



SQA Exam Preparation 2021/22



A Guide for Parents/Carers

In the following leaflet, we hope to answer the following questions:

- 1) How can I help my child to plan ahead?
- 2) What kind of environment best helps my child to study?
- 3) How do they study?
- 4) How can I help their wellbeing?
- 5) How can I help them to manage any anxieties?
- 6) How can I help them on the day of an exam?

Q1) How can I help my child to plan ahead?

- Know when your child's exams are. Your child should have received a copy of his/her personalised exam timetable from their Pupil Support teacher with each of the dates/times of their exam. If they do not have this, then please contact the school asap.
- Check your child is aware of what 'Revision Support' has been provided for each of their subjects. Their teachers will have provided this information, helping them to focus their revision on particular areas of the course.
- Encourage your child to attend Supported Study, Easter School and Supervised Study. Supported study has been running throughout the year for various subjects, and many pupils have signed up for Easter School. If they have signed up, please ensure they attend and are on time. Supervised Study after school will continue to run after the Spring break in the Library on 19th to 22nd April until 5pm.
- Ask to see your child's study timetable. Senior pupils have all been advised of how best to approach studying, and to have a study timetable. Copies have been given to them, but are also available at the school office or on the school website.

Q2) What kind of environment best helps my child to study?

- Enable your child to have a quiet place to study regularly i.e bedroom, dining table. This can be difficult in a busy family household, but it is important for your child to be able to concentrate.
- Help to provide them with any materials they need such as pens / paper / highlighters / access to a computer
- Encourage your child to remove distractions from their study area such as mobiles & music.



Interesting Fact: A study found students who revised in a quiet environment performed 60% better in an exam than those who listened to music.

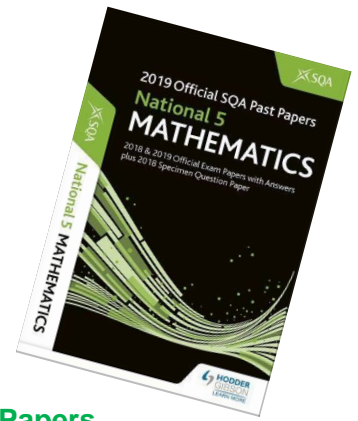
Interesting Fact: Removing devices while studying has been found to improve overall performance by 20%.

Q3) How should my child actually be studying?

There are many different strategies for studying – all of which your child has been told about and will be familiar with from subject lessons. It is important they use a variety of strategies, and use the strategies that best work for their particular learning style. Some of these will include:



- Flash cards
- Recording themselves
- Revision Websites
- Mind Maps
- Colour coding
- Study groups
- Mnemonics
- Timed tasks (Past Papers, Practise Papers)
- Quizzes



Q4) How can I help their wellbeing?

- Ensure your child is eating a well balanced diet, fueling them with healthy foods to stay as fit as possible. One important vitamin in their diet should be iron. Things which can lower the body's absorption of iron are caffeine (coffee, tea, coke) and a lack of vitamin C.
- Keep them hydrated. Dehydration is known to contribute to stress. Fatigue, anger, negative mood, and cognitive problems all increase when dehydrated.
- Keep away from energy drinks.
- Encourage your child to stick to their study timetable. Don't study past 9 o'clock at night. The brain takes in less information, and it needs time to wind down before bed.
- Ensure they get a good night's sleep. Encourage your child to go to sleep at a decent time, relaxing for an hour beforehand.
- Encourage your child to reward themselves with breaks to relax and unwind. This is essential!



Q5) How can I help them manage any anxieties?

It's natural to feel anxious about exams, but it's important anxieties do not overtake and impact negatively on your child's health and wellbeing. Some strategies we can encourage pupils to use are as follows:

- Exercise is a great way to let off steam and to get away from our worries.
- Take control of time and manage it. Use timetables and write lists to prioritise your work.
- Deal with one thing at a time!
- Try to balance work load with social engagements too. It's important not to be isolated.
- Talk to others – plenty other pupils are feeling anxious too.
- Use relaxation techniques to get to sleep - visualise somewhere nice and comforting/calming.
- Have relaxing baths/listen to soothing music.
- Practise mindfulness.
- And of course, praise and reassure your child that they are doing well. Remind them of how proud you are of them as they strive to do their best.

Of course, if your child's mental health becomes a concern please contact your child's GP and Pupil Support teacher for further advice and support.

Q6) How can I help them on the day of an exam?

It is only natural your child will be nervous on the days of their exams. Parents can help by doing the following:

- ▶ Plenty of reassurance and positive thinking.
- ▶ Keep a calm mind yourself. Our anxieties easily pass to our children....even when we least intend them to.
- ▶ Help them to be up early and have a good breakfast.
- ▶ Remind them to take the following:
 - Scottish Candidate Number Card
 - Pen(s)
 - Calculator (if necessary)
- ▶ Help them to be at school in plenty time. They must be at exam location at least 15 minutes before the start time.
- ▶ Remind them **NOT TO TAKE** mobiles or smart watches into the exam.



We wish to take this opportunity to thank our parents and carers for the support you show our young people, and the encouragement you provide, on a daily basis.

We wish our young people every success in the upcoming exams.

“Believe to Achieve”