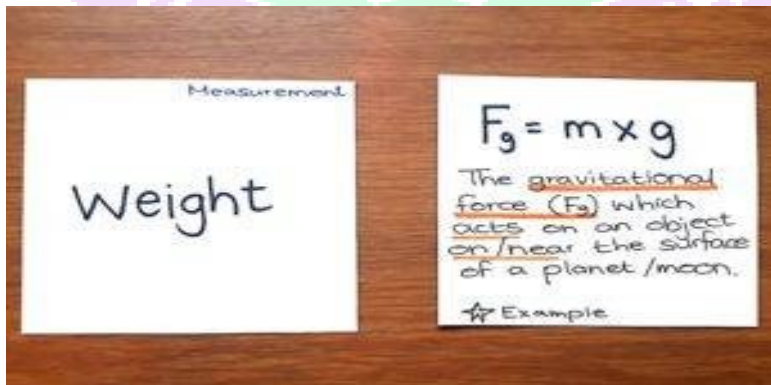


How it works:

Flashcards are often used to memorise vocabulary, historical dates, formulas or any information that can be learned via a question-and-answer format.

Useful Tips:

1. Two-sided flash cards are best; one side for the title and the other for the content
2. Try to include between 5-10 points on each card (pocket size!)
3. Keep them colourful. Highlight key words, use images, doodle or even phones or colour code the cards for each topic/ subject.
4. CAPITAL letters- these can help aid memory retrieval!
5. Create from memory then add in detail using class notes.
6. [QUIZLET](#) is a good website to help generating flash cards.



3. Top tips to share with your child as they study for Exams.



1. Clear your schedule. Set time limits around being interrupted or rescheduling your work time to accommodate others.



2. Get motivated. a designated study space- with minimal distractions

3. Create a study Plan- Where learning is in small chunks!

3. Prioritise. What has to be done first? When is the exam in the calendar?

4. Make sure you understand the task- Do you have a revision list for that subject? Ask questions. Speak to your teacher if you need help.

5. Schedule downtime-this is VITAL! And protects your well-being- Go for a run, playing a sport, going for a walk, meditating or prayer are a few things that help you unwind.





3 Dual Coding



6. You are what you eat. A good diet will make you feel better and ensure you can concentrate when you need it!

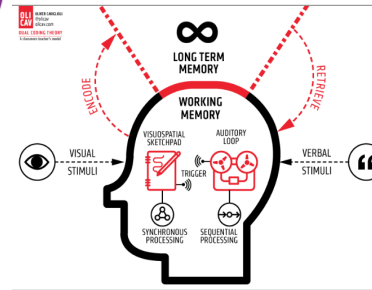
7. Sleep— and I don't mean a lie in! I mean going to bed a regular time. No digital device an hour before bed has also been proven to reduce anxiety and improve the quality of sleep.



8. Put the phone AWAY!

9. It doesn't have to be perfect. Some people are so afraid that they won't perform perfectly, they won't do anything at all. Make sure you understand the expectations of your teacher. Then evaluate how important the task is and what level of performance is acceptable to you. Then just do it!

10. When you really hate it, try to make it as enjoyable as possible. Work on this task first, while you have more energy. Reward yourself when you complete certain aspects of the task. Study with a friend.



Dual Coding

Dual coding is the theory that for successful retrieval of knowledge you need to combine both words and visuals. This is a great technique if you are a visual learner and want to keep your revision a good balance of key words and pictures.

How it works—3 Easy steps

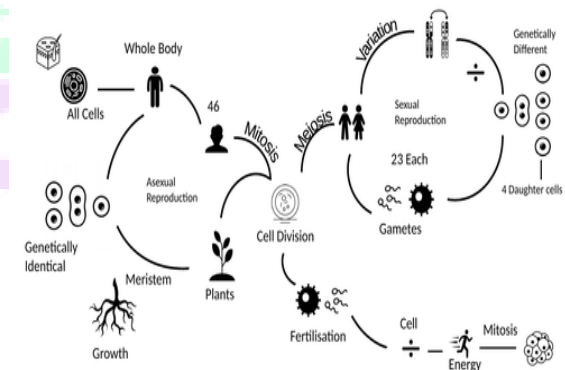
Simplifying complex ideas by linking words and visuals improves encoding. This will help you remember more and most importantly, you will be able to recall the information, better in the exam.

1. Compare words to visuals: Look at the visuals and compare them to the words in your notes.
2. Explain in your own words: Look at the image, diagram, graph or timeline and explain in your own words what information is trying to be conveyed.
3. Turn your notes into visual: Take the information you are trying to learn and draw visuals to represent it. This will make it easier to recall when you are reviewing your revision notes.

Useful Tips

Take your classroom notes and try turning them into visuals such as a diagram, timeline or picture. Try anything visual that triggers your memory. You could use any of the following:

- ◆ Diagrams
- ◆ Infographics
- ◆ Timelines
- ◆ Cartoon Strip



SQA 4 Past Paper Questions

Past paper in your chosen subject can give you a valuable insight into your upcoming exams. They can help you check your progress and become familiar with the exam structure and the use of command words.

When looking at past papers, think about:

The Format: What do you have to do? Knowing the format of the paper will help you feel more confident going in the exam, pay particular attention to have many questions there are and how many there is to complete.

The command words: how should you answer the questions?

Check out command words carefully to understand what the question is asking of you!
Use a highlighter or pen for each command words to help keep you on track.

How the marks are allocated: how much should you write and how long should you spend on each question? How many points are the examiner looking for? Usually a mark is given for each relevant point and then a further mark for development.

Finally.....

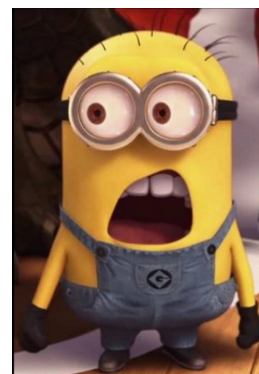
Test yourself. Find out if your revision has been effective by using past papers or ask someone to test you.

If your notes are all bullet points, past papers might be the first chance you have to write in clear and linked sentences!

Examiner reports can give you an idea of where students went wrong in previous exams
Repeat your testing – it is important you test yourself more than once. Try it ten minutes after revising a topic, one day after, then a week later.



3 Planning and Preparing for effective Study:



We've all been there! That look of sheer panic. How do I do this? What comes first? Which subject? There is SOOOOOOOO much to do?

Sound familiar?

Deep breath– you've got this.

1. Find a place that is your place to study: Bedroom, Dining Room, Study Room, Library.
2. Be Organised– This space is where you will spend significant time. Keep it tidy!
3. My favourite part– A study folder or box set, group your notes under subject areas (colour code them if this helps!)
4. Create a study plan and have this printed or written above you. **This is vital as it is a reminder that you are in control and prevent you from feeling overwhelmed or leaving everything to the last minute!!**



4 Study Planning:

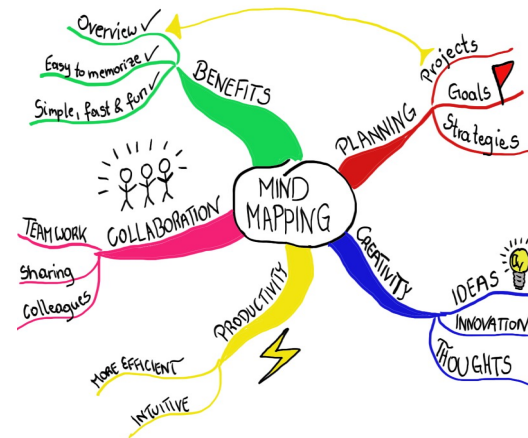


You should now take time to create a study plan.
You may already have your own way of preparing, however look over this example which will help you to organise your time. REMEMBER preparation is key. Do not leave this to the last minute!

In these two examples you will see how to create a weekly study plan identifying your targets for the week.

Evaluate them and then plan your next steps this can be done with support from your class teacher in particular with picture number two, when identifying specific subject targets.

4 Mind Maps (Visual Learner)



A mind map works best for those who are visual learners and enjoy making connections with different topics. It is often created around a single concept, drawn as an image in the centre of a blank landscape page, then from this associated topics are then led out like branches off a tree.

How it works

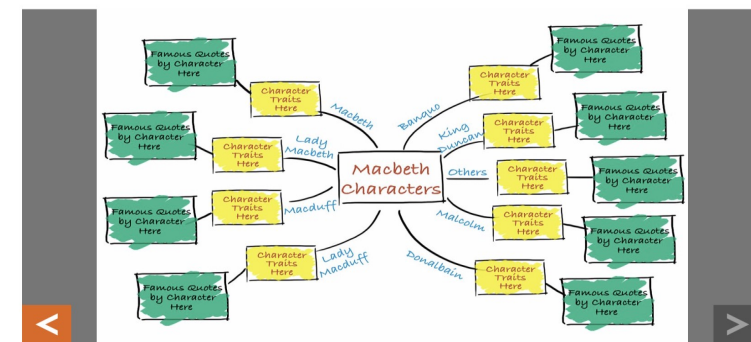
A mind map should allow you to have a clear link towards subject content it should be organised in a logical manner.

Useful tips:

1. Your mind map should be colourful and eye-catching— using different colours for different topics will help you remember!
2. Hang them somewhere you will see them regularly!
3. Using a different colour per branch or even a doodle/ image will also help you remember



How to create a great mind map



4 Targeted Study Techniques

How do we know what style of learning is most effective for you?

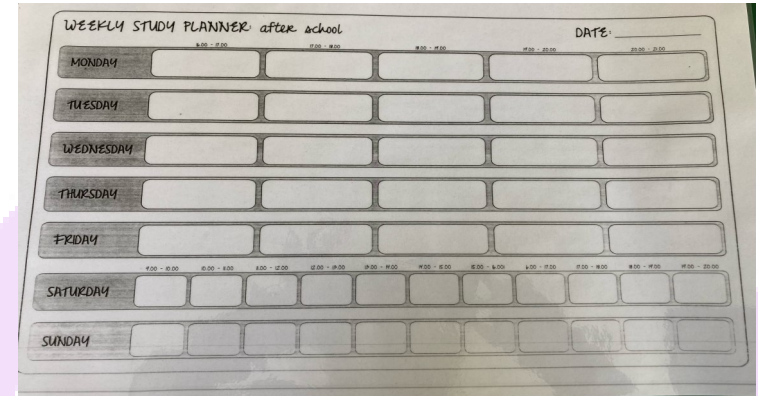
Each of us learn in different ways exploring different options and finding one that works is critical to that learning becoming autonomous and also enjoyable!

1. Mind maps
2. Past Paper Practice
3. Dual coding
4. Flash Cards/ Study Cards
5. Retrieval Practice



4 Study Planning:

Deciding what goes where. What subject gets priority? How do I still manage to have a life??



In this image we can see an example of a blank weekly study planner and the hours available in the day after school and at the weekend. Having a plan displayed clearly in your working area will also improve your confidence and prevent cramming in the final stages.

Useful Tips:

1. Fill in all non study commitments first e.g. work, babysitting, making dinner.
2. Decide how many times/ hours you are going to dedicate to each subject.
3. Decide on the when to revise each subject– for example tackling your hardest subjects in the morning can be easier as the brain is most alert then.
4. Factor in YOU time!!! Yep YOU! Playing sport going for a walk, relaxing TV like in school you need a break and this is vital for learning retention.
5. If the plan changes don't worry—review it and swap that time elsewhere.

Remember this is a reminder of you being organised and it is here to increase your confidence so you know you are in charge of your own success—and YOU CAN DO ACHIEVE!