

TRINITY HIGH SCHOOL REVISION GUIDE

April 2024



**DO YOU KNOW
HOW TO STUDY
EFFECTIVELY?**



This revision guide advises how to effectively prepare for your revision and explores key study techniques to support you in your studies.

There is a section with important and useful advice for taking care of your health and wellbeing. Exams and assessments can be stressful and draining - ensuring that you take care of yourself is important.

Studying for assessments and exams may sound easy but it is actually a very difficult process.

No doubt your teachers and parents/carers have been constantly reminding you to thoroughly prepare and revise for your qualifications..... but do you know how?

Subject-specific advice, guides and resources have been provided to aid your studies for your different qualifications.

**READING IS NOT
STUDYING!!!!**



Simply reading and re-reading texts or notes is not actively engaging in the material. It is simply re-reading your notes. Only 'doing' the readings for your subjects is not studying.

Re-reading leads to quick forgetting.

Think of reading as an important part of pre-studying, but learning information requires actively engaging in the material.



MASTERCLASSES



TINITY HIGH SCHOOL – Senior Phase SQA Masterclasses



Day	Date	Subject	Level	Time
Tuesday	30 th April	Administration	H	After Lunchtime
Wednesday	1 st May	Business Management	N5	Morning (AM)
		Business Management	H	Afternoon (PM)
		Mathematics	N5	9.00am-12.25pm
Thursday	2 nd May	Mathematics	H	9.00am – 12.25pm
Wednesday	8 th May	Mathematics	AH	9.00am – 12.25pm
Friday	10 th May	Mathematics	H	9.00am -12.25
		Applications of Mathematics	N5	9.00am -12.25pm
Tuesday	14 th May	Graphic Communication	ALL	2.00 – 3.40pm
Thursday	16 th May	Italian	N5	9.40 – 11.45am
Monday	20 th May	Computing	N5	Morning (AM)
		Computing	H	Afternoon (PM)
Tuesday	21 st May	Practical Woodwork	N5	2.00 -3.40pm
Thursday	23 rd May	Art	N5 / H	10.45am -12.25pm
Friday	24 th May	Art	N5	8.50 – 10.30am
		Practical Metalwork	N5	1.10 -2.50pm

English Department Advice

Any pupils requiring support in National 5/ Higher/ Advanced Higher English are encouraged to contact their teacher to arrange a suitable time to visit the department.

Science Faculty Advice

Any pupils requiring support with any level of Science are encouraged to contact their teacher to arrange a suitable time to visit the department.

PLANNING YOUR REVISION

REVISION TIMETABLES

Creating a revision timetable helps you use your revision time effectively. You can make it on paper and stick it somewhere you will see it every day, like above your desk, or create a digital calendar that you can easily refer to on your phone. Start your revision early and use all the weeks until your assessments so that you aren't just cramming at the last minute.

Follow these steps to produce a helpful revision timetable:

1.	Create a blank timetable covering all the days in the week and all the hours that you are awake.
2.	Mark on the hours of the week that you have fixed responsibilities, like hobbies, work, family commitments, etc. Schedule around these.
3.	Consider other activities that you can do with more flexibility. These may include exercise, catching up with friends, housework and of course eating! Don't put them into the timetable yet, but list them so you know what you will need to add.
4.	Do you work best in the mornings, afternoons or evenings? Think about the time of day when you are most productive and find it easiest to get motivated and remember information.
5.	Mark in the times that you will be revising based on your most focused time of day. Aim for 45-minute sessions with a 15-minute break in between.
6.	Incorporate your extra activities that have flexible timing around your revision sessions.
7.	Allow for extra time. It is important not to fill every slot in your study plan. As well as being overwhelming, you also need an element of flexibility - some topics may take longer than you anticipate, and other unexpected events may take up your time too.
8.	Now look at your revision sessions more closely. How many assessments do you have? Make a note of all your assessments and their dates. Work backwards from these dates to ensure you fit in enough revision time for each assessment.
9.	For each assessment write down a list of the main topics that should be covered.
10.	For each topic, think about how confident you currently are. Try rating your confidence between 1 and 5 (1 = low confidence, 5 = high confidence). Then dedicate more of your revision time to the topics where you have rated your confidence towards the lower end of the scale.
11.	At the end of each week, review your revision plan. What worked for you and what caused problems? Were you right about how long different activities took? You may need to adjust your plan or adjust how long you spend on certain tasks the following week.

REVISION TECHNIQUES

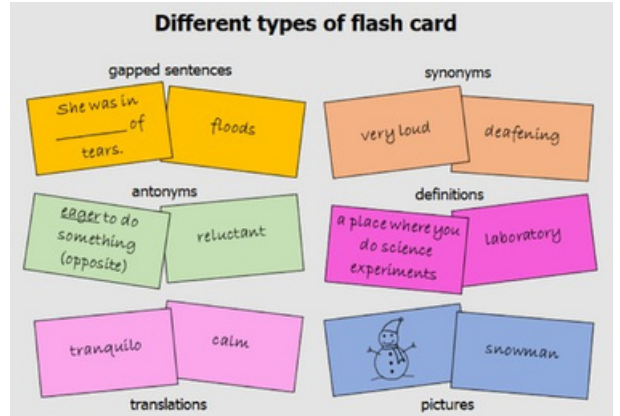
MIND MAPS

Ensure you have a central idea/topic with branches coming off with key words and information. Avoid too much detail.



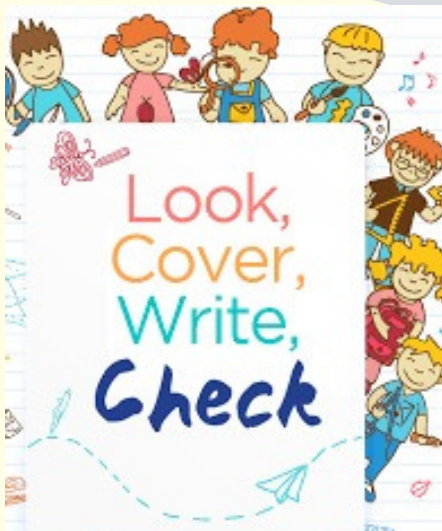
FLASH CARDS

Make up flash cards with topic words or questions on one side with the answer on the other side. Asking someone to quiz you using flashcards is very effective.



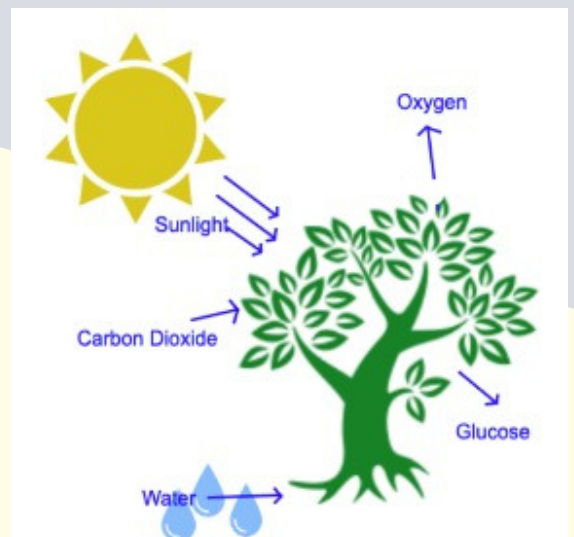
READ, COVER, WRITE, CHECK

Look over a topic, cover your notes/resources then try and write as much as you can. This is also known as a 'BRAIN DUMP.' Check what you have written against your notes. Highlight the information that you missed. Try again!



DUAL CODING

When making notes you should try to use both words and images to help you understand the information better. Also, using the image will help you recall important information.



REVISION TECHNIQUES

TOPIC REVISION POSTERS

If you have bigger topics to learn you can make a revision poster that has all the key information for one topic in one place. You can use dual coding when making this. Put it on wall or take a photo.



SELF-QUIZZING

Write yourself quiz questions and try to answer without looking at your notes. You could even use games like Kahoot and play with friends that do the same subject.



ACHIEVE

Log in to Achieve to access hundreds of links to free resources, SQA exam questions and solutions as well as online assessments.



POST-ITS

Write key facts/statistics/information on post-it notes and place around your room/house. Take pictures of these on your phone. Don't remove until you can recall information easily.



PAST PAPERS

Once you have completed all your revision, it will be time to try a past paper question. This can be found on the SQA website for every subject. Complete and hand into your teacher for marking.



Use family/carers/friends. If you do not want to quiz yourself, give your flashcards to those you live with and them to quiz you. Getting someone to time you is also very effective when completing past paper questions.

WELL-BEING

Assessments can be stressful that is why it's very important that you revise & prepare as this can help to reduce exam anxiety. In addition to revising there are other strategies you can do to look after your mental & physical health.

EAT

Diet is important so don't neglect it during the exam period. Don't skip meals, stay consistent with a healthy balance of meals & stay hydrated.



SLEEP

Staying up late to revise is a bad idea! Sleep deprivation can have a very negative impact on concentration, performance & memory.



EXERCISE

Take regular breaks from revision with exercise. Take part in a sport you enjoy, go for a walk or any activity that is active & part of your daily routine.



RELAX

Relax during assessments period? Yes! It is essential that you do make time to switch off & have a break. Watch Netflix, read or talk to friends.



STUDY SPACE

Take away all distractions. Treat your revision time like school. Remove your phone and put it in another room. Find a space that helps you concentrate.

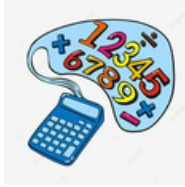


THINK POSITIVE

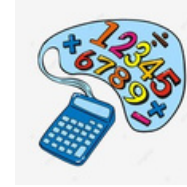
Do not give up. As long as you are fit and healthy, complete your revision and talk with your teachers you **WILL BE FINE**.



SUBJECT SPECIFIC REVISION RESOURCES



MATHS



MICROSOFT TEAMS

N5 Maths: **lus3wnj**

Higher Maths: **gush16u**

Advanced Higher Maths: **gvbqwur**



USEFUL WEBSITES

<https://www.national5maths.co.uk/free-national-5-maths-2/>

<https://www.highermathematics.co.uk/higher-maths-whole-course/>

<https://www.advancedhighermaths.co.uk/free-ah-maths/>

<https://achieve.hashtag-learning.co.uk/user-start/?next=/>

How To Study Mathematics

Identify The Issues

Notes

- Maths is a practical subject.
- **Never** just read your notes.
- You need to do questions!

Past Exam Questions

- Make a **list** of your mistakes
- Write out the correct solutions, don't just read them.
- If you don't understand a question, **ask for help!**
- Go back a few days later and do the questions on your mistake list again.

Be Strategic & Get Support

Be Strategic

- Sometimes do whole past papers, sometimes focus on one topic.
- e.g. : have a day where you focus on your least favourite topic

Homework

- Make sure it is done.
- Go back and fix your mistakes
- Don't ignore the ones you get wrong

Get Support

- Attend supported study
- Ask your teacher for help
- Youtube videos

Help Yourself Remember

Test Yourself

- Do past papers without your notes.
- See what you *really* know
- Redo your incorrect questions a few days later.
- See if you have improved.

Space Your Practice

- An hour of study done often throughout the year is much better than cramming at the end. You will remember more this way.

SUBJECT SPECIFIC REVISION RESOURCES

SCIENCE

All science courses at Higher and National have either a Microsoft Teams page or a Google Classroom that will support you with your study. These pages include study notes, lesson powerpoint presentations, problems to try and past papers. Follow the links below and use the Team code or the QR code to access the page for the course you are studying:

Chemistry Microsoft Teams

Higher Chemistry
es83z0x

N5 Chemistry
cnbc9fu

Physics Microsoft Teams

Higher Physics
fw3gtbo

N5 Physics
60lolbp



Biology Google Classrooms

Higher Biology

Unit 1



Unit 2



Unit 3



N5 Biology

Unit 1



Unit 2



Unit 3



SUBJECT SPECIFIC REVISION RESOURCES

MODERN LANGUAGES



USEFUL WEBSITES

Bitesize French

Linguascope.com: Intermediate section for general vocabulary revision Username: trinityhs Password: games1!

SQA Past Papers for Reading & Listening Practice

Satchel One / Teams for extra listening practice and materials.

[Languages Online Higher French Revision](#)

[Languages Online Higher Italian Revision](#)

CLICK ON THE LINKS BELOW TO ACCESS STUDY MATERIALS

[NATIONAL 5 STUDY SKILLS FRENCH](#)

[NATIONAL 5 STUDY SKILLS ITALIAN](#)

SUBJECT SPECIFIC REVISION RESOURCES

ART



USEFUL WEBSITES



The Art department has all its study resources for National 5 and Higher on the faculty website.:

www.trinityhighartech.weebly.com

This includes all revision material including ppt.s', completed evaluations and a study guide for each level.

PSYCHOLOGY

All Psychology course materials including: revision guides, exam technique and command word guides, PowerPoints and copies of booklets can be found on the class Teams pages.

Higher Psychology:

[Higher Psychology 2023-2024 | General | Microsoft Teams up9mb5k](#)



N5 Psychology:

[National 5 Psychology 2023-24 | General | Microsoft Teams](#)

USEFUL WEBSITES



[N5 PAST PAPERS](#)

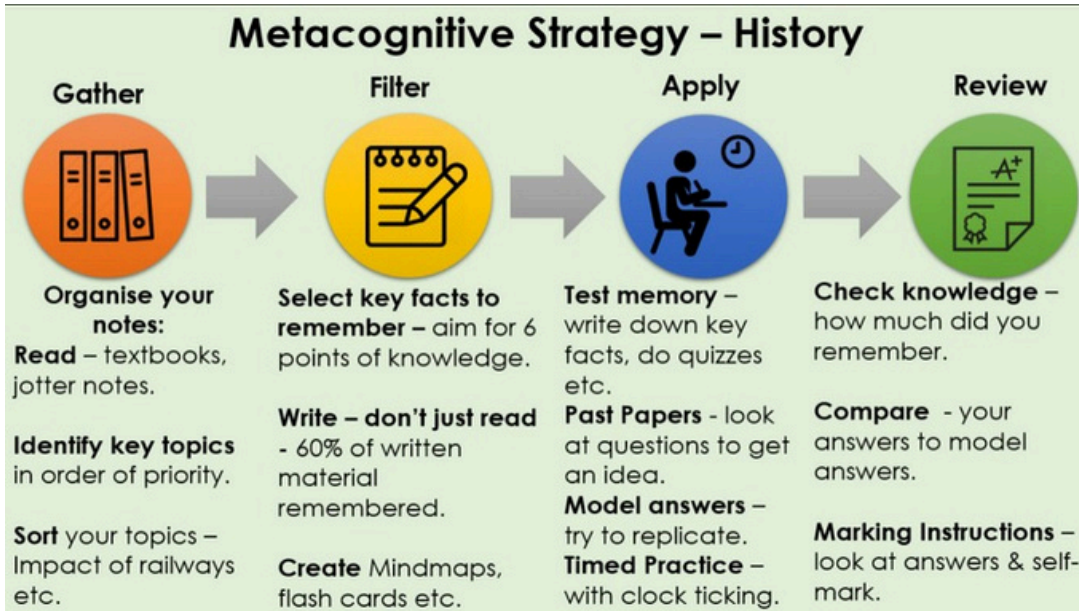
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[HIGHER PAST PAPERS](#)

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SUBJECT SPECIFIC REVISION RESOURCES

HISTORY



CLICK ON THE LINKS BELOW TO ACCESS STUDY MATERIALS

[NATIONAL 5 WRITING FRAME](#)

[NATIONAL 5 QUESTION GUIDE](#)

N5 MODERN STUDIES

20 Minute Method

5 Mins Study the mind map for the question.

10 Mins Under exam conditions write out the answer.

5 Mins Compare the answer back to the mind map to fill in any gaps.

HIGHER MODERN STUDIES

- 1. Study re-draft – do you understand every paragraph/can you remember everything? (30 mins)**
- 2. Write essay under exam conditions (40 mins)**
- 3. Compare this to the re-draft – how close is it? What have you missed out? (10 mins)**

GEOGRAPHY

Geography Metacognitive Revision Technique

You should follow the below routine in order to maximise your revision time and ensure you fully understand the requirements of each area of study.

- 1- Look over topic within course ie- Weather/ Population / Rural
- 2- Read over these notes and ensure your content knowledge is sufficient. If not, build notes through methods such as mindmaps, bulletpoints, flashcards etc.
- 3- Attempt the exam style questions available for this topic (final exam booklet). Ensure you are giving yourself the correct timings per mark (N5= 1.75mins/mark, H=1min/mark).
- 4- Once complete, refer to the marking instructions (final exam booklet).
- 5- Add in any missed content to both your ESQ and your notes.
- 6- If unsure, speak to your teacher.

