

Lockerbie Academy



**STUDY GUIDE FOR
PARENTS**

Introduction

This booklet has been produced to give a source of information and tips on how to help your child with their studies.

Pupils have access to a wealth of information to help with their preparation for assessments and exams – we hope this booklet will help point you in the direction of some of these sources. Tracker reports will be issued in November, February and March. These reports will highlight where progress is going well and also where more work is needed to achieve results. In both cases, study is essential to maintain good grades and to make improvements.

If you would like to know further details of the courses that your child is studying, the National Parent Council for Scotland has produced a range of guides for all courses and levels for Parents called Nationals in a Nutshell - <http://www.npfs.org.uk/downloads/>.

Study Tips

Everyone studies in their own way and it is important that pupils find the best way for them. If your child seems to be struggling with a study routine at home then here are some different methods that people use. You might want to discuss this with them and help them try out some new ways.

- Use online resources – we have listed some examples in this booklet.
- Complete past paper questions.
- Make and use Flash Cards.
- Try mind-mapping/spider diagrams.
- Generate **short** notes or summarise from lessons or text books.
- Use coloured pens or highlighter to emphasise key points in notes.
- Learn or create mnemonics to help remember chunks of information. (ROYGBIV – Richard of York Gave Battle in Vain)
- Write and record mp3 files of notes to listen back.
- Plan a weekly revision timetable.
- Post-it notes in your room/house of key facts.
- Test your knowledge at home with family or friends.
- Break study time into small blocks. Study is most effective for 20-40 minutes at a time, after this focus is lost. Encourage them to take regular breaks.

Having a good study environment is also very important.

Students often listen to music when studying and many believe that this helps them to study more effectively. However, mobile phones are a distraction—if students are constantly checking texts and looking up Facebook they will not be able to concentrate on their studying. If your child does not have the self-discipline to switch off their phone when studying, then consider keeping it safe for them until study has finished.

Encourage your child to keep all school textbooks, jotters files and notes together either on shelves or in a box. That way they do not have to spend time hunting for things they need.

Key Dates

Date	Event
Wk beginning 22 nd September 2025	Tracker 1 issued
Wk beginning 24 th November 2025	Tracker 2 issued
Throughout January 2026	Prelims
Wk beginning 09 th February 2026	Tracker 3 issued
Wk beginning 23 rd March 2026	Tracker 4 issued
Wednesday 22 nd April 2026	SQA exams begin

Dealing with stress

Most people worry about keeping up with class work, missing deadlines, sitting tests and examinations etc. We may even make things worse for ourselves by assuming that we are bound to fail. Other demands add to stress – e.g. work, relationships and family demands. It is impossible to prevent stress but the following advice may help you to support your child to manage it.

- 1. Recognise the physical and mental symptoms of stress:*
 - Feeling...anxious, aggressive, depressed, tense, lacking in confidence, lonely.
 - Behaving...emotionally, eating too much or too little, speaking incoherently.
 - Finding it harder to concentrate, becoming forgetful, and encountering difficulties in making decisions.
 - Changes in the body – e.g. heart rate and blood pressure may rise, mouth becomes dry, sweating, pupil dilation, butterflies in stomach.
 - Increased absenteeism, less commitment, more antagonism, etc.
- 2. Develop organisational and planning skills. Managing time, identifying priorities.*
- 3. Keeping a balance between study and leisure. Exercise helps relieve stress – encourage them to plan their studies but also to plan their leisure time.*
- 4. Use other people for support – e.g. parents, friends, Pupil Support staff.*
- 5. Tackle problems. A big problem can be broken up into small parts and resolved.*
- 6. Eating a balanced diet and having regular meals, reducing consumption of sugar, salt and fatty foods and making sure they get regular and adequate amounts of sleep.*

SQA

All students studying at National 5, Higher and Advanced Higher level should be making use of past papers that are available for free from the SQA website. Completing these under the time restrictions that are in place for the exam will be good preparation.

www.sqa.org.uk/pastpapers

BBC Bitesize

Bitesize is the BBC's free online study support resource designed to aid students in preparation for their exams and coursework. The following subjects and levels are covered by this resource:

Subject	National 4	National 5	Higher
Art and Design	✓	✓	✓
Biology	✓	✓	
Business Management	✓	✓	✓
Chemistry	✓	✓	✓
Design and Manufacture	✓	✓	✓
Drama	✓	✓	✓
Engineer Science	✓	✓	✓
English	✓	✓	✓
French	✓	✓	✓
Geography	✓	✓	✓
German	✓	✓	✓
Graphic Communication	✓	✓	✓
Health and Food Technology	✓	✓	✓
History	✓	✓	✓
Hospitality	✓	✓	
Human Biology			✓
Maths	✓	✓	✓
Modern Studies	✓	✓	✓
Music	✓	✓	✓
Music Technology	✓	✓	✓
Physical Education	✓	✓	✓
Physics	✓	✓	✓
RMPS	✓	✓	✓
Spanish	✓	✓	✓

www.bbc.co.uk/education

The BBC also offers an App so that this resource can be easily used on mobile devices.

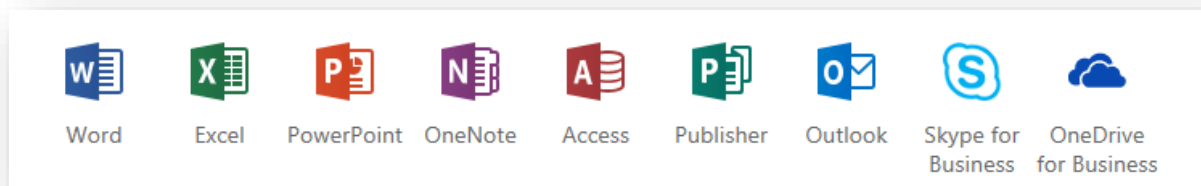
Glow

Glow is Scotland's national educational network – providing many educational resources and tools to help with study.

All pupils have access to Glow through an individual username and password. Pupils should speak to one of their teachers if they cannot remember their login details.

Microsoft Office

All pupils can download a free copy of Microsoft Office through their Glow account. The download provides access to the following Microsoft Applications:



Many of these applications will be useful for study and classwork throughout the year. It is also possible to download Microsoft Office onto a tablet or smart phone. Pupils should speak to Mr Stephenson if they need further help with accessing this facility.

Teams

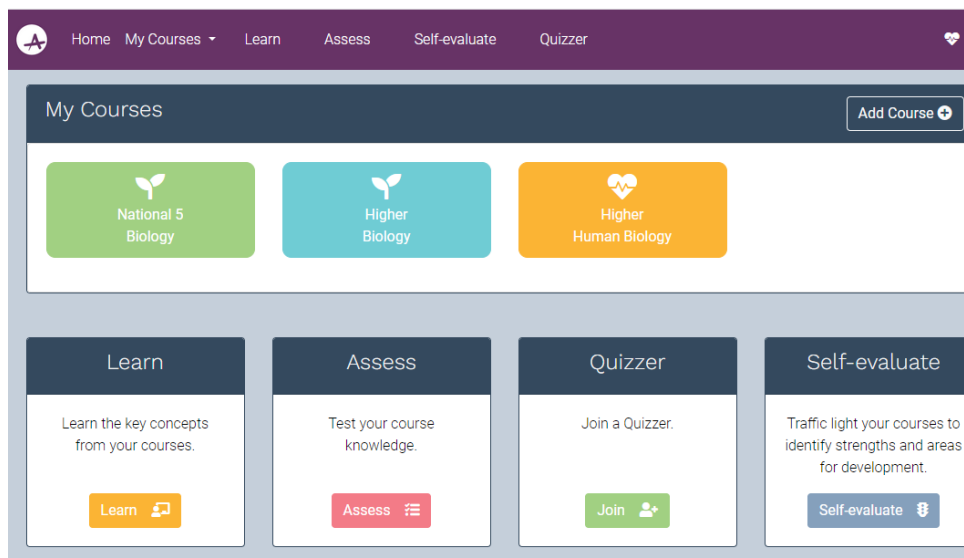


All subject areas have uploaded resources into Teams within Glow. Teams can be accessed through the Glow Launchpad or by downloading the Teams app from app stores on mobile devices.

If you use the Teams app you will need to sign in using your Glow username – but please add @glow.sch.uk at the end.
username@glow.sch.uk

Achieve

All students have access to this website which has questions covering nearly all National 5, Higher and Advance Higher courses.



Supported Study

This may be offered by some departments either at lunchtime or after school. As well as the support offered by teaching staff during class time, there is online support provided through eSgoil. They provide a large selection of revision resources and have an extensive weekly online live delivery of revision/tutorial sessions.

e-sgoil (not confirmed if it will run this year or not)

For more information and to register: <https://e-sgoil.com/study-support/>



Study Support

2022/23

National e-Learning Offer



MONDAY

TIME	SUBJECT	LEVEL
5PM	English	Advanced Higher
5PM	Physics	National 5
5PM	RMPS	Higher
6PM	Maths	National 5
6PM	RMPS	National 5
6PM	Physics	Higher
6PM	Physics	Advanced Higher
6PM	Human Biology	Higher
6PM	Business Management	National 5
7PM	Application of Maths	Higher
7PM	Business Management	Advanced Higher
7PM	PE	Higher
7PM	Biology	Higher
7PM	Computing Science	Higher
7PM	Biology	Advanced Higher
7PM	Computing Science	National 5
7PM	Biology	National 5

TUESDAY

TIME	SUBJECT	LEVEL
5pm	Modern Studies	Higher
5PM	Geography	National 5
5PM	Music	National 5
5PM	Maths	National 4
5PM	Maths	Higher
6PM	Gaelic (learners)	National 5
6PM	Spanish	Higher
6PM	Maths	Advanced Higher
6PM	Art & Design	National 5/ Higher
6PM	Business Management	Higher
6PM	Chemistry	Advanced Higher
6PM	Music	Higher
7PM	Gaelic (learners)	Higher
7PM	Chemistry	National 5
7PM	English	National 5
7PM	History	Higher
7PM	French	Higher

WEDNESDAY

TIME	SUBJECT	LEVEL
5pm	German	Higher
5pm	Graphic Communication	Higher
5pm	Geography	Higher
5pm	Applications of Maths	National 5
6pm	Graphic Communication	National 5
6pm	Gaidhlig	Higher
6pm	English	National 4
6pm	Design & Manufacture	National 5
7pm	Gaidhlig	National 5
7pm	Design & Manufacture	Higher

THURSDAY

TIME	SUBJECT	LEVEL
5pm	PE	National 5
5PM	English	Higher
6PM	Engineering Science	Higher
6PM	Chemistry	Higher
7PM	History	National 5
7PM	Health & Food Technology	National 5/Higher

English, Maths, Sciences and Social Subjects webinars will begin in w.b. September 26th. Other webinars will begin in w.b. October 31st. Please check individual Teams for details of start dates.

Senior Phase Learning Spaces: <https://www.thinglink.com/card/1679198779850358786>



Useful revision websites

There are a number of free to use websites to help with revision. Here are some that have been suggested by teaching staff, but there are many others.

Subject	Level	Weblink
Admin and IT	All	www.typingtest.com www.hse.gov.uk
	Higher	www.belbin.com
Biology	N5	http://www.oronsay.org/Nat5.htm
Business	All	www.bbc.co.uk/news/business - other business news sites
Chemistry	All	www.evans2chemweb.co.uk
English	All	www.zotero.org
		www.quickanddirtytips.com/education/grammar
		www.ted.com/talks
		www.huffingtonpost.co.uk
		www.telegraph.co.uk
		www.independent.co.uk
		www.scotsman.com
		www.theguardian.com/uk/commentisfree
		www.completeissues.co.uk
		www.bbc.co.uk/skillswise/topic/punctuation asls.arts.gla.ac.uk/Schools.html
History	All	www.bbc.co.uk/education/subjects/z2phvcw
Home Economics	All	www.bbc.co.uk/iplayer - MasterChef, Saturday Morning Kitchen
Mathematics	All	www.mathsrevision.com
		www.national5maths.co.uk
	Higher/AH	www.hsn.uk.net
Modern Languages	All	www.languagesonline.org.uk www.bbc.co.uk/languages/spanish/tutors/grammar/ www.studyspanish.com/tutorial.htm https://conjuguemos.com/ www.colby.edu/~bknelson/SLC/index.php www.bbc.co.uk/languages/spanish/news www.elmundo.es https://www.youtube.com/channel/UCZTPEuXKCno9d9ctCWH5n1w
		ataea.co.uk
		mymusiconline.co.uk
Physical Education	Higher	satpehigher.wikispaces.com
Physics	All	www.mrsphysics.co.uk
Technical Education	All	www.technologystudent.com
		www.bbc.co.uk/schools/gcsebitesize/design
		www.yenka.com/en/Free_student_home_licences