



Raising Attainment *Supporting our young people to succeed*

05-10-2023

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Tonight's Session

- Countdown to exams and other key dates
 - Step up to S4 – realising progression
 - Science of learning & retrieval strategies
 - The study environment
 - Study Planning
 - Supports and resources
 - Take home messages
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Countdown to Exams

- 35 school days until STA Prelims (4th Dec)
- 95 school days until SQA Exams (22nd April)

<https://www.sqa.org.uk/sqa/1439.html>

What do we need from our pupils?

- 100% attendance
 - 100% punctuality
 - 100% focus and effort in class
 - 100% homework done to a high standard & handed in on time
 - 100% attendance at supported study
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Other Key Dates

- E-sgoil supported study recommences on Monday **30-10-23**
<https://www.e-sgoil.com/senior-phase/study-support/>
 - STA supported study starts on Monday **30-10-23**
 - Parents night #1 - S4: Wednesday **16-11-23**
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Stepping up to S4

- **At least** 2 hours of studying per subject per week
- Success in S3 exams is no guarantee of success in S4.

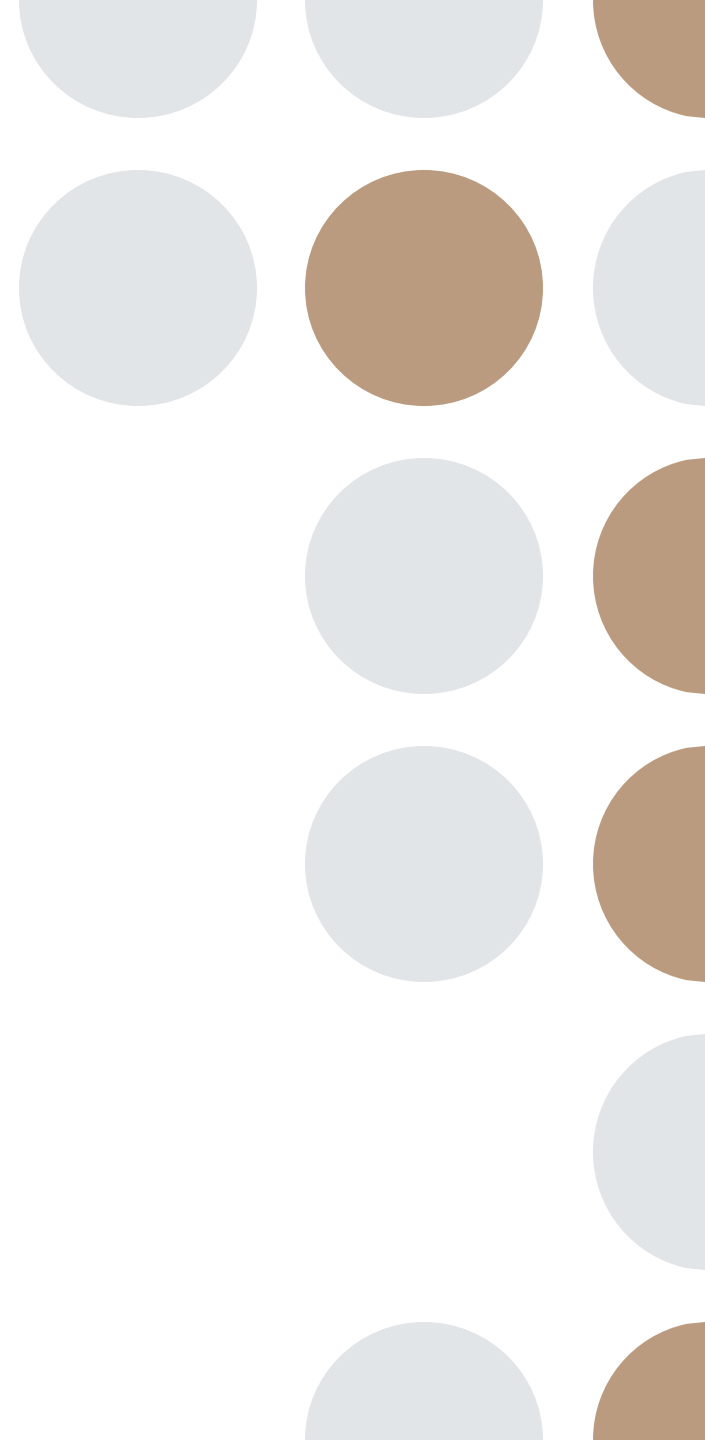
N5 Biology Case Study, 2022-23 cohort:

- 80 pupils in the cohort
- 84% passed the S3 exam (16% failed)
- In the end 27% became N4
- 12% sat the N5 exam but did not pass
- So, 39% of the cohort did not achieve N5 even although only 16% failed the S3 exam

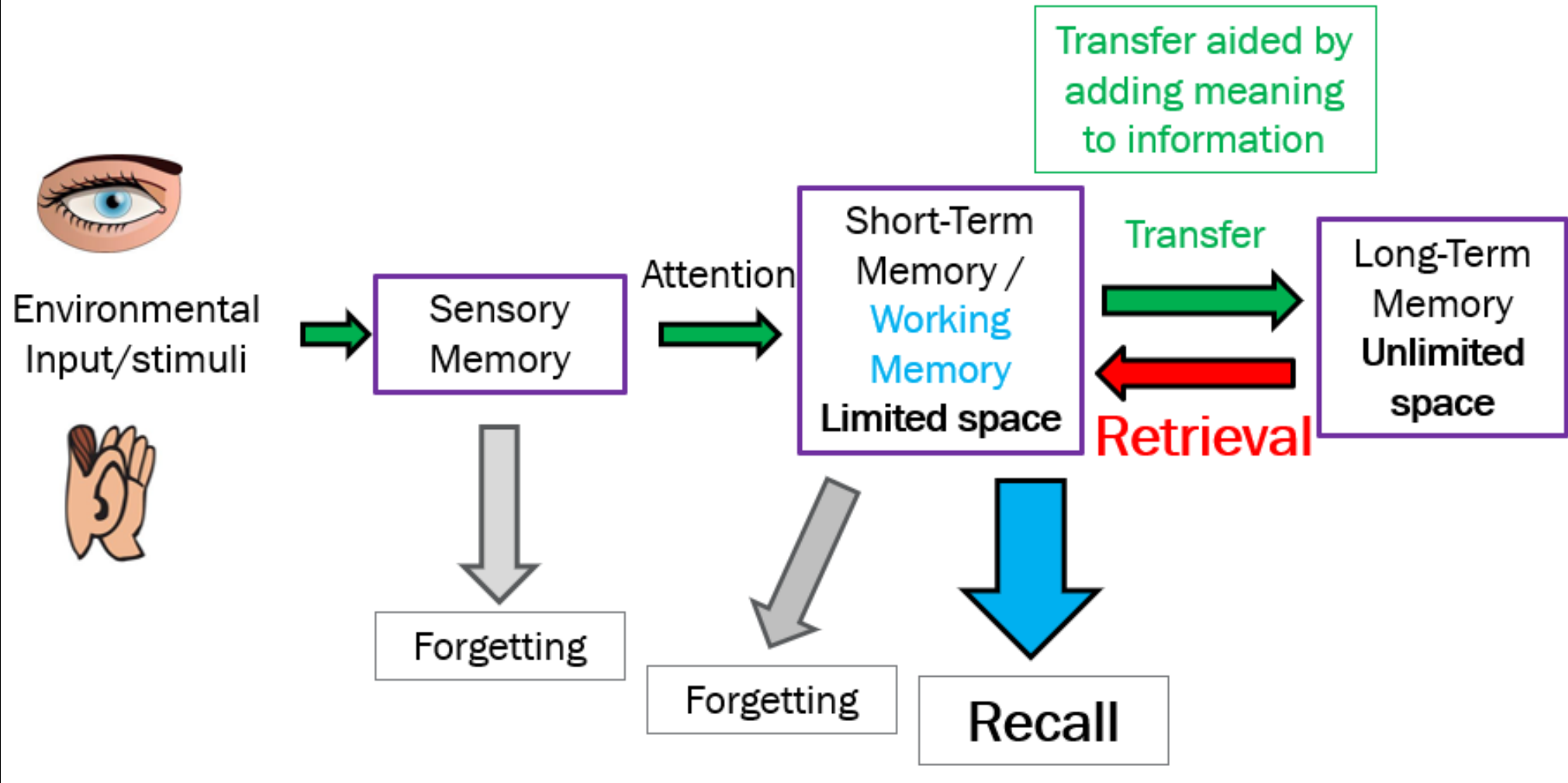
What did the
successful pupils do?

Science of Learning

- Multi-store model of memory
 - Fighting forgetting by spacing reminders
 - Top 3 retrieval strategies to close gaps in knowledge
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Model of memory

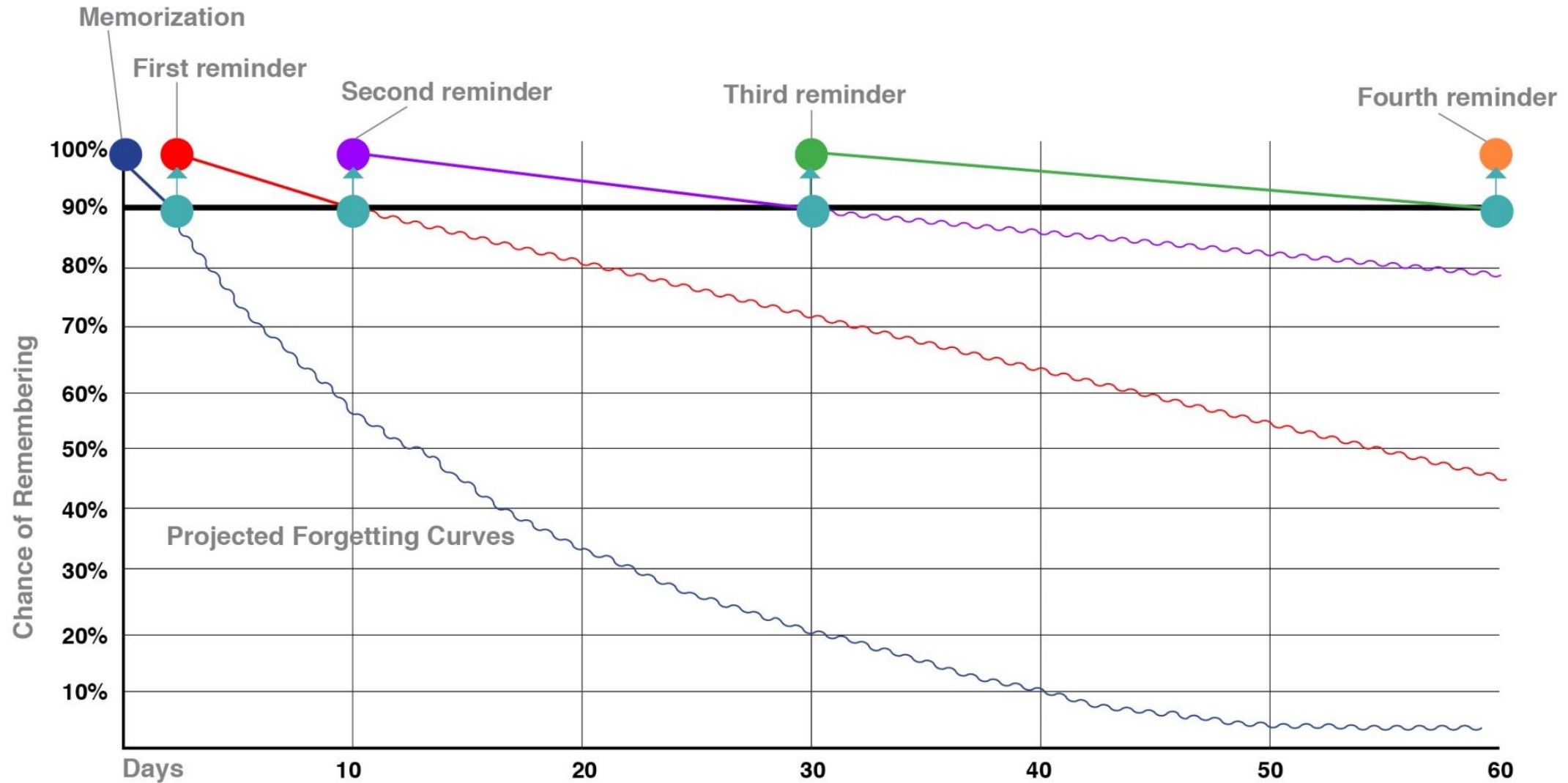


Forgetting

Forgetting Curve



Fighting against forgetting



What is Retrieval Practice?

- Quizzing - by going into your long term memory to **retrieve** information and bringing it into your working memory to answer questions/problem solve/perform.
 - It is vital that quizzing is done **without notes**.
 - This makes studying more stimulating, more effective but more challenging.
 - Challenge is part of learning.
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Top 3 Retrieval Practice Strategies



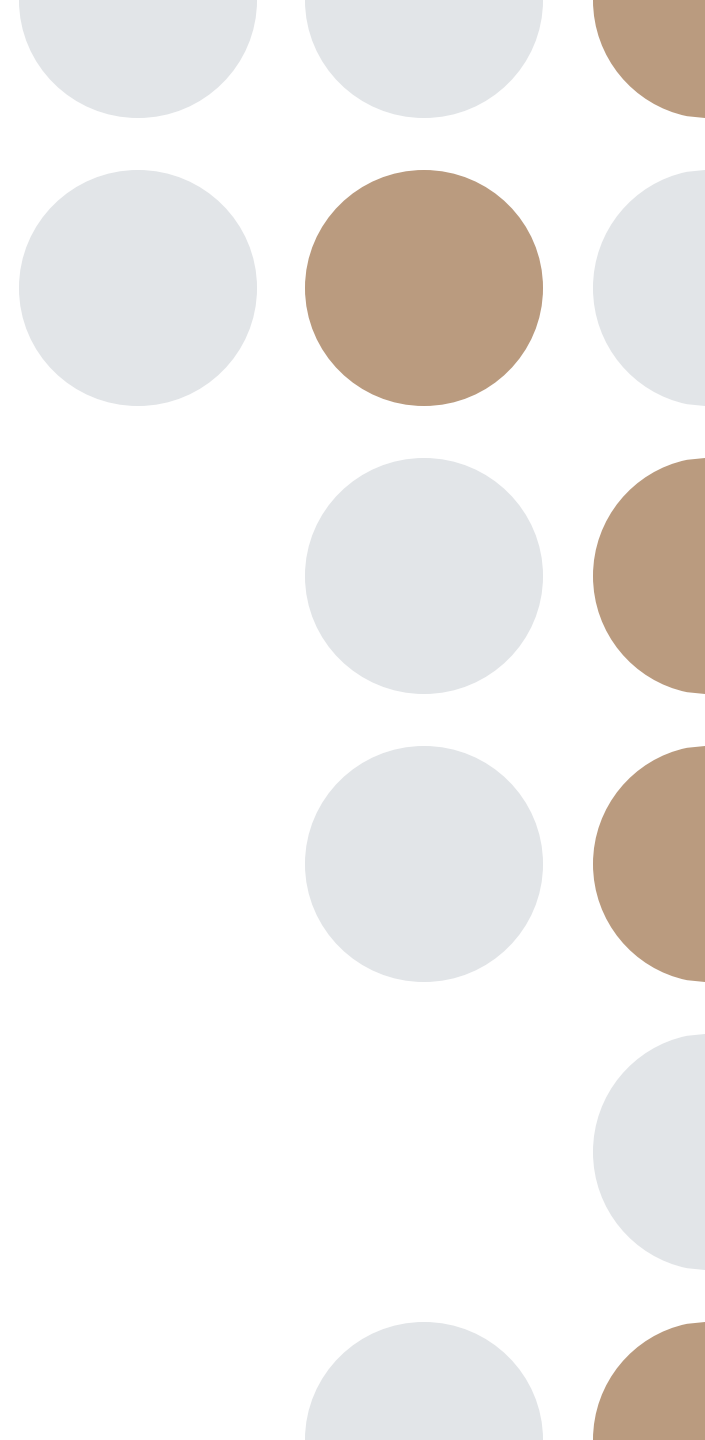
- Do SQA past paper questions
 - Flashcards
 - Brain-dumps A.K.A. Free Recall
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SQA Past Paper Questions

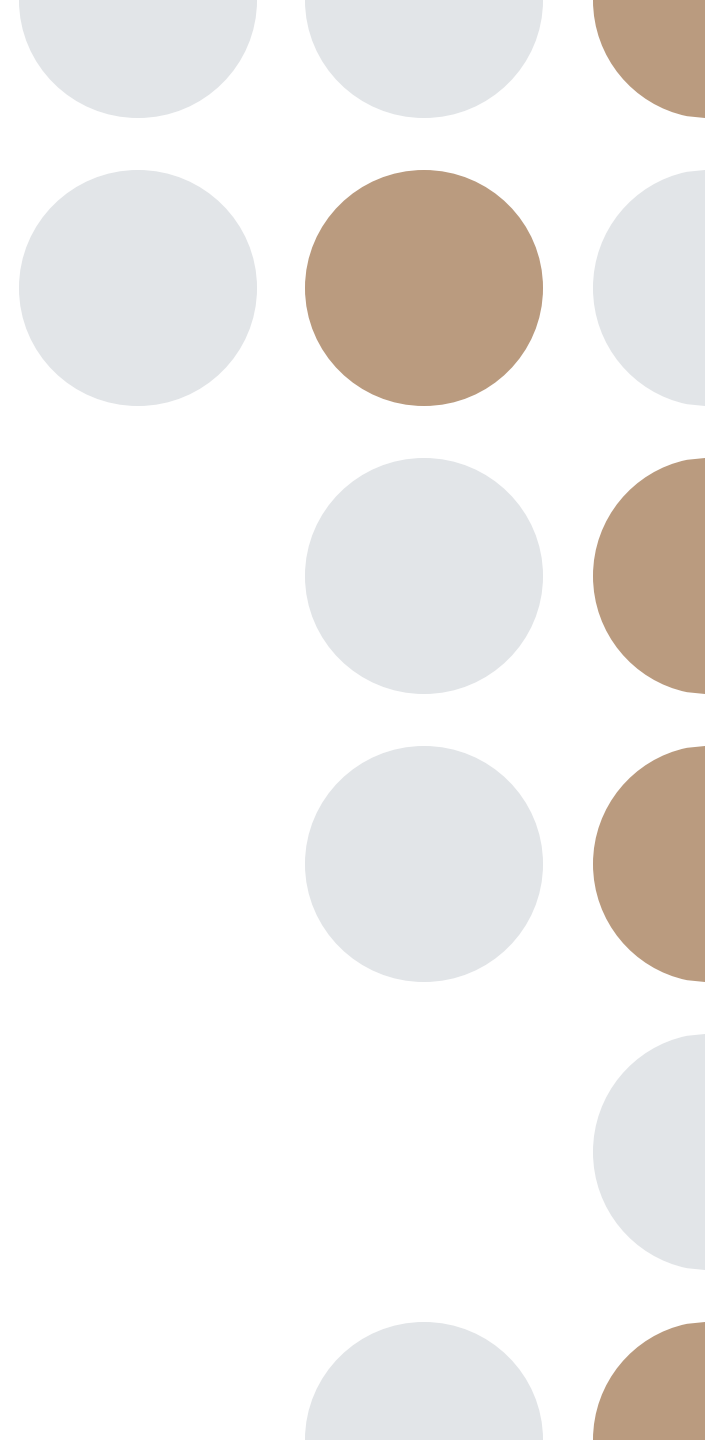
- <https://www.sqa.org.uk/pastpapers/findpastpaper.htm>
 - Can access 2018-19 & 2021-23 papers
 - Teachers no where to find earlier papers so can advise pupils
 - It is crucial to do the SQA past papers without notes and try to complete in the same time restrictions as the final exam.
 - Self mark using the marking scheme. Pay close attention to it.
 - The wrong answers show the gaps in knowledge.
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What is a Flashcard?

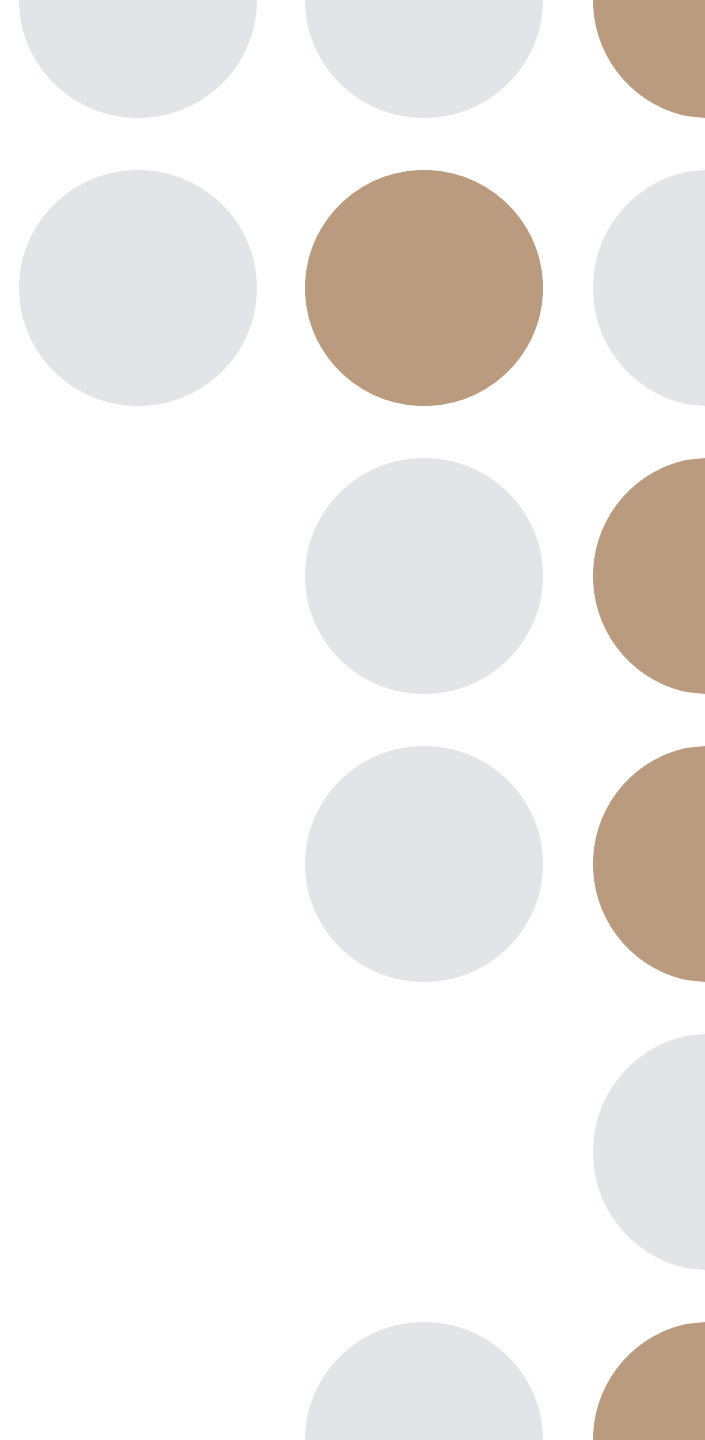
- A small **two-sided** card which has a **question or a definition** on one side and the **answer or defined term** on the other side.
 - They can also have dates, equations, and quotes on them.
- Examples to follow
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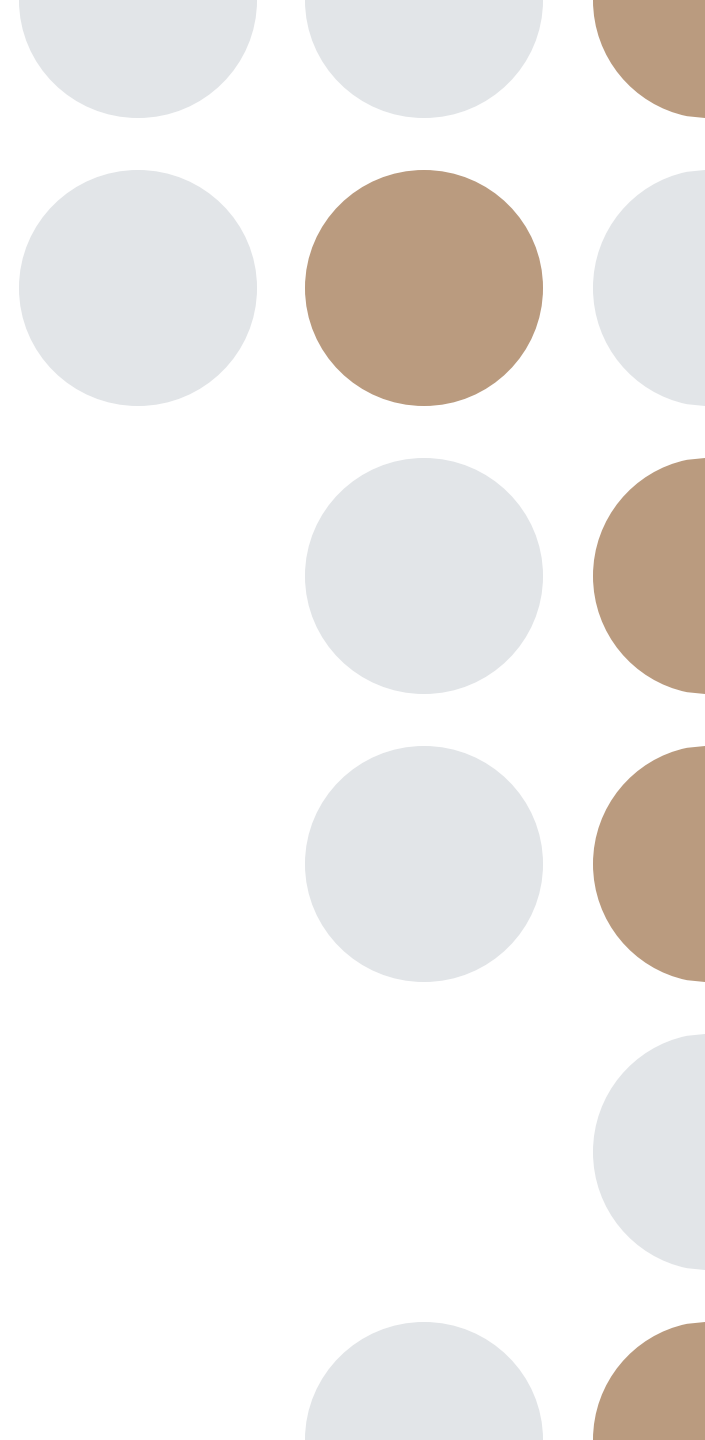
What is the capital city of
Germany?



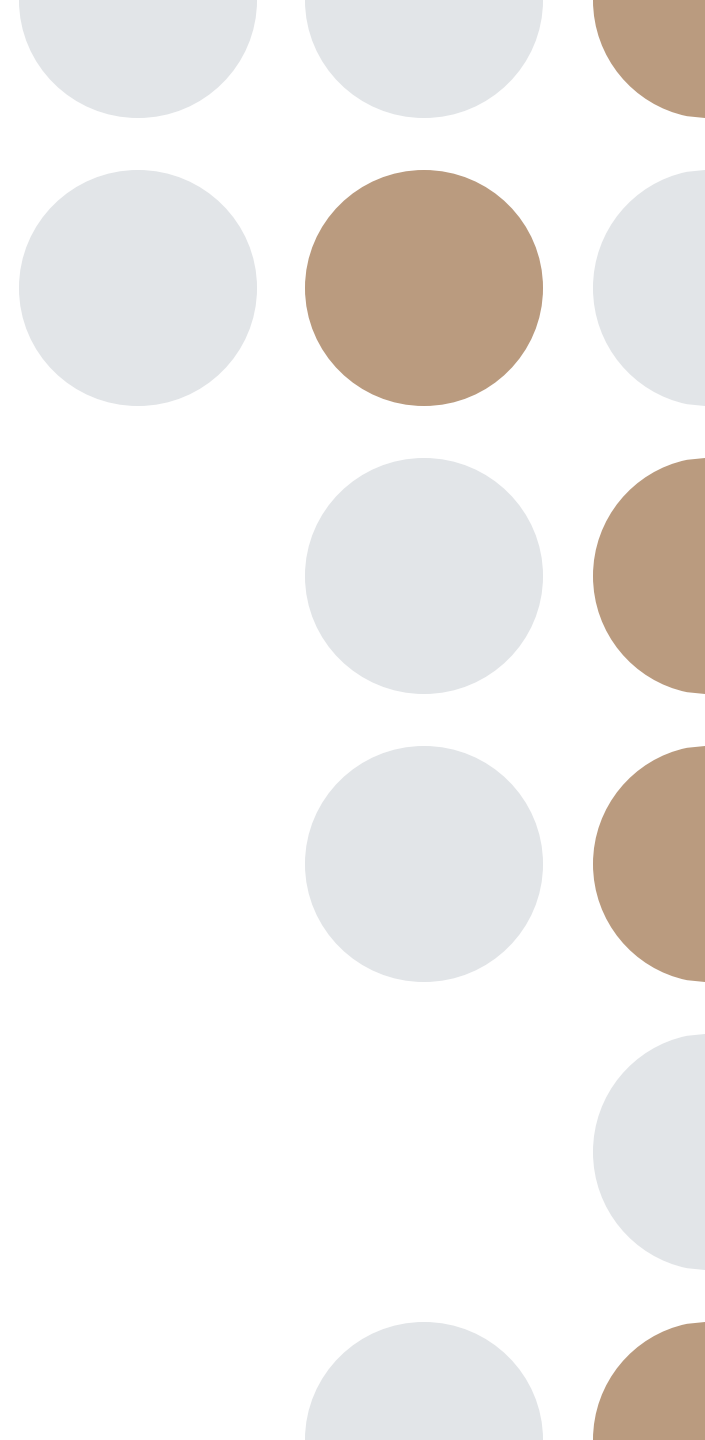
Berlin



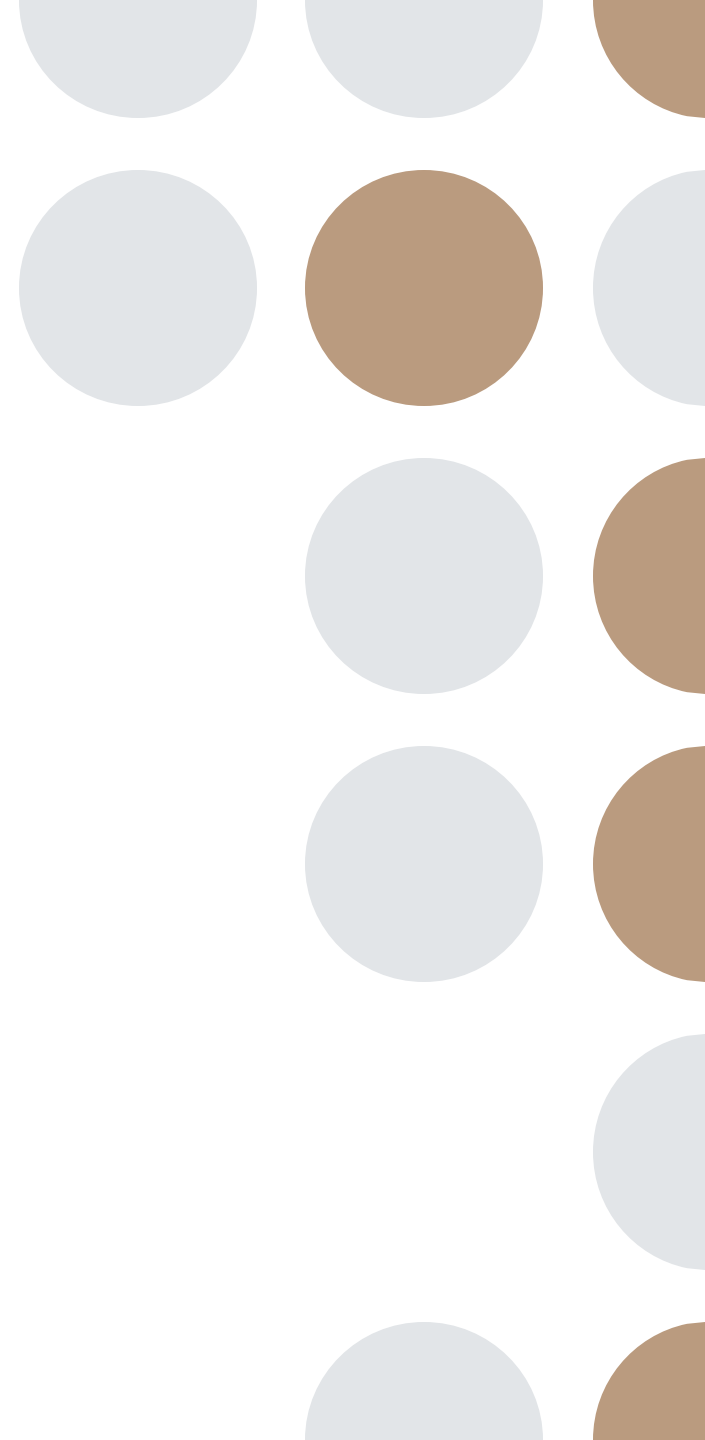
**When was the battle of
Hastings?**



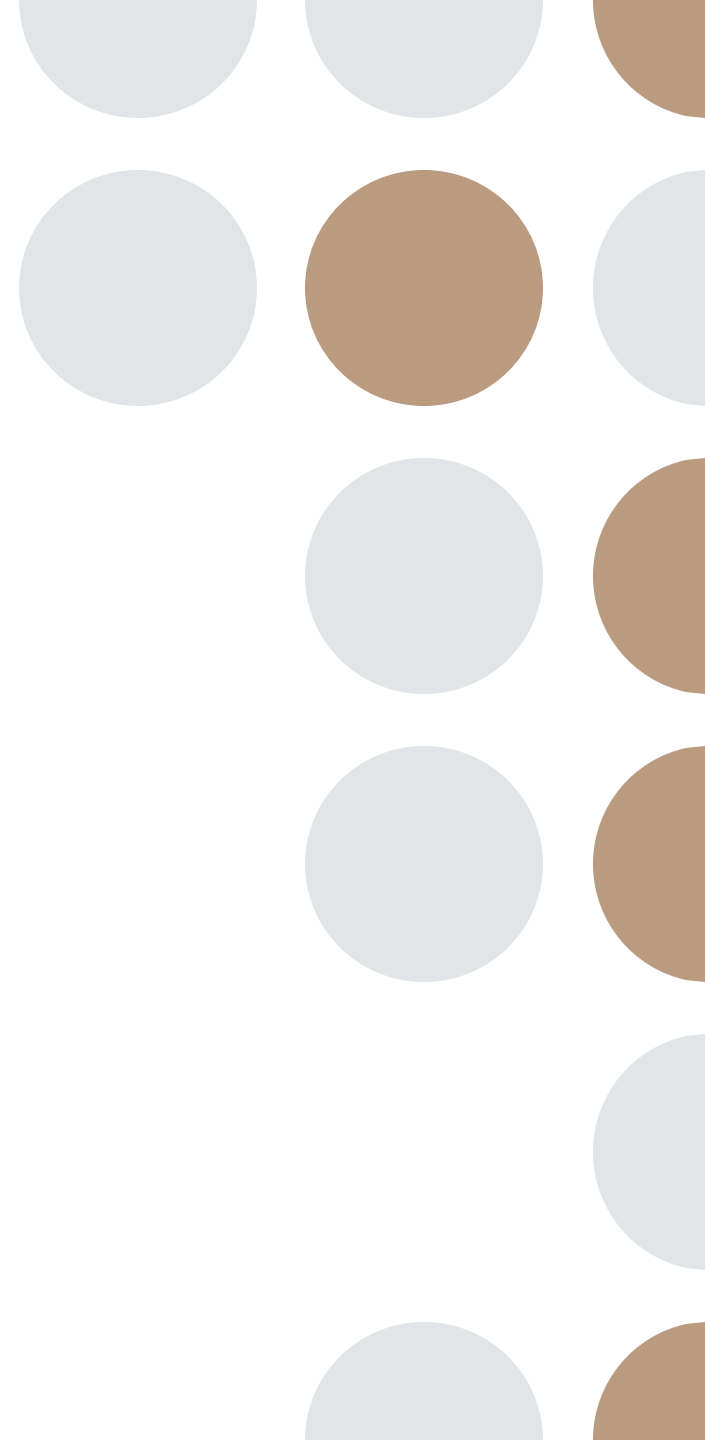
1066



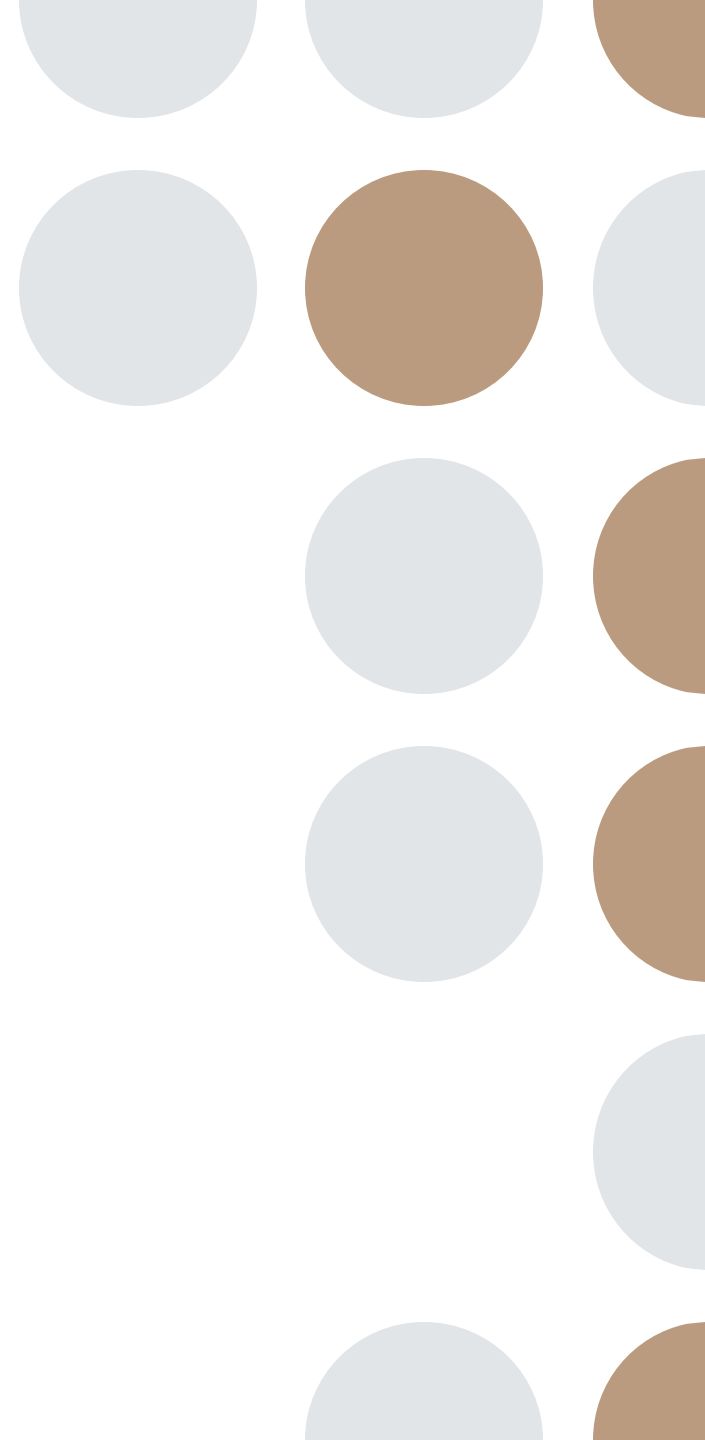
In geometry, what is an angle called if it is less than 90° ?



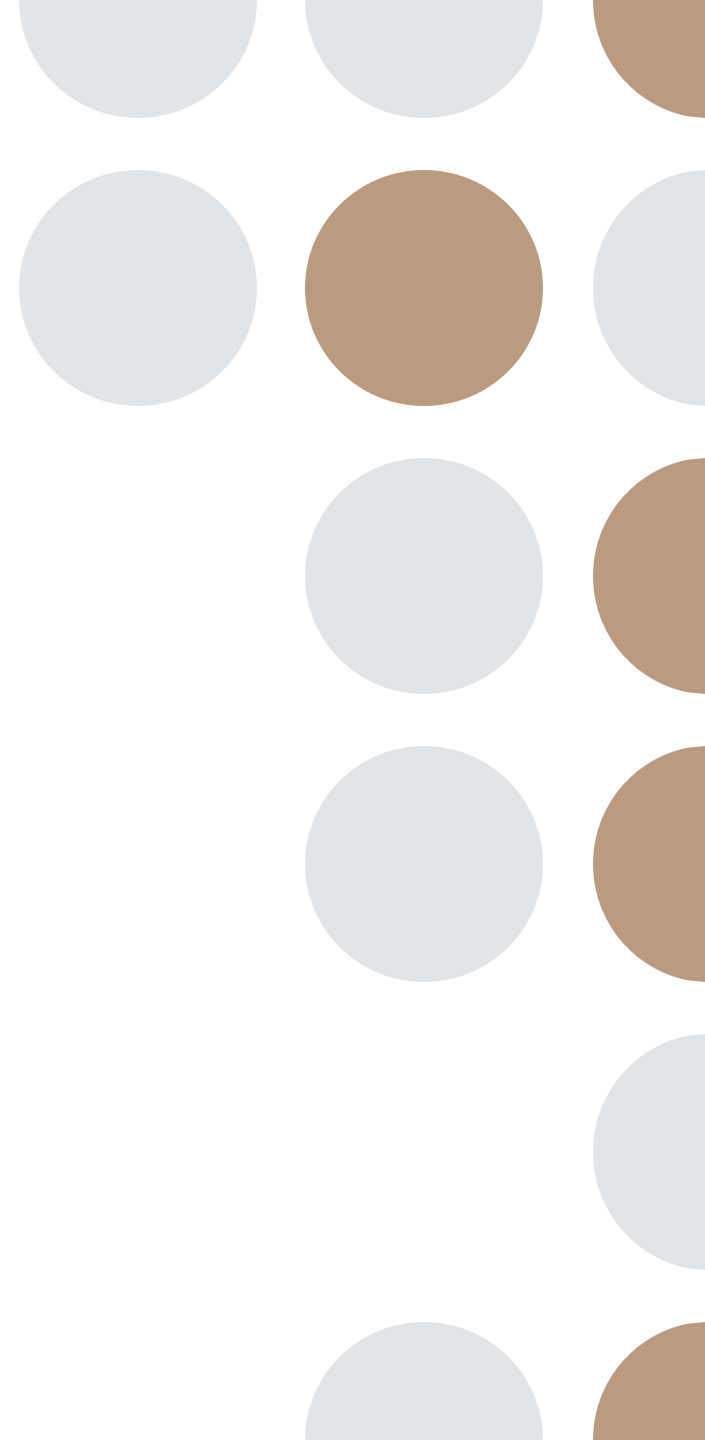
Acute



What is the definition of a herbivore?



An animal that eats only
plants



What a Flashcard is NOT

- A flashcard is **not** a rewrite of your notes crammed onto a small card:

N5 Modern Studies

Voting Systems

1) First past the post

- When candidate with most votes is elected.

- As in UK general elections

2) Proportional Representation (PR)

- Number of votes a party gets is proportional to the number of seats it gains

o In the Scottish Parliament we have a form of PR known as the Additional Member System (AMS)

Why use Flashcards?

- A gold standard of retrieval practice supported by an enormous evidence base.
 - Quickly identifies gaps in your knowledge.
 - Pupils can use independently for revision at home.
 - Can use with friends, siblings and **parents/guardians**.
 - Flashcards are FUN!
 - Can use **Quizlet** as digital alternative - <https://quizlet.com/en-gb>
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Brain-dumps A.K.A. Free Recall

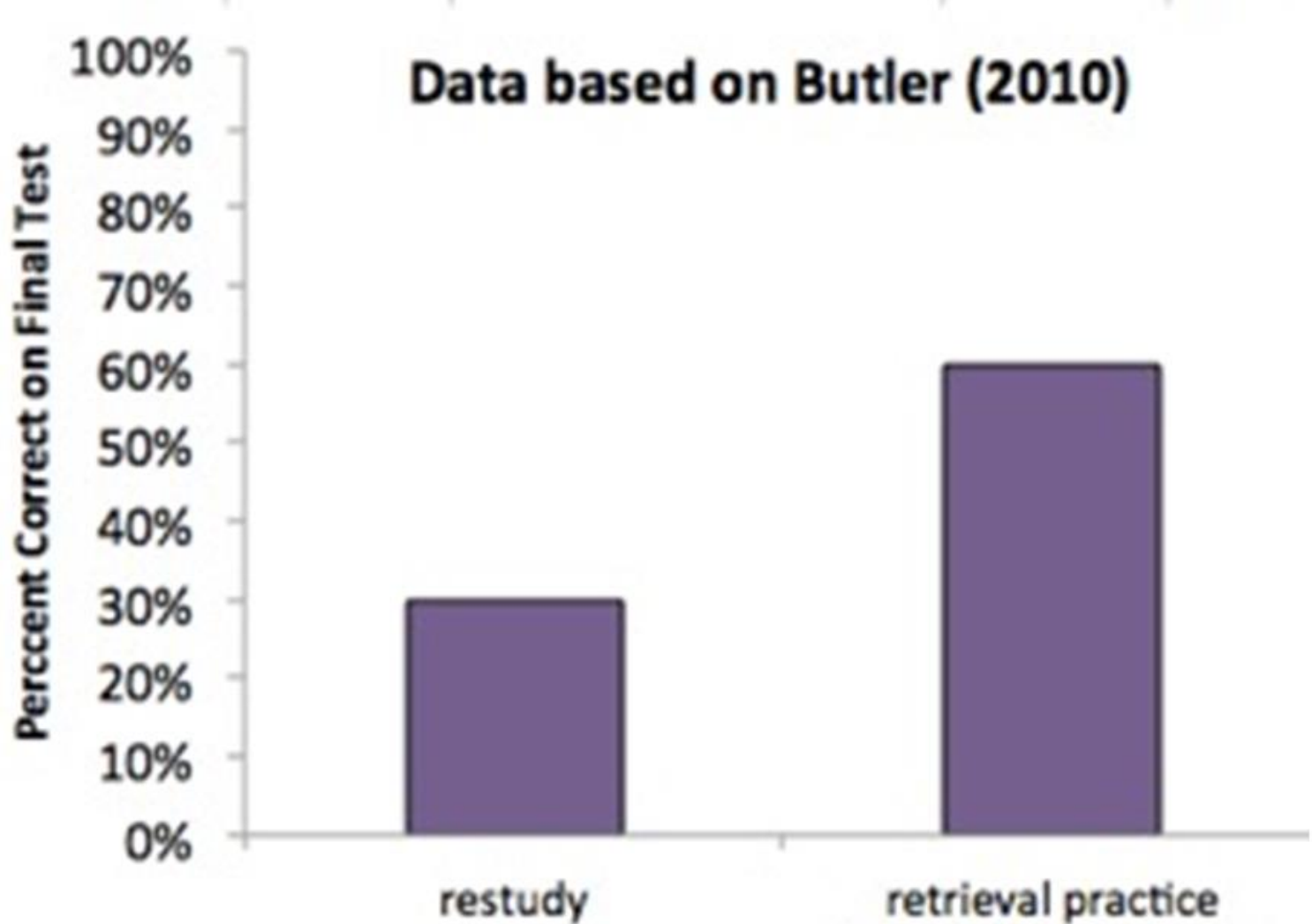
- Pupils select a subject
 - Select a topic within that subject
 - Write us much as they can remember about that topic
 - Write ideas as bullet points, use diagrams where necessary
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- ❖ Check against notes / revision guide / textbook
 - ❖ The information not recalled shows the gaps in knowledge
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Keep repeating retrieval

- SQA past paper questions, flashcards, free recall are key, keep doing them, this is how to close gaps in knowledge.
 - Any time pupils re-read notes or watch teaching videos, they should turn that activity into retrieval by summarising what they have learned.
 - That is the only way to make re-reading effective.
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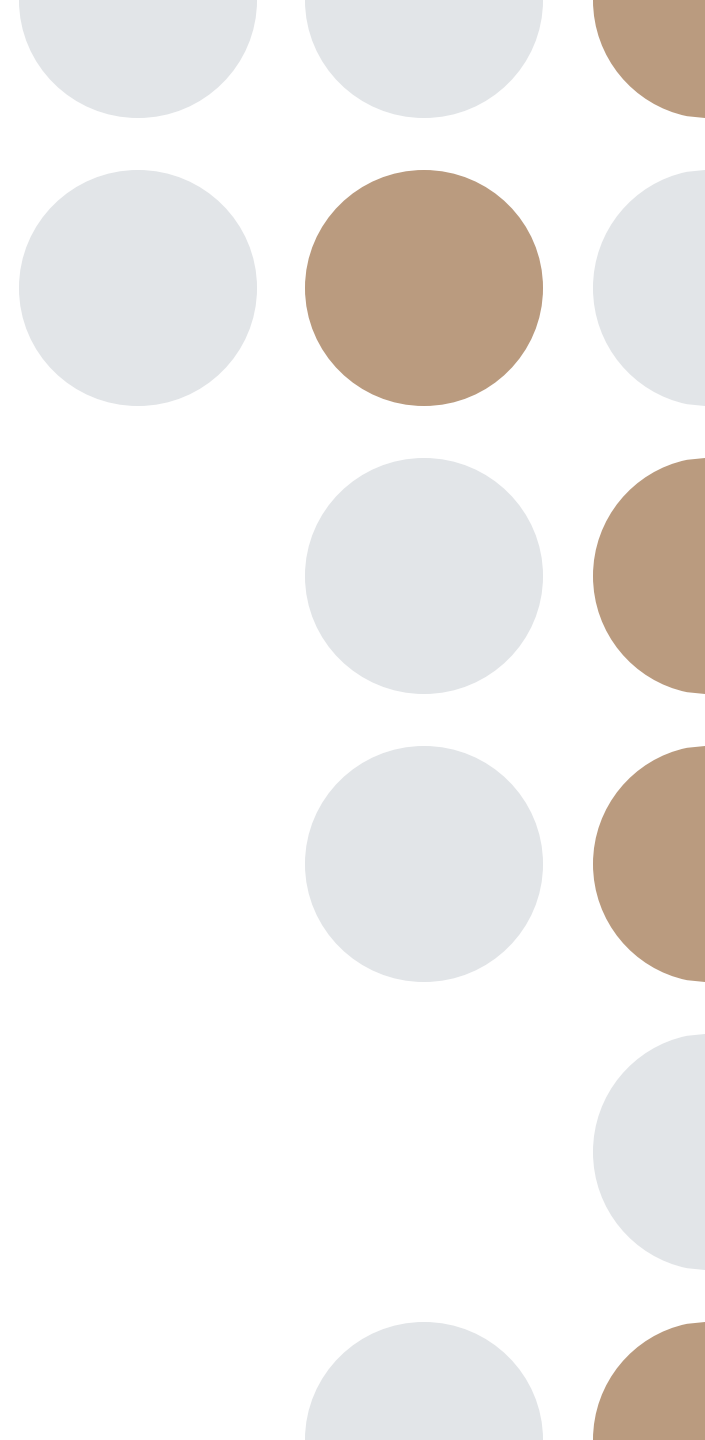
The Power of Retrieval



Study Environment

- Effective study space
- Data on music

- Breaks and sleep are key, a good plan will help in this
 - more on this later.



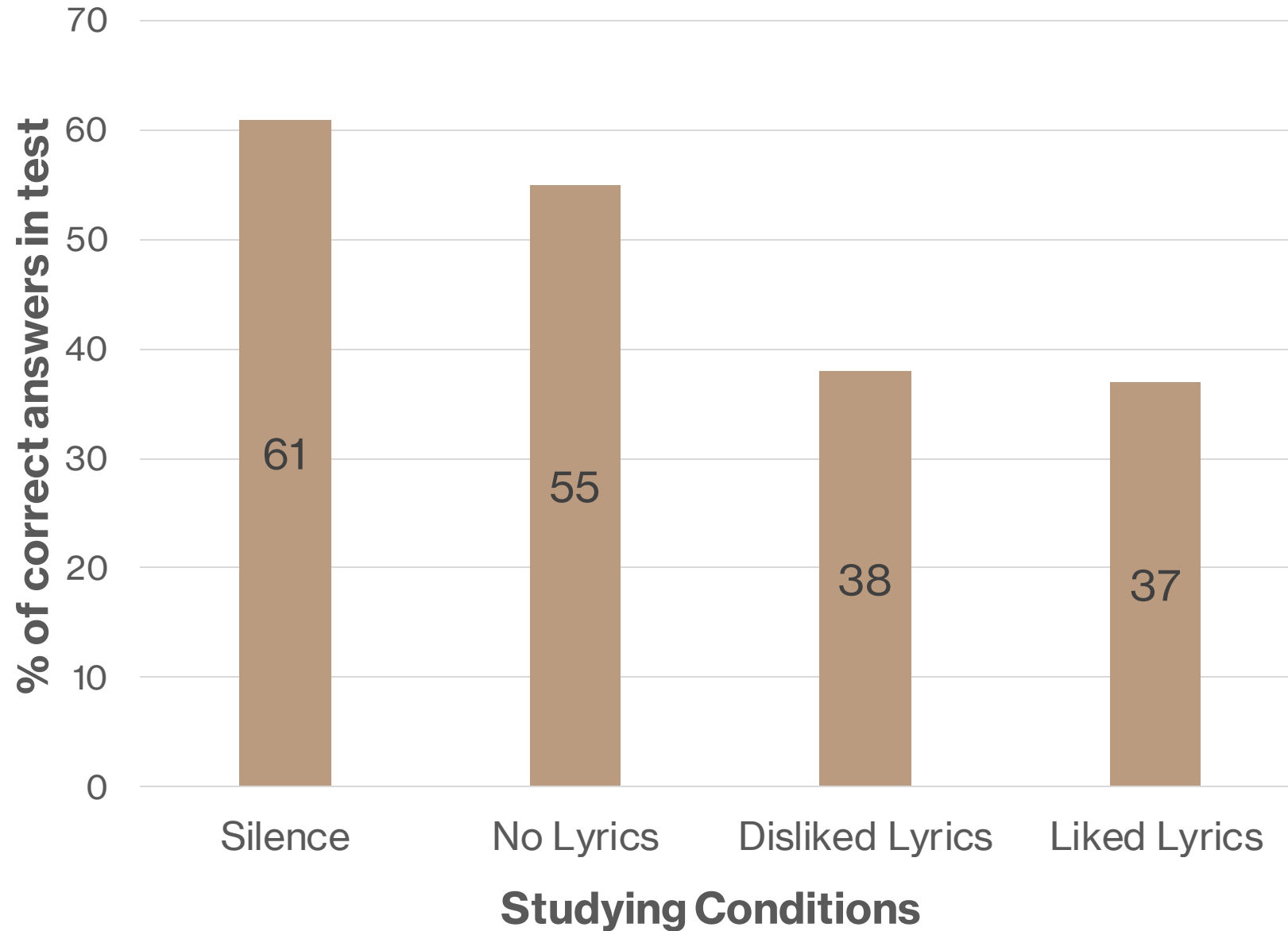
Effective Study Space

Students must know what they need to study, why they need it and how to use it.

- Get rid of everything else, **especially their phone**
 - Note data shows a **30% drop** in performance comparing children with / without mobile phone during studying.
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Negative effects of music on studying



Study Plan – Weekly Plan

- All S4-6 Pupils have been supplied with a study plan template
 - This was given in PSE a few weeks ago (13-9-23)
 - Pupils should complete that plan this week
 - Pupils should reflect on their plan each week and adjust it if required
 - Pupils should try to complete at least three study sessions a week for each subject
 - Weekly plan element – a space to input homework deadlines and upcoming assessments.
 - Next slides – pupil template and model plan
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St Thomas Aquinas RC Secondary Weekly Study Plan – Week Beginning 18th September 2023

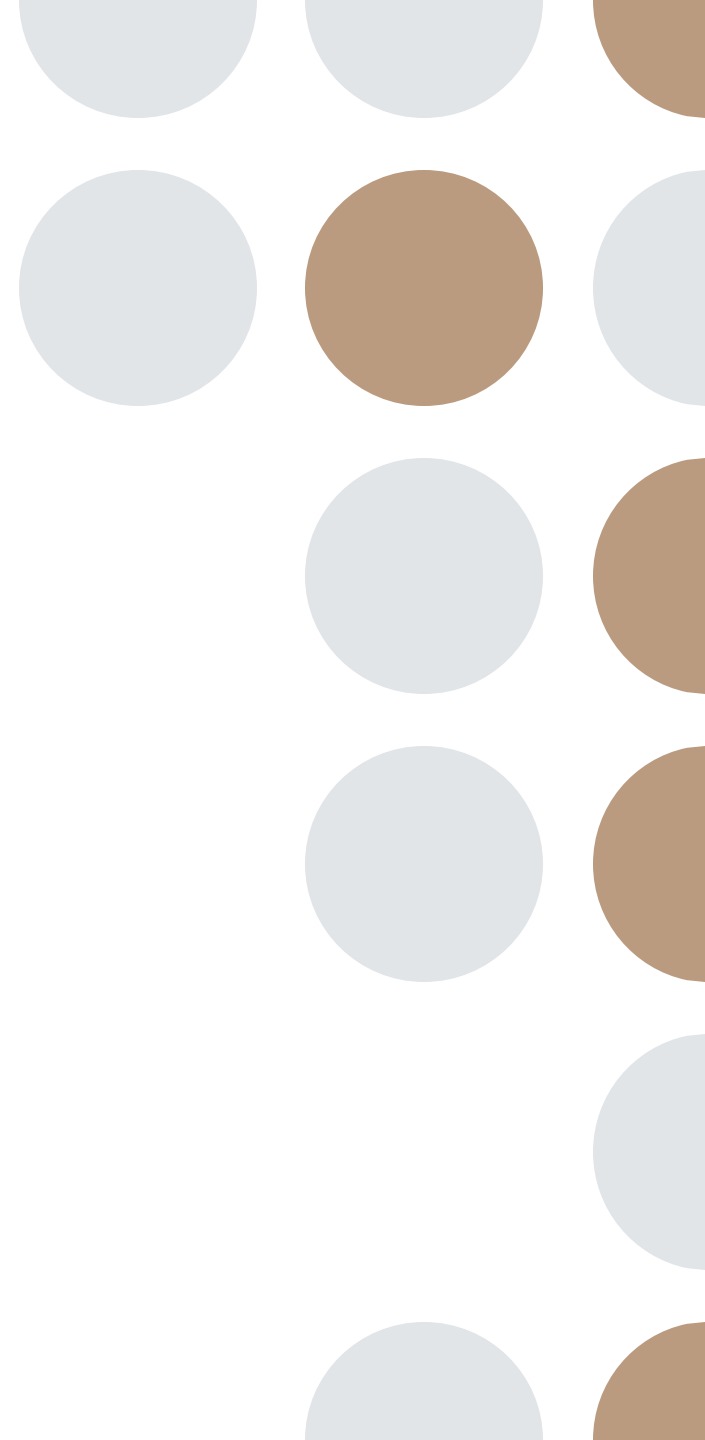
- Your plan needs to be realistic and suited to your needs. What are your priorities?
- Add the STA supported study you are attending.
- Space your learning, do not do just one subject a night, do each subject regularly throughout the week.
- You **MUST** study by doing SQA past paper questions. Also, use other retrieval practice with flashcards, mindmaps and braindumps.
- Reflect on your studying in each subject. What do you know well? Which areas do you need to work on?
- Reflect on this plan at the end of each week – What are you changing? Keep it up to date with homework deadlines & upcoming assessments.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Homework Due						10:00 - 11:00		
Assessments						11:00 - 12:00		
15:00 - 16:00						12:00 - 13:00		
16:00 - 17:00						13:00 - 14:00		

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
After School Supported Study	Walk home	STA SS H Maths	STA SS H Chemistry STA SS H Geography (Mostly go to chemistry because I'm doing better in Geography, and I have e-sgoil Geo later.)	STA SS H Human Bio	STA SS H Maths (Going to both sessions because I need as much help as possible in Maths.)	10:00 - 11:00	English Close Reading	Chilled morning
16:00 - 17:00	30 mins writing and using Geography flashcards	Walk (the dog) with family/friends	Walk (the dog) with family/friends	Walk (the dog) with family/friends	Walk (the dog) with family/friends	11:00 - 12:00	Sports Training	Chilled morning
17:00 - 18:00 e-sgoil?	English homework – Portfolio preparation	30 mins Biology SLOP booklet BREAK	e-sgoil H Geography Will attend every week	e-sgoil H English Will attend every week	45 mins Biology mindmaps / braindumps. Do them from memory and then check them.	12:00 - 13:00	Sports Training	Maths SQA past papers
18:00 - 19:00 e-sgoil?	30 mins with Biology Flashcards *e-sgoil Human Bio* (I won't attend this session as e-sgoil teach the course in a different order.)	30 mins Biology SLOP booklet	e-sgoil H Maths Will attend every week	e-sgoil H Chemistry Prefer STA supported study so will only attend sometimes. Will do my own chemistry work SQA past paper Qs	NIGHT OFF	13:00 - 14:00	LUNCH	LUNCH
19:00 - 20:00 e-sgoil	DINNER	DINNER	DINNER	DINNER	NIGHT OFF	14:00 - 15:00	Biology flashcards BREAK Biology essay homework	English Critical Reading work. Flashcards for McCaig poems. BREAK
20:00 - 21:00	Chemistry Homework SQA past paper Qs	Geography Homework SQA past paper Qs	Netflix and chill	Maths Homework SQA past paper Qs		15:00 - 16:00	Geography flashcards / mindmaps	English critical reading work
21:00 - 22:00						16:00 - 17:00	Catch up on homework or flashcard session or Evening off	Catch up on homework or flashcard session or Evening off

Supports and resources

- Day in day out, committed teachers
 - STA supported study
 - e-sgoil supported study
 - PSE inserts on how to raise attainment
 - Supply of flashcards
 - Teams / OneDrive for all resources
 - West OS which should be on pupils Glow Launch Pad
 - BBC Bitesize revision App and website
 - Quizlet – digital flashcards
 - Scottish teacher YouTube channels
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Take home messages

Promote a growth mindset:

- *'We are but the product of our thoughts, what we think, we become.'*
- A growth mindset means awareness of the science of learning and using effective retrieval strategies to close gaps in knowledge.
- You can do flashcards with them.

Study Environment:

- Help your child set up an effective study space – no phone.

Study Plan – weekly plan:

- Support your child with their study plan. It needs to space learning, have breaks, allow for homework. Help them prioritise the supported study sessions they will attend based on their recent results.

Praise, encourage, motivate and forgive

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