

Senior Phase Exam Preparation

Information evening
Tuesday 15th March



So far this session...

- ▶ Team building day
- ▶ Strathclyde Study Skills input
- ▶ Lockerbie study weekend
- ▶ Study skills lesson
- ▶ Supported study
- ▶ Easter school
- ▶ Mentoring
- ▶ Well-being check ins
- ▶ Regular learner conversations
- ▶ Tracking and monitoring

Notre Dame High School
Nurture/Wellbeing Mentoring Activities

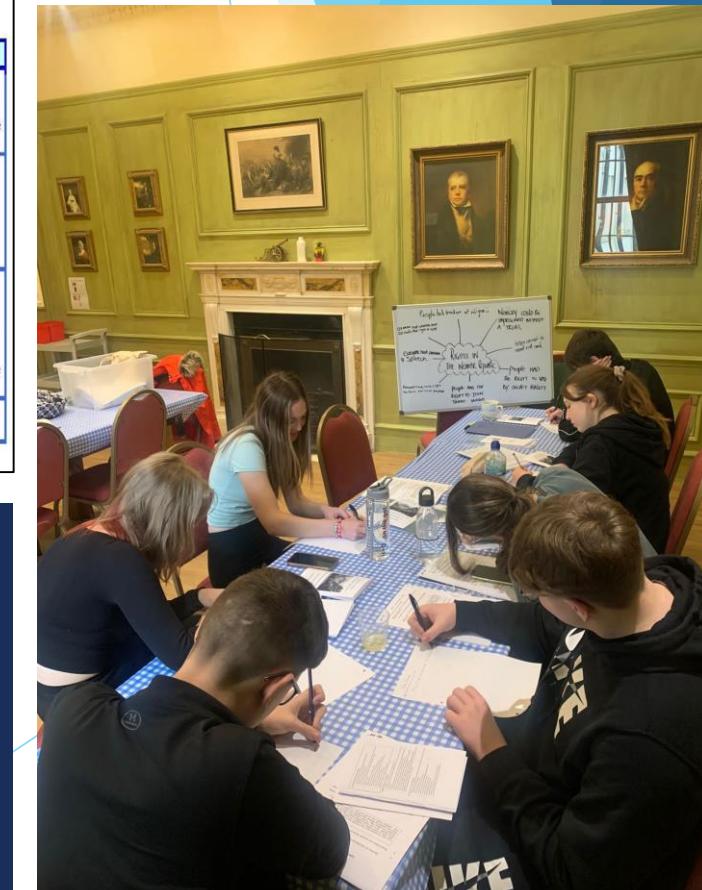
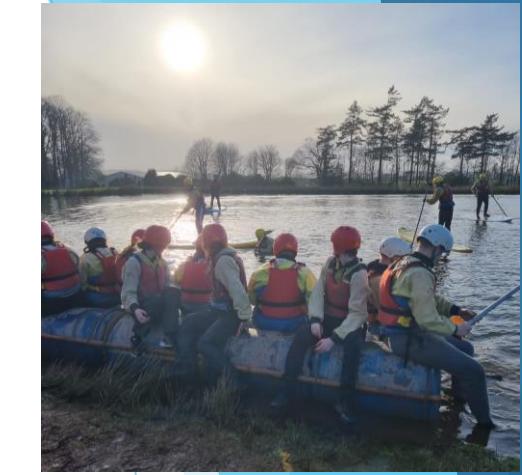


WHAT ARE SMART TARGETS?

These guides are here for you to refer to when you are reviewing your targets and setting goals.

If you follow the 'SMART' Targets strategy, you will see the progress you are making!

GOAL	SMART?	RATIONALE
I will read 20 books by the end of the quarter (five books a week).	No	Over ambitious. This goal is probably not "attainable." SMART goals are ambitious but still very likely possible with extra effort. The time-line is not clear.
I will independently learn two new vocabulary words per week from the SAT list (20 by the end of the 2 nd quarter).	Yes	Specific (two new words from the SAT list), Measurable (20 by the end of the 2 nd quarter), Attainable (only two per week), Relevant (vocabulary is critical for reading comprehension), Time-Bound (by the end of the 2 nd quarter)
By the end of the 3 rd quarter, I will have written three reader's theater scripts for scenes from books I have read.	Yes	Specific (write reader's theater script), Measurable (three by the end of the 3 rd quarter), Attainable (three scripts is possible), Relevant (reader's theater writing demonstrates comprehension and builds fluency), Time-Bound (by the end of the 3 rd quarter)
I will learn more reading strategies.	No	Not SMART on any level!



Senior Phase – Study Skills



To support them further:

1. Study techniques – Miss McGee
2. Health and wellbeing – Mrs Forrester
3. Effective questioning – Ms Ewing
4. Resources to aid studying – Mrs Flynn

Senior Phase – Study skills lesson

STUDY TECHNIQUES

There is no such thing as the 'right study technique'. What works for your friend might not suit you. It's a case of trying a few and seeing which ones work best for you.

Here are some you can try out:



Make your revision active. Don't just read notes, make flashcards or mind maps.



Test yourself by completing past papers or asking a friend to test you.



Make sure you know which topics you need to revise for each subject. Use SQA specifications as a revision list.



Set a regular time where you create revision notes.



Build in rewards for your revision eg, your favourite snack or using social media.

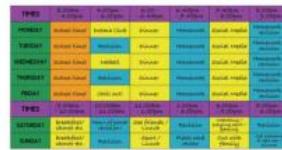


Watching videos online can really help bring your notes to life.

TIMETABLE AND PLANNING

As exam season approaches, one of the best ways to stay on top of things is to take control of your revision. Planning your revision can take many different forms. The key is knowing when your exams are and what topics you have to cover - then working back from that.

Don't forget to:



Refer to your goals for each subject when making your plan.



Be focused: 20 minutes working followed by 10 minutes rest is a good starting point.

Allow extra time for the topics you struggle with.



If you share your revision plan with friends or family then you are more likely to stick to it.

Balance your time so that you don't spend all your time revising one subject.

Be realistic and plan time away from your work to avoid burn-out.

Revisit your plan regularly. If it needs adjusting, make changes.
You want a plan you can stick to.



CREATING A WORKSPACE

It is normal to get distracted sometimes, but the key is to recognise when you are getting distracted and to do something about it.

Here are some things you can do to keep yourself focused:

If possible, have a copy of your study timetable pinned up to remind you of your schedule.

Ensure you have any resources you may need (pens, rulers, calculators etc).



Have a separate folder/box for each subject, and organise by topic.

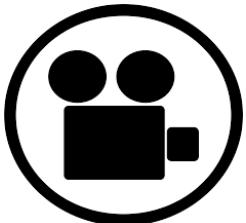
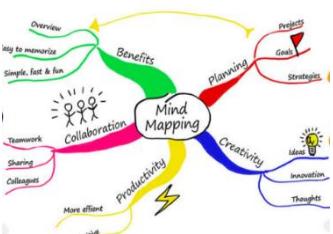
Organise your study space and keep it tidy.

Make sure your family and friends know that you are revising and ask them not to distract you too.

If you know there is something you are likely to get distracted by, for example your mobile phone, put it on flight mode or remove it from your study zone altogether.

Remember, if you do get distracted, don't give up. Think about why it happened, adjust your plan and make sure it doesn't happen next time.

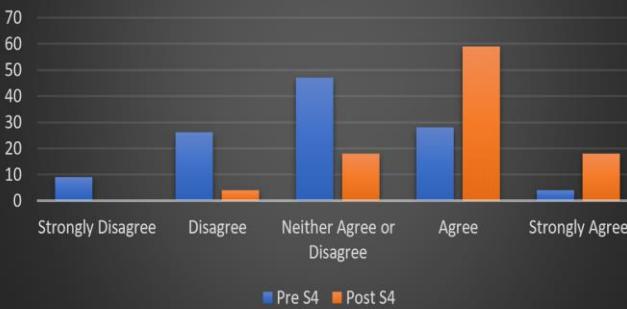
Study techniques



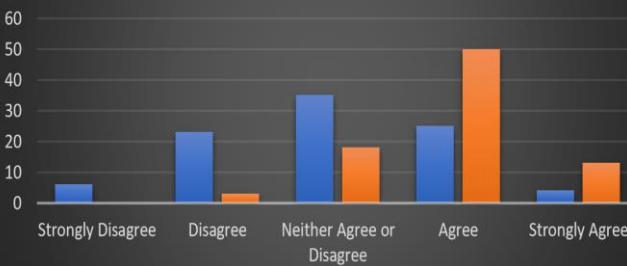
- ✓ Make sure they know which topics they need to revise for each subject. Use SQA specifications as a revision list – **NEW UPDATES FROM SQA**.
- ✓ Make revision active. Don't just read notes, make flashcards or mind maps.
- ✓ Watching videos online can really help bring their notes to life.
- ✓ Set a regular time where they create revision notes.
- ✓ Test themselves by completing past papers or asking a friend to test them.
- ✓ Build in rewards for their revision eg, favourite snack or using social media.



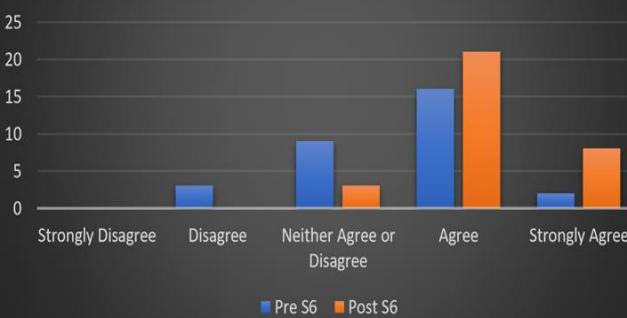
S4 - I think I have a good understanding of different study techniques



S5 - I think I have a good understanding of different study techniques



S6 - I think I have a good understanding of different study techniques



Strathclyde Study Skills

Study techniques and Metacognition

- Over the course of the three full days of delivery to S4-S6 pupils there was a focus on equipping them with a variety of study techniques that can be employed and alternated when working on different topics and subjects. This promotes an individualised approach to studying which is flexible and more engaging.
- The metacognitive section of the workshops empowered pupils to consider the practicalities around studying, making it feel like less of a daunting prospect.
- Following the workshops all year groups indicated that they had a better understanding of how to approach their revision, reaffirming the sense that it is a manageable task.
- The majority of pupils also expressed that they had encountered strategies that are pertinent to their own revision process.

Creating a workspace



It is normal to get distracted sometimes, but the key is to recognise when they are getting distracted and to do something about it.

Creating a workspace



- ✓ Organise their study space and keep it tidy.
- ✓ If they know there is something they are likely to get distracted by, for example their mobile phone, put it on flight mode or remove it from their study zone altogether.
- ✓ Make sure family and friends know that they are revising and ask them not to distract.
- ✓ Snack on smart food.
- ✓ Listen to calming music.

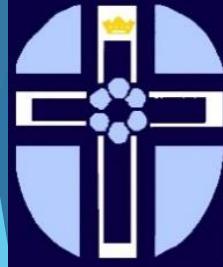


Timetable and planning

As exam season approaches, one of the best ways to stay on top of things is to take control of revision. Planning revision can take many different forms. The key is knowing when their exams are and what topics they have to cover - then working back from that.

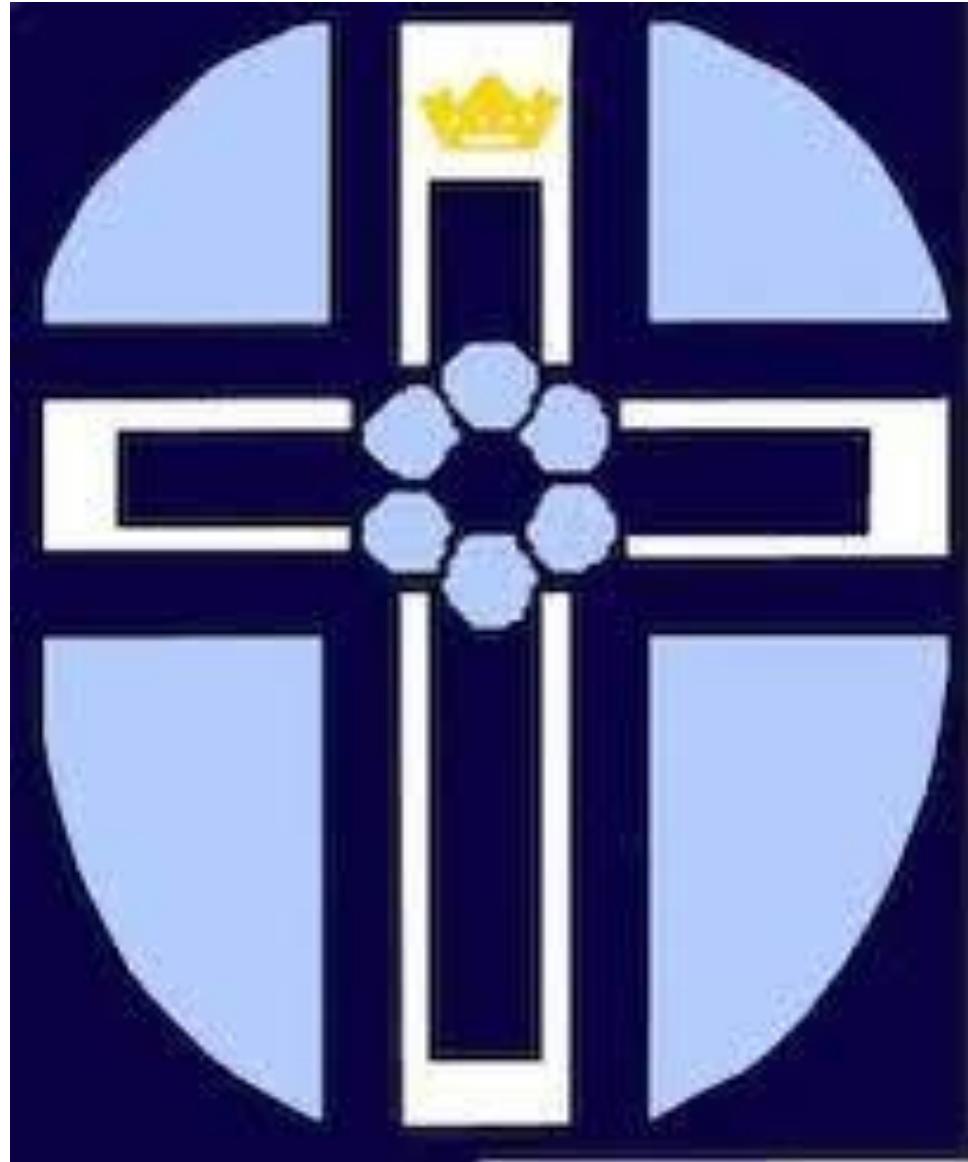
- ✓ **Refer to their goals for each subject when making your plan.**
- ✓ **Allow extra time for the topics they struggle with.**
- ✓ **Be focused: 20 minutes working followed by 10 minutes rest is a good starting point.**
- ✓ **Share revision plans with friends or family then they are more likely to stick to it.**
- ✓ **Balance their time so that they don't spend all their time revising one subject.**
- ✓ **Be realistic and plan time away from work to avoid burn-out.**

TIMES	8.00am - 4.00pm	4.00pm - 6.00pm	6.00 - 6.45pm	6.45pm - 7.45pm	7.45pm - 8.00pm	8.00pm - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - 10.00am	10.00am - 11.00pm	11.00am - 1.00pm	1.00pm - 3.00pm	3.00pm - 5.00pm	5.00pm - 6.00pm
SATURDAY	breakfast/ shower etc.	Hour of power revision!	See friends / Lunch	Revision	Watching / Gaming	Revision
SUNDAY	breakfast/ shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / Revision





Wellbeing Advice and Tips



Key Points

- Balance in a Study Timetable
- Healthy Sleep Pattern
 - Positive Conversations
 - Mindfulness

Balance in a Study Timetable

Focus on priorities – not everything needs to be allocated the same amount of time;

Reasonable time limits on each task/area of study;

Take time for rest and time for wellbeing activities – exams are not about punishing yourself;

Know your limits – don't push yourself when no quality work will be achieved;

Encourage a 'cut off time' with someone at home who will encourage work and effort to the agreed time but will also encourage relaxation and time for rest.

Healthy Sleep Pattern

- ▶ Helps to improve:
 - ✓ problem solving;
 - ✓ creativity;
 - ✓ concentration;
 - ✓ memory.

Encourage regular sleep patterns – teens need 8-10 hours sleep a night for their bodies and brains to repair and develop.

Top Sleep Apps to download:

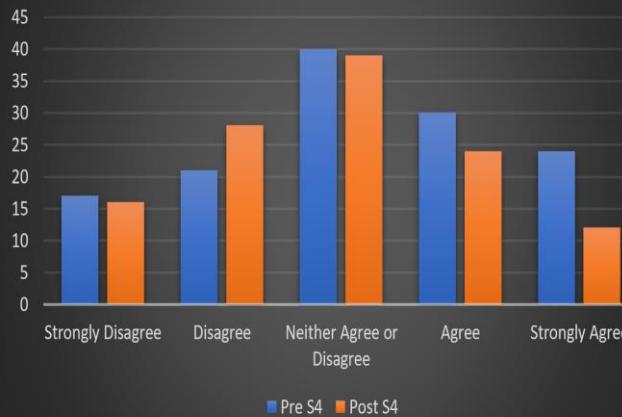
1. Oura
2. Muse
3. Headspace
4. Slumber
5. Calm



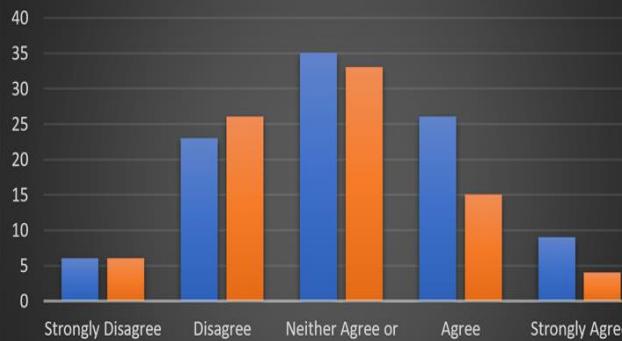
Positive Conversations

- ▶ Similar to Growth Mindset and Effective Questioning.
- ▶ Positive Imagery – spend some time visualising a positive exam experience.
- ▶ Divert attention away from what they didn't do in the exam – focus on what they did do.
- ▶ Encourage them to move on – take any 'failings' and agree how this will be avoided in the next exam or preparation for the exam.

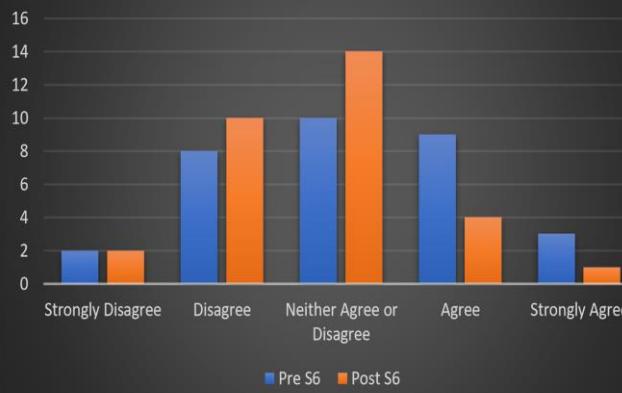
S4 - I feel really stressed



S5 - I feel really stressed



S6 - I feel really stressed



Strathclyde Study Skills

Exam stress and confidence

- ▶ After an extremely challenging 18 months, both educationally and personally Strathclyde facilitated frank and informal discussion and activities allowing pupils to air their worries or confusion about exams.
- ▶ After these interactions many pupils felt calmer after taking part in the workshops and the majority felt more confident about their revision.
- ▶ Pupils also reported a distinct improvement in motivation for studying. This suggests that a combination of interrogating concerns, exploring techniques and developing strategies was successful in increasing exam readiness.

Mindfulness

"Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience," says Professor Williams, "and to see how we can become entangled in that stream in ways that are not helpful." - Prof. Mark Williams of Oxford Mindfulness Centre

- Pupils tend to become overwhelmed and cannot communicate their thoughts/feelings/problems/confusions during key points of stress and how to overcome their problems.
- Mindfulness encourages an awareness of their feelings and thoughts to help us to see clearly and plan our next steps.

How to practise mindfulness:

- Breathing exercises: <https://www.youtube.com/watch?app=desktop&v=wfDTp2Gogas>
- Name your feelings: "Here's the thought that I might fail that exam". Or, "This is anxiety".
- Separate from past mistakes or negative experiences
- Regular practice - daily or once/twice a week leading up to and during exams.



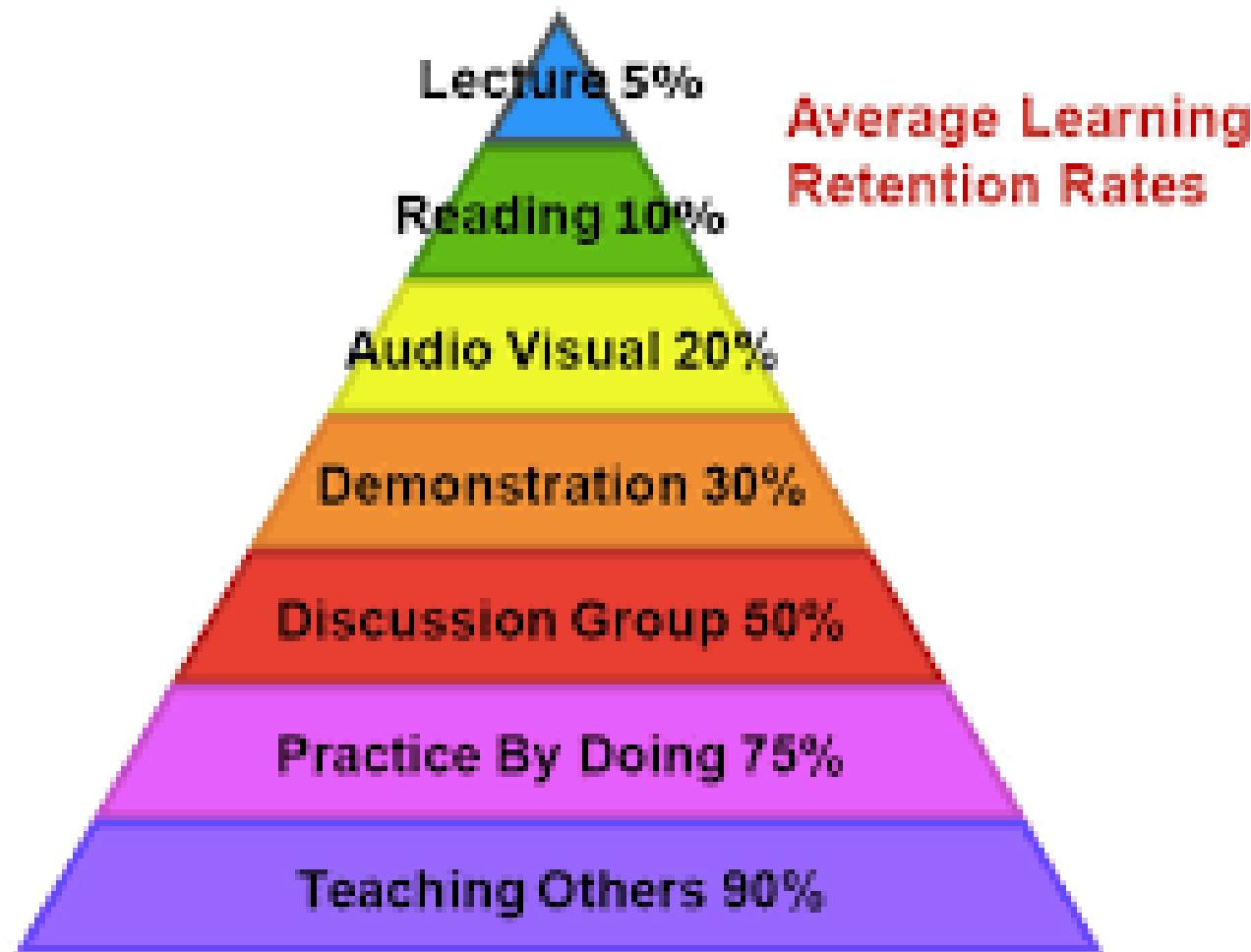
How can you help your child:

**Understand the
Learning Retention Pyramid &
Blooms Taxonomy**

Use Effective Questioning

**Promote language to develop a
Growth Mindset**

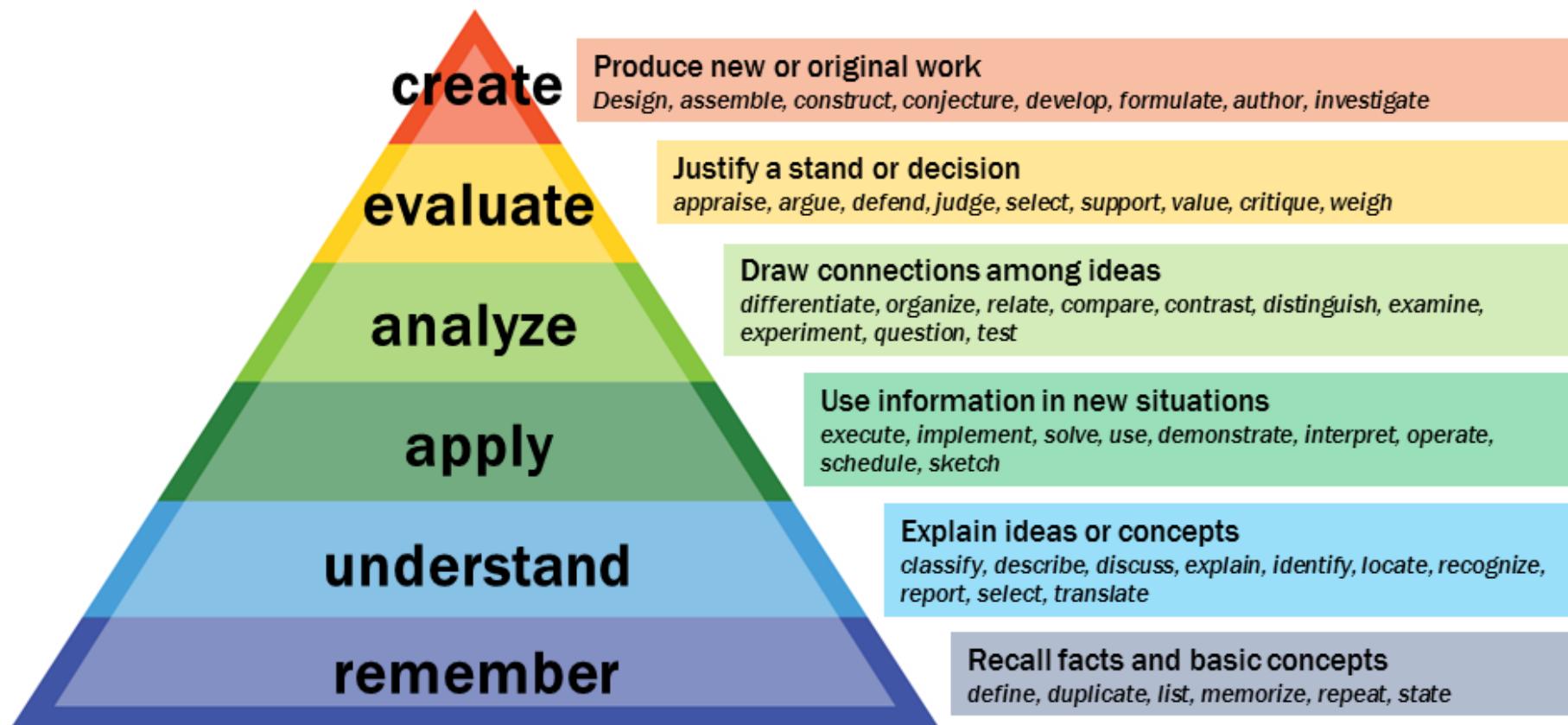
LEARNING RETENTION PYRAMID



Source: National Training Laboratories, Bethel, Maine

BLOOMS TAXONOMY – FLIP THE PYRAMID

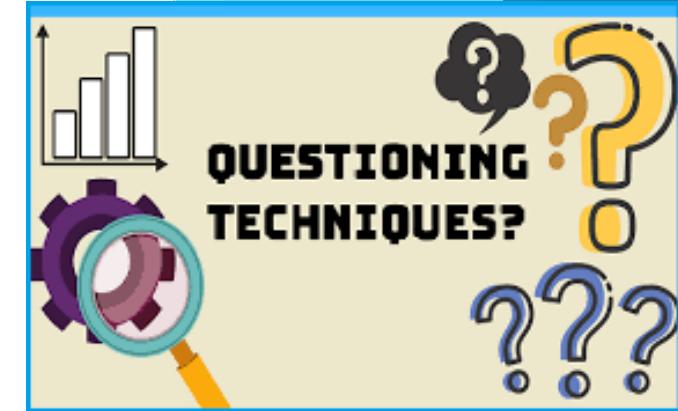
Bloom's Taxonomy



EFFECTIVE QUESTIONING

Using effective questioning when studying brings a host of benefits, as it:

- ▶ Encourages your young person to engage with their work and each other.
- ▶ Question to help young people think out loud.
- ▶ Facilitate learning through active discussion.
- ▶ Empower young people to feel confident about their ideas.
- ▶ Improve speaking and listening skills.
- ▶ Build critical thinking skills.
- ▶ Help your young person to clarify their understanding.
- ▶ Motivate young people and develops an interest in the topic.
- ▶ Allows you as parents to check students' understanding.



EXAMPLES OF EFFECTIVE QUESTIONS

► OPEN QUESTIONS

- Who was responsible?
- What makes you think that?
- Why do you think that is?
- When did this occur?
- Where did it take place?
- How do you know that?



DEVELOPING A GROWTH MINDSET



INSTEAD OF....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Useful websites:

- ▶ SQA
- ▶ Scholar
- ▶ E-Sgoil
- ▶ BBC Bitesize
- ▶ West Partnership

The image shows the homepage of the Notre Dame HS website. At the top, there is a large aerial photograph of the school grounds, which include a football pitch and several buildings. To the left of the aerial view is the school's logo, which is a blue circle containing a stylized cross with a yellow center and a cluster of blue dots in the middle. The logo is surrounded by the text "Notre Dame HS" and "A Catholic High School". Below the logo is a dark blue navigation bar with white text. The navigation bar includes links for "WELCOME", "DIGITAL LEARNING @ NDHS", "LATEST NEWS", "SCHOOL INFORMATION", "PARENTAL ENGAGEMENT", "PUPILS", "DEPARTMENTS", "NATIONAL PRIORITIES", and "STAFF". There is also a search icon in the top right corner. The main content area has a white background. On the left side of the main content area, there is a sidebar with the text "Inverclyde Council" and "FOLLOW US ON TWITTER". The Twitter feed shows a message from the school (@ndhs1) about preparing for SQA exams. The main content area features a large "WELCOME" heading and a "Welcome to the Notre Dame High School Website" message. It also includes links for "Latest News Page (click here)", "School Information Page (click here)", and "PREPARING FOR SQA EXAMS". On the right side of the main content area, there is a sidebar with links for "FAMILY LEARNING", "INFORMATION FOR PARENTS", "LINKS OF INTEREST", "NATIONAL PARENT FORUM", "PARENT COUNCIL", and "CELEBRATING PUPIL ACHIEVEMENT". At the bottom of the page, there is a footer with contact information: "Notre Dame High School, Dunlop Street, Greenock, PA16 9BJ", "Tel: 01475 715150", "During Lockdown Closure", "Tel: 07769 163988", "Email: innotredame@glowscotland.onmicrosoft.com", and "Facebook: www.facebook.com/ndhs1".

Supported Study:

Timetable available on school website

 S5/6 SUPPORTED STUDY 			
	Belief	Perseverance	Respect
Monday	N5 and H English H Photography N5 and H Computing		
Tuesday	N5 and H Maths H Music Technology N5 Admin & IT		
Wednesday	H Geography, N5 and H History, N5 & H Modern Studies, H Music, H Accounting, N5 and H Admin & IT, N5 & H Art, H Design & Manufacture fortnightly, H Spanish, H Human Biology, H Physics, AH PE, H Dance		
Thursday	H & AH Chemistry, N5 Biology, N5 Physics, H Graphic Communication fortnightly, N5 & H Business Management, N5 & H PE, N5 Practical Cookery, H Engineering Science fortnightly, H HFT fortnightly.		

 S4 SUPPORTED STUDY 			
	Belief	Perseverance	Respect
Monday	N5 English N5 Computing		
Tuesday	N5 Maths N5 Admin		
Wednesday	N5 Spanish, N5 History, N5 Modern Studies, N5 Admin, N5 Art, N5 Chemistry		
Thursday	N5 Biology, N5 Physics, N5 Woodworking fortnightly, N5 Accounting, N5 Business Management, N5 Design & Manufacture fortnightly, N5 Engineering Science fortnightly, N5 Music, N5 PE, N5 Graphic Communication fortnightly, N5 Geography, N5 HFT fortnightly		

Easter school sign up:

<https://forms.office.com/r/nLQAwR4Hus>



EASTER SCHOOL S4/5/6		
	AM 10 - 12	PM 1-3
Monday 4th April	National 5 Geography Higher History	Higher Geography Higher Modern Studies
Tuesday 5th April	National 5 Modern Studies National 5 Physics Higher Chemistry	National 5 Chemistry Higher Physics Higher Music (UM)
Wednesday 6th April	N5/Higher Art	N5/Higher Art Higher Music Technology Advanced Higher Music (Perf)
Thursday 7th April	National 5 Spanish Higher Spanish Higher English	National 5 Music (UM) Advanced Higher Music (UM) National 5 English
Friday 8th April	National 5 Maths	National 5 History Higher and Advanced Higher Maths