

REACH!



Study Plan

Preparing for Exams

The aim of this session is to reflect on and organise our time by creating a study plan.

Creating a Study Plan



- Begin by reflecting on how your time is spent and prioritise what is important including school, hobbies, social time etc.
- Aim to study when you are well rested and mentally alert.
- Establish some sort of study goal before or at the beginning of each study session. Having a goal boosts motivation, makes you accountable and ensures you keep making progress.
- Be realistic about what you can accomplish.
- Study plans need balance. Include rewards (e.g. free time) after you achieve your study goals.

- 1. Assess your current schedule
- A good starting point is to assess how you currently spend your time to help you identify how much time is available for study.
- 2. Construct a timetable
- To prepare a timetable, start by blocking out times where there are commitments. Then you can start allocating time for important things, including your subjects.
- To succeed, you need to set aside a good number of sessions each week for each course.

Task 1: Making a Study Timetable (Outline)

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This allows us to see the times across the week that it will not be possible to study as we have other commitments.

However on the flip side it does show us the times of the week where we are available.

Week Beginning:		28/03/2022	1) Maths	2) English	3) Biology	4) History	5) Computing
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am	S	S	S	S	S	Saturday	
10am	C	C	C	C	C	Study	
11am	H	H	H	H	H	(In School)	
12pm	O	O	O	O	O		
1pm	O	O	O	O	O		Meet
2pm	L	L	L	L	L	Football	With
3pm	Till 3.50	Badminton Club				Game	Friends
4pm						Day	
5pm							
6pm	Football			Football			
7pm	Training			Training			Gaming
8pm					Family		With
9pm					Movie		Friends
10pm					Night		
Notes:							

Task 2: Add Study times to the timetable



Now that we have identified our availability we can add all study sessions for the week to the timetable.

This should include:

- ✓ Lunch Study
- ✓ Supported Study
- ✓ Quiet Study
- ✓ Evening Study
- ✓ Online Sessions

Remember: you don't need to be busy every hour of every day

Week Beginning:		28/03/2022	1) Maths	2) English	3) Biology	4) History	5) Computing
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am	S	S	S	S	S	Saturday	
10am	C	C	C	C	C	Study	Study Session
11am	H	H	H	H	H	(In School)	Study Session
12pm	O	O *	O	O *	O		
1pm	O	O	O	O	O		Meet
2pm	L	L	L	L	L	Football	With
3pm	Till 3.50	Badminton Club	Quiet Study	Supported Study		Game	Friends
4pm	Supported Study					Day	
5pm							
6pm	Football		E-SGOIL Session	Football			
7pm	Training	Study Session	Study Session	Training			Gaming
8pm		Study Session			Family		With
9pm					Movie		Friends
10pm					Night		
Daily Notes:		*Lunch Study	*speak to teacher about PP 2019 Q6	*Lunch Study			*Send questions to teacher for feedback

Task 3: What's the plan? (Weekly)



Once you have created the timetable its important to decide what the plan is going to be for each subject each week. You may also have tests and homework so this must be considered in your goals for the week.

If you have goals to achieve then you have something to aim for and clear signs of progress can be seen.

Remember: Goals should be realistic and achievable

Week Beginning:	28/03/2022	
Subject	Weekly Goals	Plan of Action / Notes
1) Maths	1. Complete revision notes for Trigonometry 2. Attempt 2018 past paper	I will attend Supported study and will spend 2 sessions on my goals.
2) English	1. Attempt a close reading paper and get feedback from teacher	I will spend my quiet study time doing the close reading and use my study session to reattempt any corrections after feedback.
3) Biology	1. Create flashcards for Genomic Sequencing 2. Make notes for Structure of DNA during ESGOIL session	I will prepare my notes and then create flashcards. I will then sign up for and attend the ESGOIL session on Structure of DNA and Make my own notes.
4) History	1. Create timeline for the Suffragette movement 2. Watch West- OS videos on Democracy and make notes	I will prepare my timeline notes and identify videos to watch during lunch study. Implement during study session.
5) Computing	1. Coding practice - Complete a linear search program 2. Attempt Database PP questions	I will complete the Linear Search task during lunch study and past paper questions during study session.

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Barriers to Success



1

Doing a bare minimum; doing only what is required

We need to be aiming for the maximum, not scraping by with the minimum. This means: not leaving things until the last minute; not concentrating on just what we have to do; not just making it on time; not doing the least to get by. We weren't designed this way. Our brain is far more complex and creative than the biggest computer. We are designed for big things.

2

Misunderstanding past experiences

Your past is a very inaccurate predictor of your future. Failure at something does not make you a loser. You learn by your mistakes. It enables you to move forward in a different direction. You can learn from your mistakes, rather than be defined by them.

3

Excuses

"It's not fair; it's not my fault." Excuses are disempowering and stop us moving forward, and learning from our mistakes. Blame works the same way. We will get things wrong. It is what we do next that counts most.

4

Distractions

There will always be distractions, good and bad ones that capture your attention. A distraction is anything that takes your vision away from where it was going (vision is your picture of your future). We have to plan for the long haul, rather than just for tomorrow. We have to be immovable, steadfast, committed, faithful – these are the things that keep us on track. Expressions of opinion, peer pressure, what we might read, being offended – these are the things that get us off track.

IN A WORD... YOU!

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What do the SQA say:



- Avoid trying to cram everything in the night before study must be consistent over a period of time in order to retain information.
- Plan ahead and manage your time by detailing your schedule, making it realistic so that you can stick to it.
- Develop good study habits. i.e. Quiet area, taking breaks, setting targets
- Prioritise the areas you need to work on most not your strengths.

MyStudyPlan app

Organise your revision timetable and create your own study plan with our MyStudyPlan. Import your exam schedule, enter your time availability and use the information to prioritise how much time you want to spend on each subject.

Download MyStudyPlan from the App Store / Android

