

Preparing for Exams

A guide for parents and pupils

Fortrose Academy 2022



OUR AIMS

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The aim of this resource is to provide both pupils and parents with advice, support and resources to aid the revision process leading up to final exams in April/May 2022.

This year has not been 'normal'. We understand pupils have had a very difficult couple of years and have not had experience of sitting SQA exams. Staff have also struggled to cover courses and close attainment gaps in the time given. Overall I am hugely proud of the efforts put in by the whole school community during these challenging times.

We have gathered together advice, support materials and useful links to allow pupils to revise and supplement their existing studies and for parents to know where to look and what to do to help. We hope you find this useful.

J Ross, Acting Head Teacher



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*“You can’t change your past,
but you can change your
future”*

Are you ready?

1.

**WHAT CAN YOU, AS A PUPIL, DO
TO BE BETTER PREPARED FOR
YOUR EXAMS?**

Remember the Super 6 Skills

1. **Be resilient** - stick at it
2. **Communicate** with your Teachers
3. **Collaborate** - work with others if this helps
4. Use your **ICT skills** to access online resources
5. **Be creative** in your study - try something new
6. **Be organised** - stick to a study plan, meet deadlines and manage your resources

Fortrose ASG Super 6 Skills



RESILIENCE

- Persistence - don't give up, work towards achieving your goals
- Confidence - believe in yourself and your potential
 - Recover quickly from difficulties

HOW CAN I DEVELOP THESE SKILLS?

- Positive thinking - "I can..."
- Challenge yourself and learn from your mistakes
- Confide in others



COMMUNICATION SKILLS

- Be an active listener, explain and present clearly
- Put forward your own ideas - verbal, non-verbal, visual
 - Ask appropriate questions

HOW CAN I DEVELOP THESE SKILLS?

- Engage in class discussion, listen carefully
- Put yourself forward during group tasks
- Work without help but know when to ask for it



COLLABORATION

- Working well with others
- Get things done when working with people
- Value the skills and experience that others have

HOW CAN I DEVELOP THESE SKILLS?

- Plan ahead when working with others
- Ensure everyone has a voice when working in teams
- Ask others for their input



ICT

- File management - create and manage folders
- Responsible and safe use of technology, particularly when online
- Research skills - gather and communicate information

HOW CAN I DEVELOP THESE SKILLS?

- Take time to organise your work
- Take and listen to advice about your online presence



CREATIVITY

- Curiosity - be inquisitive and ask questions
- Open-mindedness - be open to new things and new ideas
- Imagination - explore and generate your own ideas
- Problem-solving - identify and solve problems

HOW CAN I DEVELOP THESE SKILLS?

- Think how you can make your work better
- Put yourself forward and learn new skills
- Share your ideas and use feedback well



ORGANISATIONAL SKILLS

- Plan your work to meet deadlines and targets
- Organise your own time and be on time
- Monitor your progress and stay on track

HOW CAN I DEVELOP THESE SKILLS?

- Use calendar/diary/reminders
- Plan your day and ensure change plans when necessary
- Help organise an event or project

KNOW WHAT IS IN THE COURSE

The SQA have made modifications to the 2022 courses due to the pandemic. Make sure you know what is in and what is out. Look at the Course Information 21-22 documents for the courses you are studying.

[Subject Information link](#)

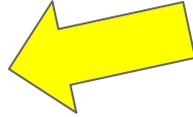
USE PAST PAPERS TO PRACTICE

There are a wide range of past papers for all courses. Even though course arrangements are different for 2022 they are still very useful. **All pupils** should make use of past papers when carrying out revision prior to the exam diet.

[Past Papers link](#)



E-SGOIL



All senior pupils should register for E-sgoil as soon as possible. This service provides study support in the form of live weekly lessons but also has a bank of recorded lessons for many N5, H and AH Course



[Link to E-sgoil](#)

[Link to registration and login instructions](#)

SCHOLAR

Scholar offers subject support for a range of courses (see next slide for list). There are notes and assessment work provided that will enhance your classroom learning and give you another opportunity to revise course material.

[Scholar login](#)



List of Scholar Courses

Available Courses

Humanities and Social Sciences				Languages				Sciences			
	N5	H	AH		N5	H	AH		N5	H	AH
Accounting		✓	✓	ESOL	✓	✓	**	Applications of Mathematics	✓	✓	**
Art and Design		✓		French	*	✓	✓	Biology	✓	✓	✓
Business Management		✓	✓	Gaelic	*	✓		Chemistry	✓	✓	✓
Economics		✓	✓	German	*	✓	✓	Computing Science	✓	✓	✓
English	✓	✓	✓	Mandarin	✓			Human Biology	**	✓	**
Psychology		✓	**	Spanish	*	✓	✓	Mathematics	✓	✓	✓
								Physics	✓	✓	✓

EASTER STUDY SUPPORT

Running from 7th - 15th April 2022, e-sgoil will be offering live webinars covering upwards of 60 courses, with three inputs per course.

[FOR MORE INFORMATION](#)



EASTER STUDY SUPPORT



7TH - 14TH APRIL 2022

National e-Learning Offer



NUTSHELLS FROM THE NATIONAL PARENT FORUM

These detail the key facts in a course

[Nationals in a Nutshell](#)

GOOGLE CLASSROOM

Have you fully explored the resources available to you in your classrooms? You may find that your teacher has uploaded teaching materials, past papers, marking schemes, notes - check these out.

Resources are available through Scottish Online Lessons. Please note there is a monthly charge of £5 or annual £50 fee. A free one day trial is available.

Please note we are not advising students need this resource, simply providing more options which you may wish to explore.



[CLICK TO VIEW SITE](#)

If prelims didn't go according to plan, why was this?

Lack of revision time, poor revision techniques? Whatever method of revision you use, you must ensure that you **test** yourself to check if you remember what you are revising.



Have a set study area

It can help you get into the revising mindset if you study in the same place. Ensure you are comfortable and can have your resources around you.

Organise your notes

Having separate folders or notepads in different colours for each subject helps keep you organised.



Study plan

Start studying now and plan what units need to be covered for each subject. Set yourself daily/weekly targets. Study in blocks of 45 minutes with short breaks for water/fresh air.

LEARNING

Research tells us you need to learn things **3 times for it to sink in**
- try learning in 3 different ways

REVISING

Reinforcing what you know and driving these facts and thoughts into your long-term memory

PRACTICING

Use what you have learned to try past paper questions

ANXIETY

Feeling stressed is normal around exams; it is the body's natural response. It helps us perform.

TALK TO SOMEONE

If you feel the level of anxiety you are feeling is not normal please speak to someone about this.

TIPS TO COPE

[How To Deal with Exam Stress | YoungMinds](#)

[Best Apps for Anxiety of 2022](#)

2.



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**WHAT CAN YOU, AS A PARENT,
DO TO SUPPORT YOUR CHILD?**

1. **PLAN AHEAD** - Note down the dates of their exams. Start/finish times may be different at Fortrose Academy to fit in with bus times, but the days are the same.

https://www.sqa.org.uk/sqa/files_ccc/nq-2022-exam-timetable.pdf

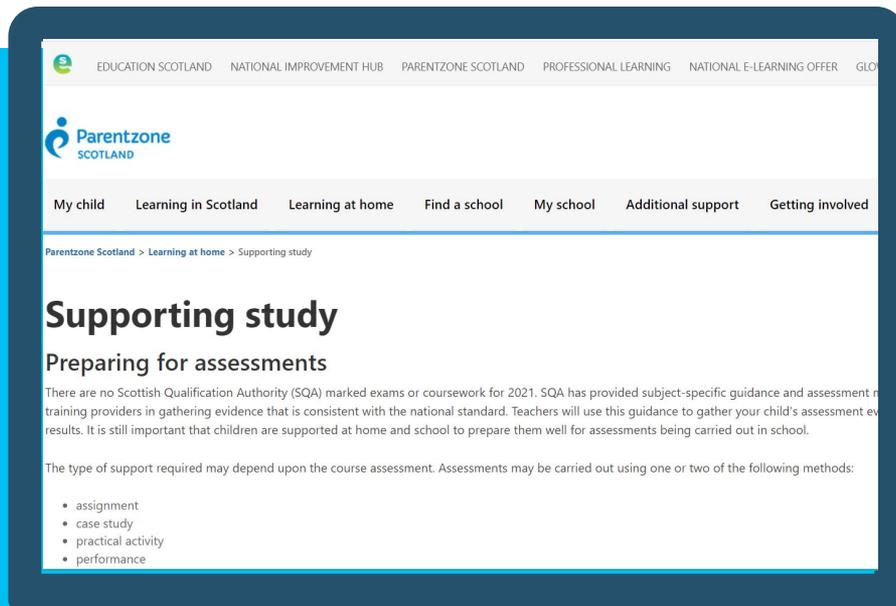
2. **OFFER SUPPORT** - Offer to help 'test' their knowledge or just check in on how they are doing. Just reassure them that brighter days are ahead and encourage them to speak to their teachers if they are unsure about things.

USEFUL RESOURCES

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PARENTZONE

[Supporting study |
Learning at home |
Parent Zone](#)

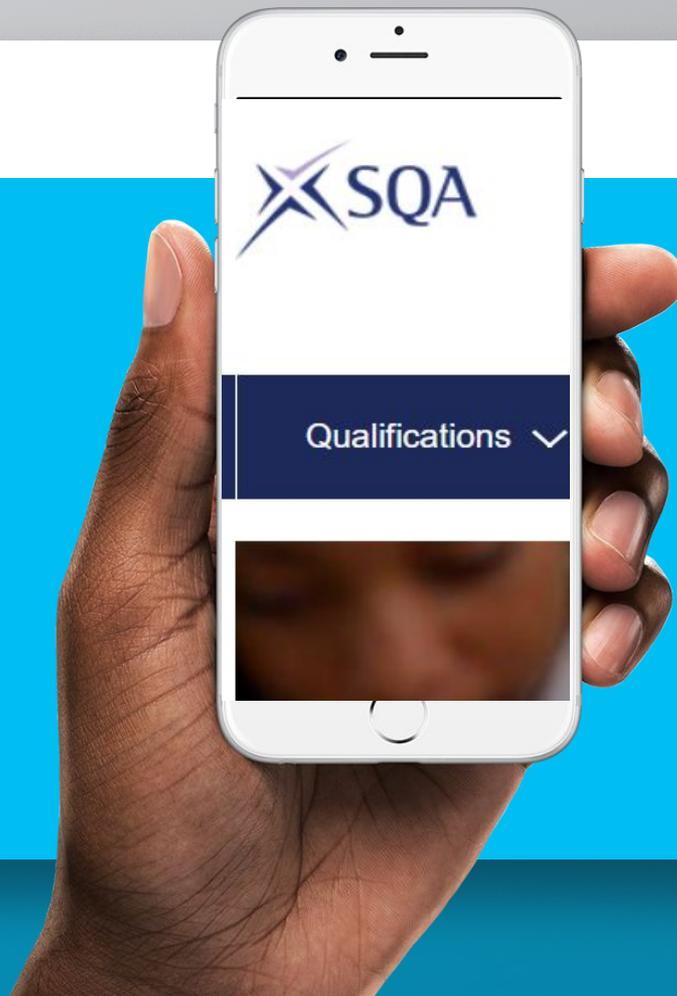


SQA PARENT INFORMATION

For more information on changes to this years SQA exams click below

[Modifications and revision support 2022 - table- SQA](#)

This will be updated as more information becomes available



A certain amount of anxiety around exams is to be expected, but please get in touch if you are concerned about your child.

[Assessment stress and pressure | Childline](#)



Any questions?

Please get in touch with the Guidance team as a first point of contact if you have any further questions or concerns.