

Steps for Success



Top Ten Steps for Success

1. Short but regular bursts of revision (30-40 minutes) are most effective.
2. Find a quiet place to revise. (Time limit social media use and gaming)
3. Focus on the subjects and topics you need to work on most.
4. Make your own revision notes.
5. Rewrite the key points of your revision notes; read them out loud to yourself.
6. Use different techniques. Make your own learning maps, use post-it notes to write key words on, create flash cards. Use highlighter pens to mark important points.
7. Practise exam style questions.
8. Seek support from teachers, parents/carers or friends.
9. Eat properly and get lots of sleep!
10. Believe in yourself and be positive.



Getting started on revision

Where?

Find a fixed place to study that becomes firmly associated in your mind with productive work such as the school library, your bedroom, your dining room or study.

What?

Know at the start of a session what you want to have completed by the end of the period. Make the tasks specific and realistic.

How?

It usually helps to begin with a subject you like, move on to other less favoured areas, and then finish up with a favoured topic.

Why?

Test your progress at the end of a study session. Ask yourself "what have I just learnt?"

Revision Tips

1. Make a list of all the topics you need to revise

Each subject that you are studying can be broken down into smaller sections. List all the topics on the course and use this as a 'revision checklist' for the subject. Tick topics off as you have learnt them.

2. Create a revision plan

Split each day (including weekends) into half hour/hour slots and make sure you study all of your subjects across the week. Put the plan on display in your house so that your family/guardians are aware of it.

3. Use a variety of revision techniques

Have you tried mindmaps, diagrams, colour, mnemonics, recording yourself and listening back to it, walking round?



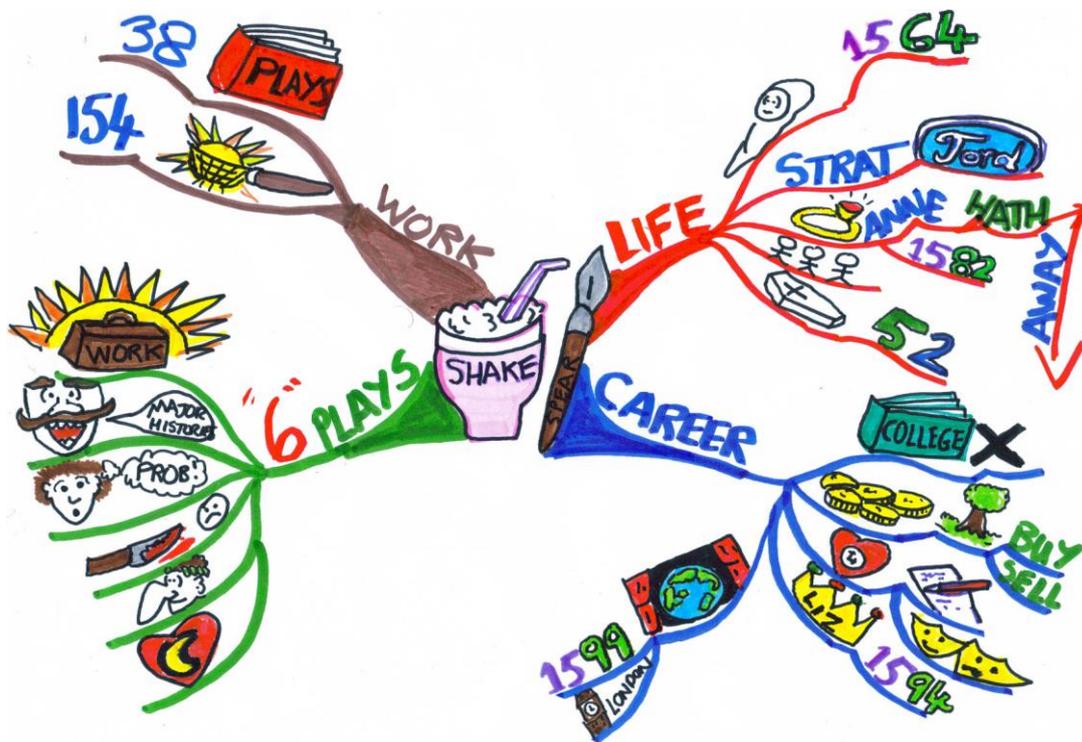
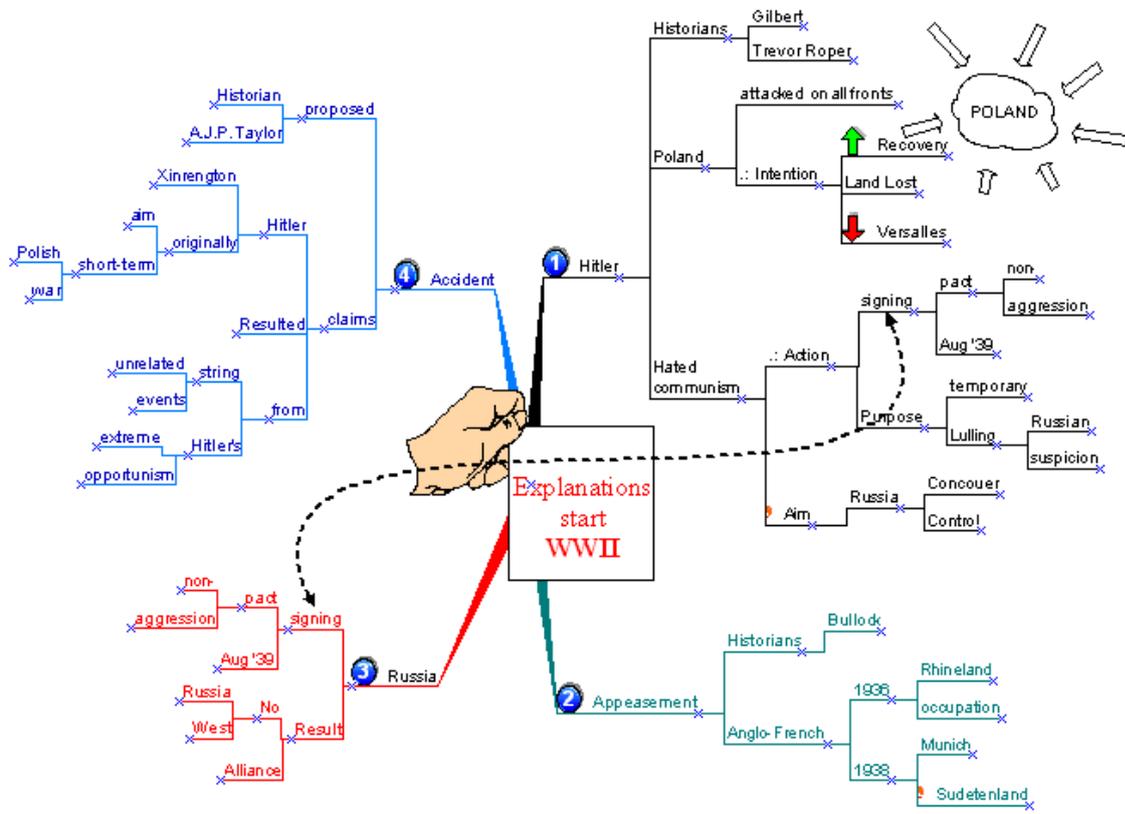
4. Take regular breaks

Drink plenty of water, plan for lunch and treats. Switch between subjects and topics.

Revision Strategies

MIND MAPS: Make mind-maps or association maps rather than taking notes.

Mapping your notes by radiating key words out in a pattern of links from a central point will make best use of your memory. If you use colour and images on the maps, you'll be harnessing the power of both sides of your brain - creative and logical.



READ INTELLIGENTLY: Browse through a book or your notes looking at headings and summaries then attempt to mind map what you have spotted and what you can remember.

USE CARDS. Write questions on one side and answers on the other. Then get your family/guardians/friends to test you.

CONDENSE. Fitting notes onto one side of paper makes them easier to stomach, so rewrite and cut down as you go.

HIGHLIGHT. Target key areas using colours and symbols.

RECORD. Try putting important points, quotations and formulae on audio devices. If you hear them and read them, they're more likely to sink in.

TALK. Read your notes out loud; it's one way of getting them to register.

TEST. See what you can remember without notes, but avoid testing yourself on subjects you know already. Why not ask someone else to test you?

TIME. Do past exam papers against the clock; it's an excellent way of getting up to speed and of checking where there are gaps in your knowledge.

The Examiner's View

The job of examiners is to give you marks, not to take them away.

- **Read the paper correctly**
- **Ensure the paper is completed**
- **Consider the marks available for each question**

Performing on the Day

- **Get a good night's sleep**
- **Arrive in plenty of time**
- **Have your equipment ready**
- **Think positively**
- **Maintain your focus**
- **Beware of post-exam analysis**



Dealing with Distractions

- *"I just start day-dreaming"*
Become an active learner. Always work with a pen and paper. Focus on a specific task, not a specified time for your study.
- *"I can't focus because I'm anxious about the exams"*
Try to limit yourself to your immediate concerns, the things you have some control over (preparation for the upcoming revision test) rather than the things you cannot determine (like what questions the examiners will choose for this year's Maths paper.)
- *"I often fall asleep when I'm supposed to be studying"*
Try to get to bed on time over the coming weeks. A tired brain is very unproductive. Get some genuine rest at the weekend. Be sure to get regular exercise, even just a walk around the block at night to clear your head.
- *"I'm constantly interrupted by other people"*
Study in the location most likely to offer peace and quiet. Ask for consideration from family/household members over the final run up to exams. Never have a TV, phone, computer game, or music system within arm's reach while you are trying to work. Make a rule of not taking phone calls within certain defined periods.
- *"I keep thinking of other things while I'm studying"*
Divide the study session into smaller, short-range goals which demand your full attention e.g. vocabulary or poetry test.

Websites to help your revision

REMEMBER: Making your own revision notes from your classwork and homework and are the most effective forms of revision notes.

Revision websites

www.bbc.co.uk/schools/gcsebitesize/

<http://www.revision-notes.co.uk/GCSE/>

<http://www.projectgcse.co.uk/>

www.samlearning.com (school ID is GU2GC and your password and user name are both your date of birth (6 figures e.g. 100691) plus your initials. (eg 100691HN)

www.topmarks.co.uk has links to other revision websites

English

GCSE answers Novel Guide www.novelguide.com/

Has chapter summaries, character profiles, metaphor and theme analyses, and author biographies.

GCSE Answer www.gcse.com/

Award winning site offering useful advice to students in the form of tutorials, exam techniques and handy tips.

Spark Notes www.sparknotes.com/lit/.dir/

A compilation of study guides to many common Literature texts.

www.bbc.co.uk/bitesize

www.bbc.co.uk/skillswise

Bright Red Publishing Digital Zone:

<http://www.brightredbooks.net/subjects/n5english>

<http://www.brightredbooks.net/subjects/higherenglish>

National 5, Higher and Advanced Higher English: SCHOLAR

Modern Languages

www.linguascope.co.uk

www.euroclubschools.co.uk

www.atantot-extra.co.uk

BBC – GCSE Bitesize – French/German/Spanish

Maths

<https://www.youtube.com/channel/UC8TiMmdVWjR1x4fjMyd4g5A>

www.mathsrevision.com

www.sptamaths.co.uk

www.hsn.uk.net

www.khanacademy.org

Advanced Higher Mathematics – Search for ‘DLB Maths’ on www.youtube.com

Higher Mathematics - <http://www.bbc.co.uk/bitesize/higher/maths/>

National 5 Mathematics - <http://www.bbc.co.uk/education/subjects/ztrjnp3>

National 4 Mathematics - <http://www.bbc.co.uk/education/subjects/zyc76sg>

SCHOLAR

<http://scholar.hw.ac.uk/>

Excellent online resources for National 5, Higher and AH. Requires a username and password, which are available from Mr Barnes

National 5 Maths

National 5: <http://national5maths.co.uk/free-national-5-maths-2/>

Higher: <http://www.national5maths.co.uk/free-higher-maths/>

AHigher: <http://www.national5maths.co.uk/free-ah-maths/>

Past paper questions listed by year and topic.

On Twitter: Rigour Maths @cdmasterworks.co.uk

Daily ‘Rigour

Biology

www.bbc.co.uk/bitesize/higher/biology/

Part of the BBC Bitesize series. Higher summary notes and unit tests which correct your answers.

<http://scholar.hw.ac.uk>

An excellent resource providing detailed pupil notes, questions, homework and revision exercises. Pupils need to be registered by school and have a scholar password in order to access resource. Available for Higher and Advanced Higher. For more info see Mr Barnes.

www.speysidehigh.net/content/biology

A useful site showing how another school approaches the courses. Includes various power points, summary notes etc.

Various other schools have resources try also Kelso and Hamilton Grammar to name a couple.

www.sciberbrain.org

Good general resource for issues such as stem cells.

Chemistry

National 4 Chemistry - <http://www.bbc.co.uk/education/subjects/zhvycdm>

National 5 Chemistry - <http://www.bbc.co.uk/education/subjects/zmnp34j>

The above websites are part of the BBC beta and are all mobile device friendly.

Physics

National 4 Physics - <http://www.bbc.co.uk/education/subjects/znb39j6>

National 5 Physics - <http://www.bbc.co.uk/education/subjects/z6fsgk7>

The above websites are part of the BBC beta and are all mobile device friendly. This may appeal to a large group of our pupils.

Geography

National 4/5

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

<http://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Geography&level=N5>

<https://prezi.com/user/mrtsimpson/prezis/> (be aware that some of the case studies are different to the ones we have studied in class)

Higher

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

<http://www.bbc.co.uk/scotland/learning/secondary/geography/>

<http://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Geography&level=NH>

<https://prezi.com/user/mrtsimpson/prezis/> (be aware that some of the case studies are different to the ones we have studied in class)

History

National 5

<http://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=History&level=N5>

<https://mrmarrhistory.wordpress.com/national-45/>

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

Higher

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

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

<https://www.bbc.co.uk/education/subjects/zxpf9g>

Advanced Higher

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=History&level=NAH>

<https://mrmarrhistory.wordpress.com/advanced-higher-history/>

www.historychannel.com

www.schoolshistory.org.uk

Modern Studies

National 5

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Modern+Studies&level=N5>

<https://www.bbc.co.uk/education/subjects/zxsnb9g>

<http://www.bbc.co.uk/news>

Higher

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

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

<http://www.bbc.co.uk/news>

Advanced Higher

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Modern+Studies&level=NAH>

<http://www.bbc.co.uk/news>

Philosophy

National 5

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=Philosophy&level=N5>

Higher

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

PE

<https://www.bbc.com/education/examspecs/zp49cwx>

www.teachpe.com

BBC Bitesize - www.bbc.co.uk/education/subjects - Select Scotland, Level (H, N4, N5) and select Physical Education.

Food Technology

www.foodtech.org.uk

www.nutrition.org.uk

www.foodforum.org.uk

www.sainsburys.co.uk

www.tesco.co.uk

www.foodafactoflife.co.uk

www.asda.co.uk

Business Management

Bank of England: www.bankofengland.co.uk

Latest financial news as well as sections on banknotes, the Euro, monetary policy and statistics. Ideal for GCSE students who need to keep up with national financial developments.

Other useful websites:

<https://busineseducationforlearners.wordpress.com/videos/>

[BBC – bitesize – Higher/National 5 Business Management](#)

[Tutor2u – Business Management– Higher](#)

[Scholar – Business Management – Higher](#)

[Quizlet – Higher/National 5 Business Management](#)

Computing

<http://www.brightredbooks.net/subjects/n5computing>

Aimed at National 4 & 5 Computing Science – some extra media and tutorials to supplement the Bright Red text book.

NOTE: To access this website, pupils need to register giving a username and password. Registration is free.

<http://www.teach-ict.com/index.html>

Suited to junior pupils, this website provides a wealth of resources for basic levels of ICT and Computing Science including Scratch programming tutorials.

<http://forrestercomputing.wikispaces.com/>

<https://www.bbc.co.uk/education/subjects/zfs3kqt>

These websites have links to all of the Computing/Computing Science courses that we run in Schools. They provide pupil materials and useful media to consolidate work done in class.

National 5

<https://diagnosticquestions.com/>

Higher Computing

<https://courses.scholar.hw.ac.uk/vle/scholar/>

Music

<https://www.musicfirst.co.uk>

You will need your log on details for this website. See your teacher if you have forgotten them. Go to 'Lessons' and then 'My School' to find information your teacher has put on.

<https://www.Quizlet.com>

You will need to register with this website. Search for Music / Music Technology and look for ones which have lots of terms. Searching for Alloa Academy should also bring up any sets your teacher has put on (from April onwards).

Listening to any style of music and asking yourself questions such as:

What style am I listening to? How many beats are in a bar? Is it major/minor? What instruments/types of voices can I hear? What is the structure of the piece? (Tech pupils should also ask: What is the style/decade of the piece? What are the technological/musical attributes of that style? What effects have been used? Is there any panning?)

In addition, Music (Performing) pupils should try to listen to Classical FM and ask similar questions including the period of music, and how they know this.

Try to listen to music for information on the morning of the exam as a 'warm-up'

Art

<https://www.sqa.org.uk/sqa/45707.html>

<https://www.bbc.co.uk/education/subjects/zts3kqt>

<https://www.bbc.co.uk/education/subjects/zhfb87h>

<https://education.gov.scot/nationalqualifications/resources/art-and-design/Art%20and%20Design%20-%20Design%20Activity%20-%20Advice%20and%20Guidance%20for%20Practitioners>

<https://education.gov.scot/nationalqualifications/resources/art-and-design/Art%20and%20Design%20-%20Expressive%20with%20Critical%20-%20Objects%20Project%20-%20Contemporary%20Sculpture>

https://books.scholar.hw.ac.uk/wp-content/uploads/2016/02/hg_cart_unit3.pdf

https://www.npfs.org.uk/wp-content/uploads/2013/03/nutshell_artdesign_N4_E.pdf

https://www.npfs.org.uk/wp-content/uploads/2013/03/nutshell_artdesign_N5_E.pdf

https://www.nationalgalleries.org/?gclid=EAIaIQobChMI2pOq-ZOv2QIVbrftCh0_OAVdEAAYASAAEgKLPPD_BwE

<https://www.britannica.com/topic/list-of-art-and-design-movements-of-the-20th-century-2004700>

<http://www.vam.ac.uk/page/0-9/20th-century-design-styles/>

http://www.theartstory.org/section_movements.html

Design and Technology

<http://www.technologystudent.com/>

<https://www.howstuffworks.com/>

www.ergonomics4schools.co.uk

www.alessi.com

www.dyson.co.uk

Stress Management

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graph TD; SM[Stress Management] --- LR[Learn to relax]; SM --- EX[Exercise]; SM --- TI[Time]; SM --- ML[Make a list]; SM --- SL[Sleep]; SM --- BH[Be healthy]; SM --- GC[Get organised]; SM --- BP[Be positive]; SM --- TALK[Talk]; SM --- SC[Stay calm];
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Learn to relax

Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow deep breaths.

Exercise

Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk will do the trick.

Time

Recognise that you can only do so much in a given time.

Make a list

Make a list of the things that are worrying you and the possible things that could happen – then your brain will stop bringing them forward all the time.

Sleep

Don't become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night.

Be healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives. Drink lots of water.

Get organised

Have a realistic daily schedule including revision, sleep, eating, relationships and recreation.

Be positive

Talk positively to yourself! Don't pay attention to that internal voice saying you can't do it; tell yourself you can do it and you will do it.

Talk

Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

Stay calm

Make sure you are in a calm, positive mood before you start studying.