

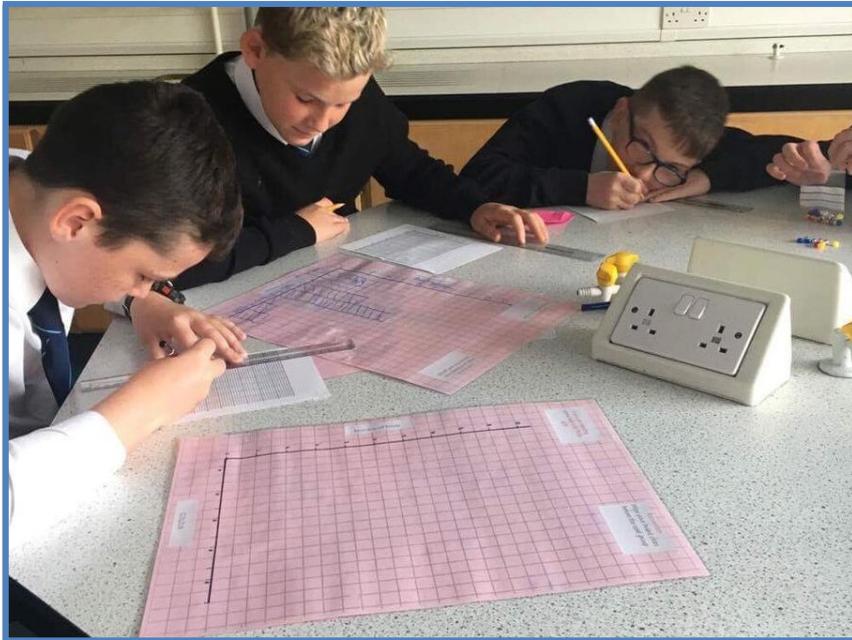


RESPECT

EQUALITY

DETERMINATION

AUCHENHARVIE ACADEMY



Study Skills

A guide for Pupils and Families

February 2026

Active Studying vs Passive Studying

When you revise, how you study matters just as much as how long you study.

Passive studying is when you look at information but don't really do anything with it. This includes rereading your notes, highlighting pages in a textbook, or watching revision videos without answering questions. These methods can make you feel like you know the content because it looks familiar, but recognising something is not the same as remembering it in an assessment.

Active studying means making your brain work harder. This includes testing yourself without looking at your notes, answering past paper questions, explaining a topic out loud, creating flashcards, or writing everything you can remember about a topic from memory. When you struggle a little to recall information, your brain strengthens those memories. That's what helps you remember it in an exam.

The revision strategies in this booklet are active strategies. Use these for the best impact.

How to Study

1. *Manage your time* – make a weekly study schedule and devote a certain amount of time per day to studying.
2. *Pace Yourself* – Find the best speed for you to study and adjust accordingly.
3. *Get enough sleep* – make sure in your study schedule you set aside enough time to sleep. Studies have shown that sleep positively impacts tests and exams by improving memory and attentiveness.
4. *Clear your mind of anything that doesn't have to do with the topic you're studying* – if you have a lot on your mind then write it down prior to studying to try and clear your mind.
5. *Eliminate electronic distractions* – if you are easily distracted by Facebook, Twitter etc then download one of the available applications to instantly block notifications while you're studying. You can turn this off once you've finished.

Creating Your Study Space

1. *Find a good study spot* – you should choose somewhere where you feel comfortable so studying becomes enjoyable. Try not to be too comfortable though as you will risk falling asleep! Wherever you choose should be clear from distractions and relatively quiet.



2. *Choose background music carefully* – Music **can be** beneficial to your studying by helping you to be calm, elevating your mood and motivating you. Stick to instrumental music – music without lyrics.
3. *Listen to background sounds* – Natural sounds like waterfalls, rain and thunder can keep you focused and block out other sounds.
4. *Keep the television turned off* – This can significantly distract you and make you focus on the tv show/film instead of your work.
5. *Snack smart* – Eat healthy, nutritional foods while you study and drink plenty of water.

Coping With Exam Stress – SQA Guidelines

Exam season can be an overwhelming and tough time so here are some tips to handle exam stress.

1. Be prepared

One of the best ways to relieve exam stress is to feel in control so:

- start revising well in advance
- study using official past papers
- create your own study plan

2. Put it into perspective

It may feel like your whole life depends on your exam results but try not to worry too much. Focus on the task at hand and work to your best ability.

No matter the outcome of the exams, you'll have a lot of options to help you move forward.

3. Keep yourself healthy

In the rush of exams and revision, remember to keep your mind and body healthy by exercising regularly - it's a well-known stress buster.



Snack on foods that help your brain function better and provide slow-releasing energy like wholegrain, fruit and nuts.

Coffee and energy drinks can help you feel more awake but too much can make you lose concentration and not get a good night of rest. Try to limit your intake and drink plenty of water to keep you hydrated.

We can only study properly for around 45 minutes at a time before we lose concentration and absorb less information so know when you need a break.

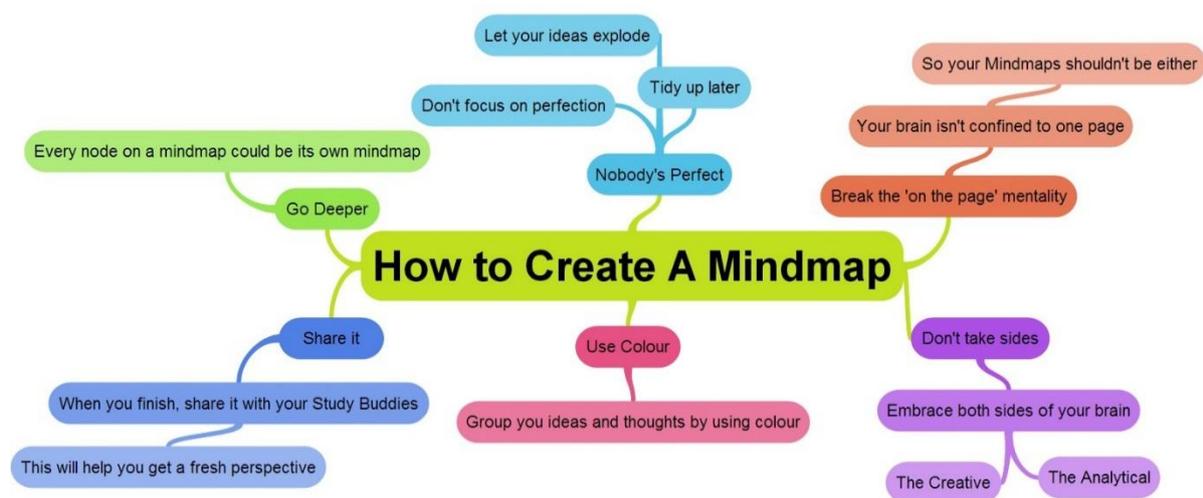
Get the most out of your revision by studying in small, focused chunks and take regular breaks when you get tired. Go for a walk or have a snack and get yourself energised for the next round of studying.

Effective Methods of Studying

Mind Map

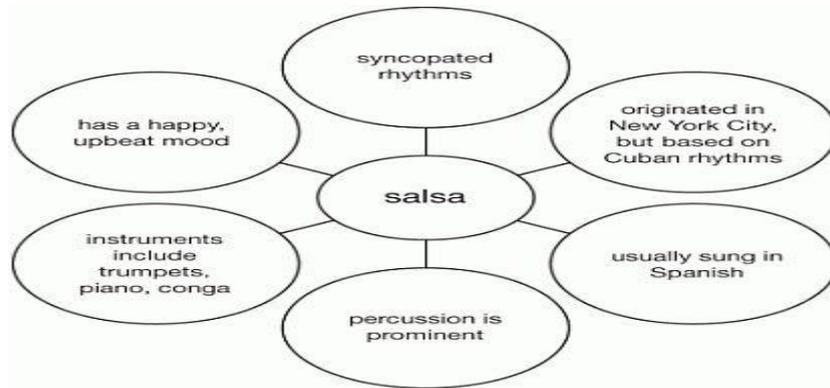
Steps to Creating a Mind Map

1. Create a Central Idea. The central idea is the starting point of your Mind Map and represents the topic you are going to explore
2. Add branches to your map. The next step to get your creative juices flowing is to add branches
3. Add keywords
4. Colour code your branches
5. Include images



Spider Diagram

Spider diagrams are often used by teachers to help children make notes on a particular subject. A picture or word may be put in the middle of the page and then several 'legs' drawn radiating outwards. Children then need to write words or phrases about the object in the centre.



Summarising of Material

One good way to study is to write the material in your notes in your own words. That way you can think about it in your own terms instead of textbook language. This deepens the understanding of the work.

Making Flash Cards

Place a question, term or idea on one side and the answer on the opposite side. These can be carried around with you and used wherever is convenient.

Highlight important Details

Use a highlighter or underline the most important points in the body of the text, so that you can spot them more easily when you review the material. Be careful not to highlight everything – this defeats the purpose.





Faculty of Science

HOW TO STUDY SCIENCE EFFECTIVELY

STUDY SMARTER, NOT HARDER

To study effectively it is important that you identify what you do not understand. Steps 1-3 detail how you can do this.

STEP 1

Pick one key area.
Record yourself saying everything you can remember about the key area.

STEP 2

Open your revision notes at your chosen key area.
Listen back to the recording, ticking the sections you mentioned.

STEP 3

Focus your revision on the areas which are not ticked.
Use Achieve, flashcards etc. to target your revision on the areas you do not understand.



Faculty of Mathematics & Numeracy

Websites for National 5 Maths

<https://www.national5maths.co.uk/free-national-5-maths-2/> - best site to revise National 5 Maths. It has notes, practice papers, topic by topic worksheets.

<https://www.bbc.co.uk/bitesize/subjects/ztrjmp3> – This website provides online resources for teaching and learning Mathematics.

<https://maths.scot/national-5-maths> - another wealth of resources available here.

Websites for Higher Maths

<https://www.highermathematics.co.uk/higher-maths-whole-course/> - best site to revise Higher Maths. It has notes, practice papers, topic by topic worksheets.

Websites for National 5 Applications of Maths

<https://www.national5maths.co.uk/n5-lifeskills-maths/> - links to past papers, notes, videos, & topic by topic worksheets.

<https://www.bbc.co.uk/bitesize/subjects/zb27hyc> - This website provides online resources for teaching and learning Mathematics.

Websites for Higher Applications of Maths

<https://applyingmaths.com/higherapplications/> - topic by topic worksheets & stats data sets.

<https://cjmaths.wordpress.com/higher-apps/> - topic specific worksheets, increasing in difficulty.

Past Paper Question Bank for all Courses

<https://www.dynamicmaths.co.uk/QuestionBank/index.php>



Faculty of Social Subjects & RMPS

Suggested Websites for Senior Phase:

For all certificate courses past papers can be found at:
<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

Marking instructions can also be found to check answers/support revision.

Geography

National

<http://www.bbc.co.uk/education/subjects/znbw2hv>

Higher

<http://www.bbc.co.uk/education/subjects/zmhs34j>



History:

National

<http://www.bbc.co.uk/education/subjects/z2phvcw>

<http://thegordonschools.typepad.co.uk/history/national-54/>

Higher/National

<https://mrmarrhistory.wordpress.com/>

Higher

<http://www.bbc.co.uk/education/subjects/zxpfb9q>



Modern Studies

National

<http://www.bbc.co.uk/education/subjects/zxsnb9q>

Higher

<http://www.bbc.co.uk/education/subjects/ztsvr82>



RMPS

National/Higher

<https://learningrmps.wordpress.com/category/national-45/national-5-assignment/>

National

<http://www.bbc.co.uk/education/subjects/z2dmyrd>

Higher

<http://www.bbc.co.uk/education/subjects/z782fg8>



Technologies

To help you prepare for your exams, please make use of the websites below;

N5/Higher Graphic Communication

[LGS Graphic Communication](#)

Achieve

SQA Past Papers

N5/Higher Design & Manufacture

[Mr Sheridan - N4/5 Design and manufacture](#)

Achieve

SQA Past Papers



Computing

NC Computing

There is no exam but you can practice your practical skills using

- <https://www.codecademy.com/>
- <https://www.w3schools.com/>

There are theory materials to revise and Blookets to practice on the SharePoint

N5 Computing

There are revision materials on the SharePoint and the following websites will help with additional theory notes and practice questions

- <https://www.bbc.co.uk/bitesize/subjects/zfs3kqt>
- <https://www.computingscotland.co.uk/n5/index.html>



Modern Languages

How to improve your Spanish?

Using the following websites, you should be able to improve your skills.

National 4 video clips and activities

[Talking - National 4 Spanish - BBC Bitesize](#)

[Listening - National 4 Spanish - BBC Bitesize](#)

[Society - National 4 Spanish - BBC Bitesize](#)

[Culture - National 4 Spanish - BBC Bitesize](#)

National 5 – All skills including grammar

[National 5 Spanish - Scotland - BBC Bitesize](#)

Higher – All skills including grammar

[Higher Spanish - Scotland - BBC Bitesize](#)



Faculty of Expressive Arts

Music

Understanding Music

National 5, Higher and Advanced Higher Pupils can access past papers and their marking schemes at www.sqa.org.uk/pastpapers

Final Understanding Music examinations for all levels take place in May.

Pupils can access the following online:

- mymusiconline.com
- logging onto Spotify and following teachers for their playlists
- Using concept dictionaries and looking for examples on YouTube
- Quizzes on Kahoot

Performance

Pupils are encouraged to attend supported study for additional practice on their instruments. This is on every lunch time and after school.

A reminder that National 5 and Higher final practical examinations take place in February/March.

Advanced Higher final practical examinations take place in May.



Health and Wellbeing

Physical Education

SATPE Higher Revision Notes –

<https://www.satpe.co.uk/higher-physical-education-support-notes/>

PE Cycle of Analysis App – App/Play Store

National 5/Higher BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zhf3cdm>

Mr Cassells Youtube Channel - [Mr Cassells - YouTube](#)

ACHIEVE – sign in via your glow email

SQA Past Papers -

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Physical+Education&level=NH>



Practical Cookery

SQA Past Papers -

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm?searchText=&subject=Practical+Cookery&level=&includeMi=on>

ACHIEVE – sign in via your glow email



**Please sign up to E-sgoil for lots of resources for all
subject areas -**

<https://www.e-sgoil.com/>

