



# S4 Information Evening

## Succeeding in S4

What must be done to achieve success in S4.



# THIS EVENING

- S4 Tracking
- The Year Ahead
- Presentation Levels
- Study
- Coursework
- Study Support
- Pastoral Support (Wellbeing)



# S4 TRACKING

- No full written report will allow for more frequent tracking.
- Tracking Periods: October / November / December / February / March.
- Affording an ongoing insight into progress being made in each subject.
- Highlighting any concerns early.
- Comment to accompany concerns so as to offer explanation.
- Tracking ought to act as a prompt for discussions and setting targets.



# THE YEAR AHEAD

- One to One Progress Reviews (October 2019)
- S4 Prelims (week beginning 9<sup>th</sup> December 2019)
- S4 Parents Evening ( Tuesday 14<sup>th</sup> January 2020)
- One to One Pathway Choice Interviews (February 2020)
- SQA Exam Diet Begins Monday 27<sup>th</sup> April 2020



# PRESENTATION LEVELS

- Current levels are as set in S3 Tracking from January 2019.
- **National 4**: Involves passing units including Added Value Unit (AVU). No exam.
- **National 5**: Involves coursework and exam (in most subjects).
- No changes to levels anticipated before Christmas.
- Thereafter any level change would require parent/carer approval.
- **Upward change – to be pursued and welcomed.**
- **Downward change – to be avoided and challenged.**



# ACADEMIC SUCCESS IS EARNED!

- Hard Work – being fully focused on your studies in school and at home.
- Commitment – not being distracted from the work that needs to be done.
- Sacrifice – being prepared to make and give the necessary time to your studies.

**Study is absolutely crucial in achieving academic success.**



# WHAT IS IT TO STUDY?

## Study = Homework + Revision

**Homework** is prescriptive tasks set by teacher. This includes daily or weekly homework as well as working on coursework at home.

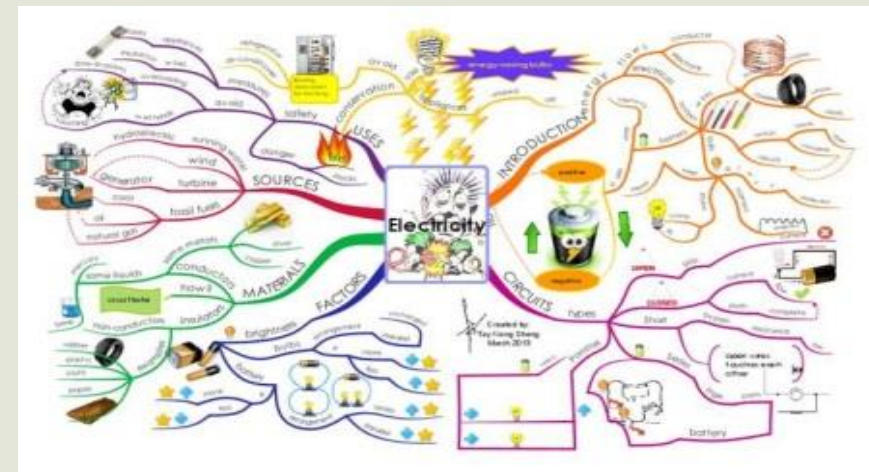
**Revision** is reviewing what you have previously learned in class. It is going back over work already covered so as to retain and deepen your knowledge and understanding of this work and its application.



# REVISION TECHNIQUES

There are a many ways to revise. Not all work for everyone.

- Using Subject Notes: Organising Notes / Rewriting Notes / Reviewing Notes: Deflate to Inflate
- Working from a textbook or workbook.
- Use Index Cards
- Memory Techniques: Mnemonics / The Room Method / The Journey Method
- Mind Maps
- Practice SQA Past Papers (available online from SQA website)







# THE IMPORTANCE OF STUDY

- Deepens knowledge and understanding of key concepts.
- Contextualizes learning.
- Enhances classroom experience.
- You take learning with you by keeping it fresh in your mind. **Protects your investment.**
- Identifies gaps in learning whilst having time and opportunity to remedy.
- Increases familiarity of examinable content, exam structure, and style of exam questions.
- Ultimately, you are better placed to pass exams at the highest level open to you.



# STUDY STRATEGY: Plan

- Have a timeline for each subject for the year ahead. Most departments will provide such a timeline. It should include a breakdown of the units including when they will be delivered as well as the dates for assessments and submission of coursework.
- From these timelines generate a month by month overview, a wall calendar is ideal, covering key events across all subjects such as assessments, prelims, coursework submission dates.
- Refer to this when planning your weekly study.
- Allocated study times in weekly plans should be fixed. It helps with habituation which makes it easier to commit. Be realistic but at the same time remember thresholds to ensure proper coverage but don't overextend as this is counterproductive:
  - 1 ½ - 2 hours/evening up to October.
  - 2 - 2 ½ hours/evening up to Christmas.
  - 2 ½ - 3 hours/evening up to SQA Exams.





# Populated Weekly Study



Study Plan for Week Beginning:

Monday 17th September



	8am - 9am	9am - 10am	10am - 11am	11am - 12pm	12pm - 1pm	1pm - 2pm	2pm - 3pm	3pm - 4pm	4pm - 5pm	5pm - 6pm	6pm - 7pm	7pm - 8pm	8pm - 9pm
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													



# STUDY STRATEGY: Manage

- Time: be sure to stick to the set times and that work is always being done during these times. Avoid distractions and obstacles to learning. The quicker you push yourself to be disciplined during these times the easier it becomes.
- Place: arrange your place of study. Advantageous if it is the same place. Particularly if there is opportunity to leave materials and display charts/timelines. Also if it is a quiet place that minimizes risk of distraction and interruption. Avoid bedrooms if you can.
- Materials/resources: have required materials/resources at hand in advance of study times. Otherwise this can prove to be a distraction from study.
- Coverage: monitor time spent on each subject so as to be sure that your not spending way too much time on one subject to the cost of other subjects.



# STUDY STRATEGY: Organise

- Know the outline for each subject. The units that are covered and the order in which they are covered.
- Break the subjects down by these units so they are more manageable.
- Organise notes so as to have them at hand and be sure they are accessible. Collate them in units/sections.
- Make sure that notes are in order and are legible. That there are no gaps.
- Know the dates for assessments, coursework, and units.
- Know the requirements for each coursework so as to be best able to maximize time spent working on each. Getting ahead with coursework and being sure to spend good time on it is an excellent way to ensure success.



# COURSEWORK

- National 4 – Added Value Unit (AVU).
- National 5 – A key part of the course assessment for most. The value of coursework varies across subjects dependent upon weighting.

	Exam (%)	Assignment (%)	Portfolio (%)	Performance (%)	Practical (%)
Maths	100				
Biology	85	15			
Chemistry	85	15			
Physics	85	15			
Geography	80	20			
History	80	20			
Modern Studies	80	20			
English	70		30		
Computing Science	70	30			
Metalworking	70				30
Woodworking	70				30
French	65	10		25	
Graphic Com	65	35			
Administration	40	60			
Drama	40			60	
Music	35	15		50	
Music Tech	30	70			
Art and Design	20		80		
Physical Education			50	50	



# STUDY SUPPORT

- After School Departmental Supportive Study
- Saturday Morning Departmental Supportive Study
- Easter School
- S4 Revision Guide
- Subject Coaching
- Place to Study Scheme (Monday – Thursday)
- Blairvadach (November 2019)

## S4 Revision Guide







*Well Being*

**T H I N K**  
P O S S I B L E



**SLEEP TIME**



**stresscontrol**

Face your fears; be more active; boost your wellbeing



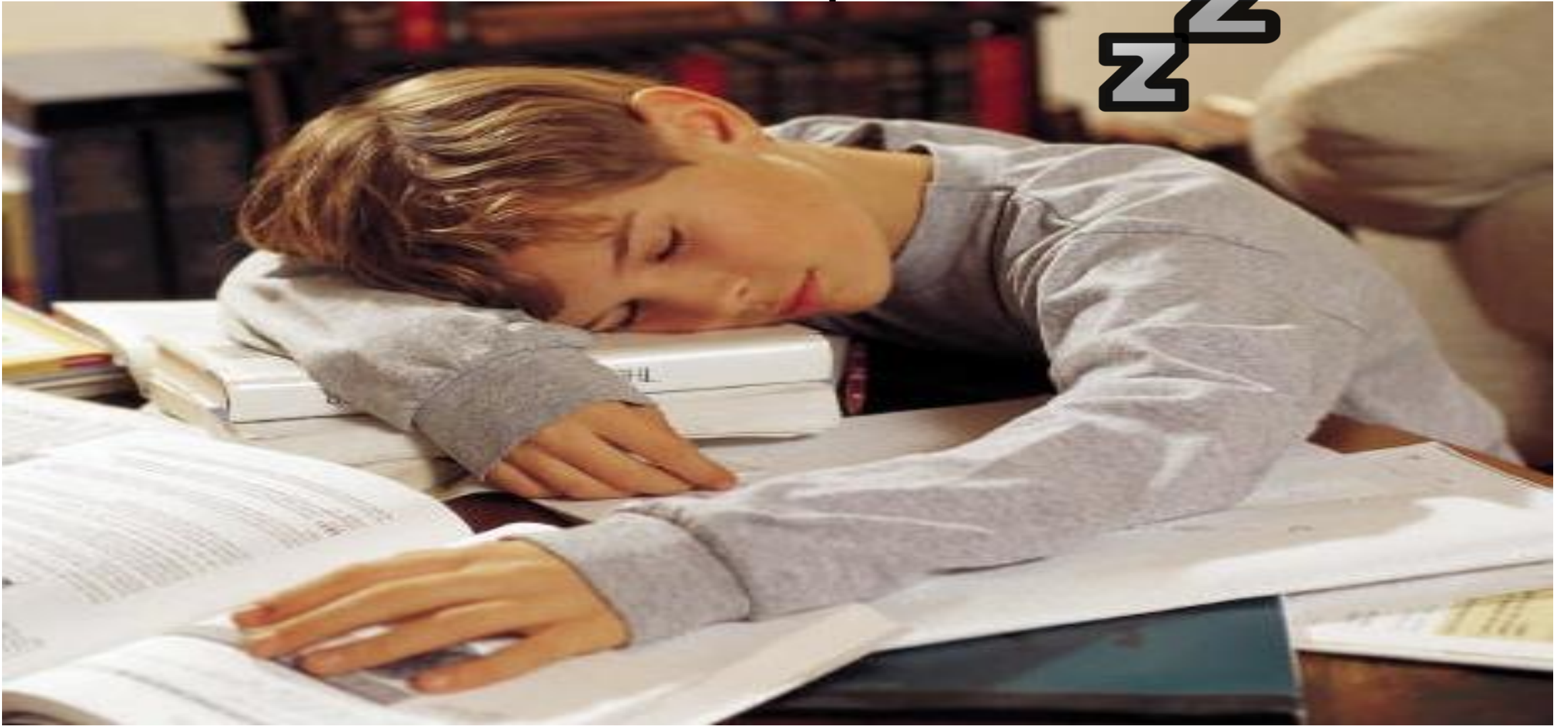
**MENTAL HEALTH**



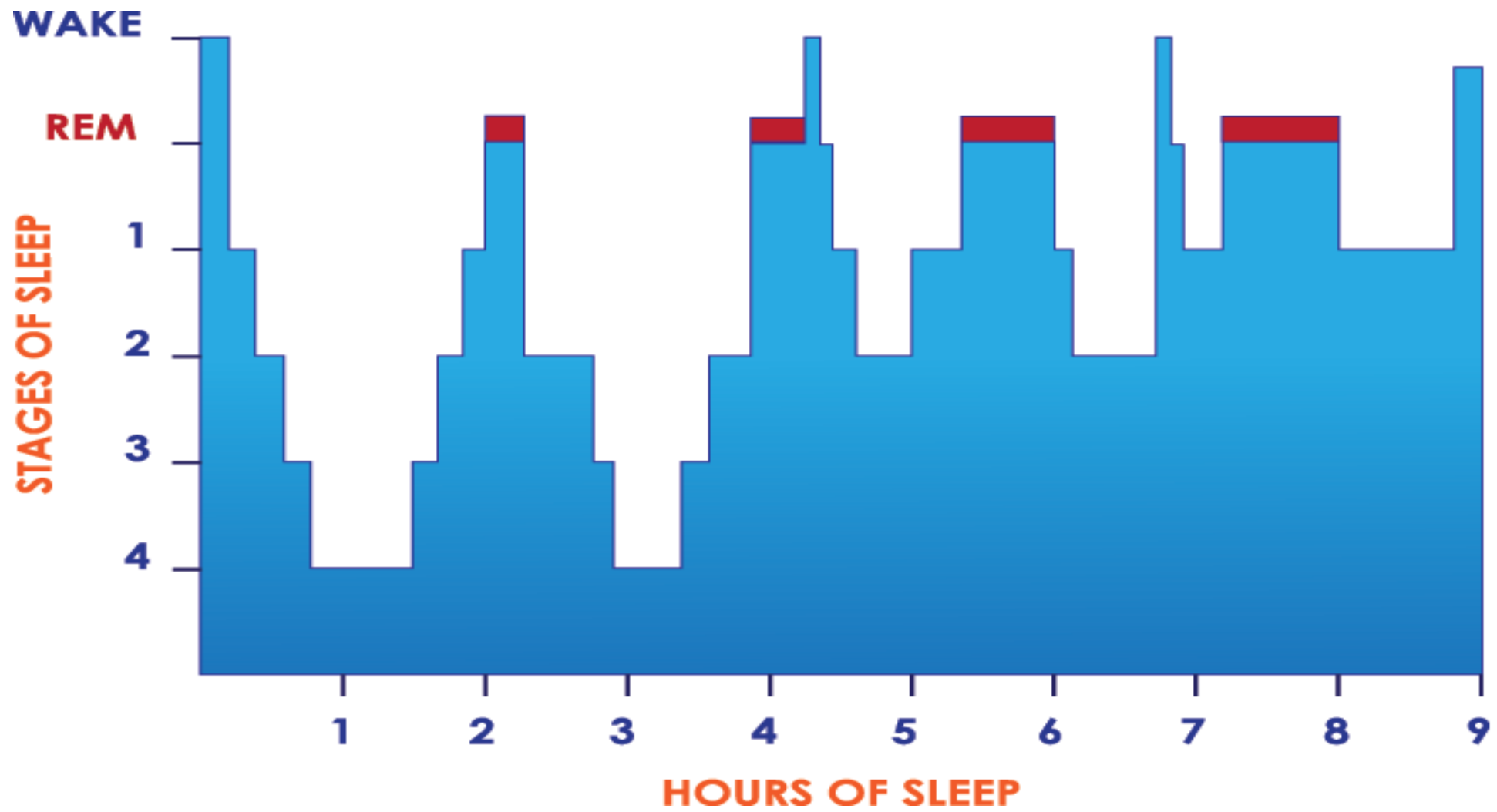


I AM TOO POSITIVE  
TO BE DOUBTFUL.  
TOO OPTIMISTIC  
TO BE FEARFUL.  
AND TOO DETERMINED  
TO BE **DEFEATED.**

Sleep



# Hypnogram



# Sleep and your body

Our body releases a cocktail of hormones during sleep

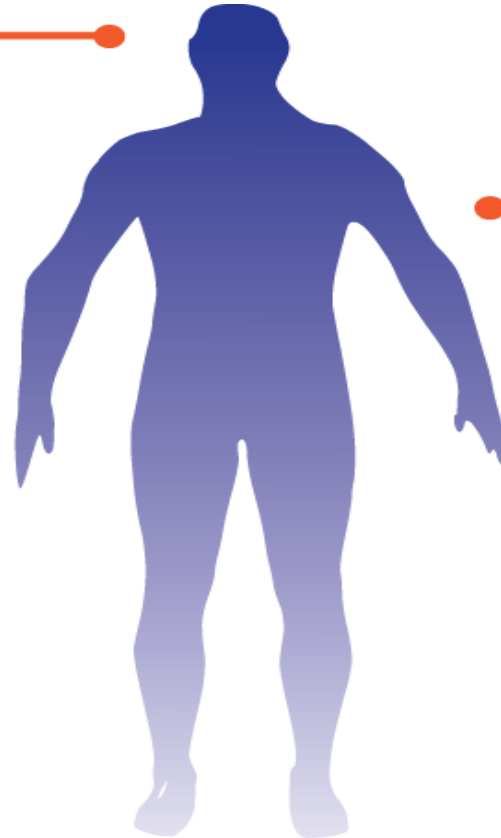
## Growth hormone

Increases height in children and adolescents

Increases muscle mass

Contributes to cell repair

Helps develop reproductive organs



Strengthens bones

Boosts immune system

Breaks down fat

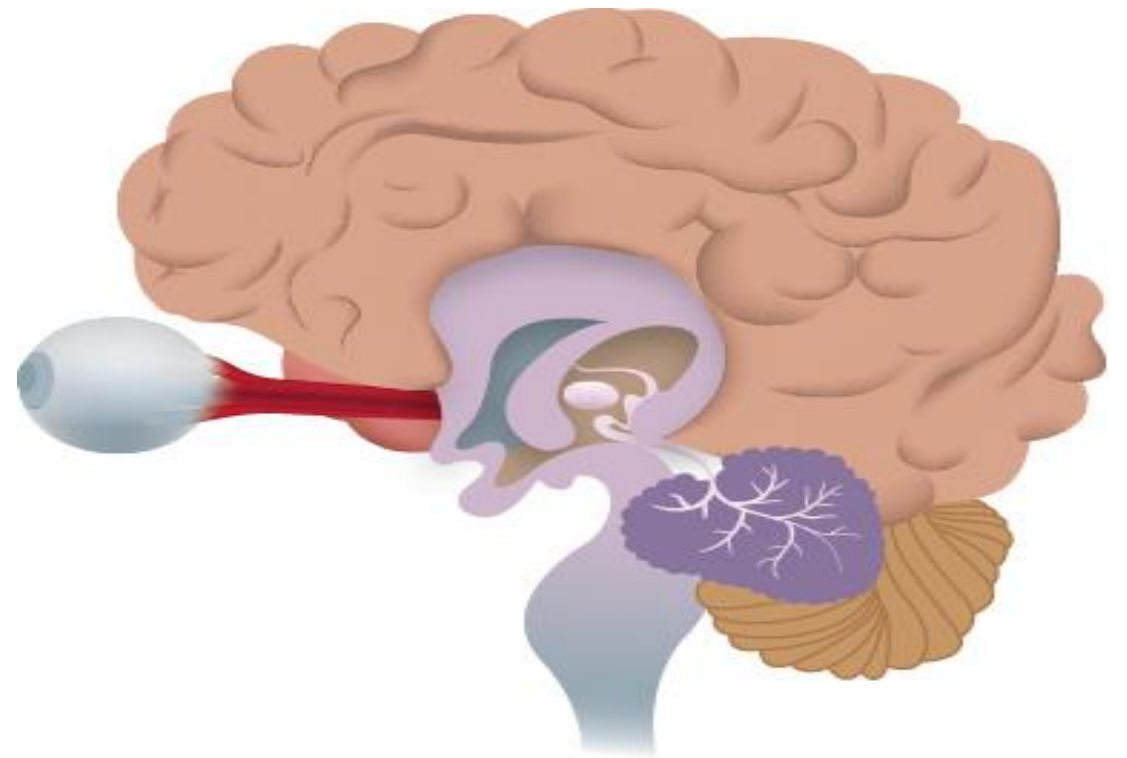
# Sleep deprivation and poor quality sleep

- Lack of sleep or poor quality sleep impacts on your mental and physical well being
- It can lead to:
  - obesity
  - depression
  - impaired Learning

Different learning processes occur during different stages of sleep

- memory consolidation
- vocabulary
- pronunciation
- auditory memories

Sleep is crucial for brain development during adolescence





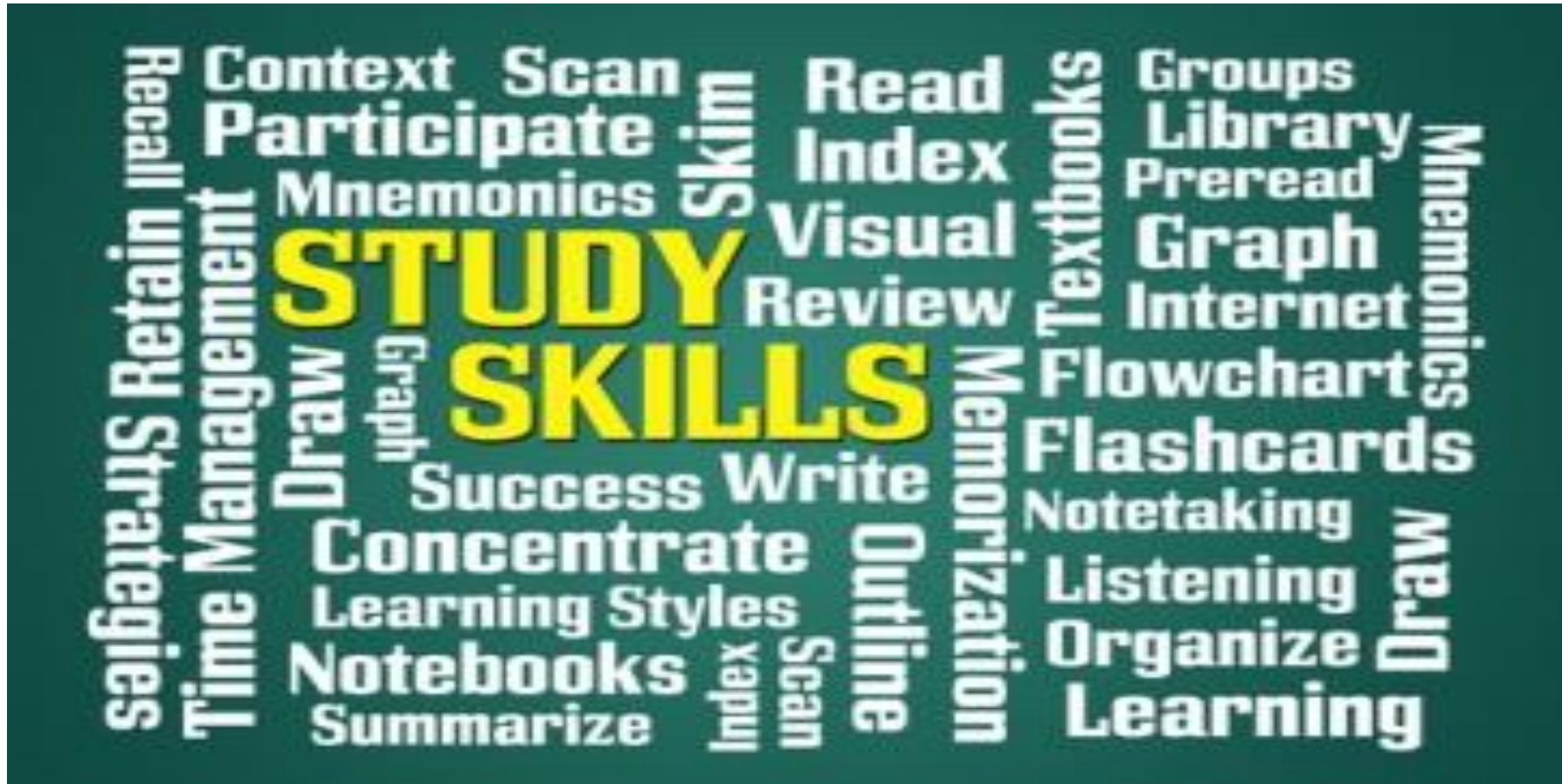
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The science of revision

**THE GOOD, THE  
OKAY AND THE  
USELESS**



# 10 different ways to study



# Don't overload



- "The best way to feel truly confident and help beat that stomach-churning exam angst is to prepare for each exam in advance, making sure you have a dedicated structure for your revision schedule."
- Top tips including making a revision timetable up to ten weeks before the exam, dividing learning into manageable chunks and sharing revision plans with parents and teachers.
- Advice from research says not to overload yourself, do practice papers, and to give yourself regular rewards and breaks during revision.





**Boost your wellbeing**





**What are the values that are important to you?**

**What makes you feel you are a good person?**

**What makes life worth living?**



Relationships

Learning

Gratitude

Giving

Being active

Compassion

Living in the moment

**Stress Control aims to turn  
you into your own  
therapist.**





*Love You, Teach You and Take **Care** of You.*

