



# Study Advice for Parents and Carers

# Strathaven Academy



# Preparing for Assessments

It is important that young people are supported at home to prepare them well for internal assessments and external exams.

The type of support required may depend upon the course assessment. Assessment types will vary but may include : assignments, practical activity, performance, portfolio of work, project, research task, multiple choice test, question paper in class, question paper under exam conditions.

Regular attendance throughout the year will help to ensure that your child keeps up with course work and homework.

Talking to your child to reassure and encourage them, and taking an appropriate level of interest in what they are doing, will help them get through what can be a stressful time and will help them to do their best.



# Creating a workspace

Try to create a workspace for your child that:

- is quiet and free from interruptions and distractions, particularly younger family members
- has a comfortable desk and chair
- maintains a comfortable temperature and good light
- has all the resources needed nearby : paper, pencil, dictionary, etc.
- avoids clutter – tidiness and organisation makes a difference
- has water and snacks available to prevent unnecessary visits to the kitchen.





# Managing their time

Young people often delay the start of preparation and studying for assessments, and often do not know where to start or how to organise themselves.

You can help:

- talk to your child or look at the school website and Google Classroom to find out the dates of forthcoming assessments and deadlines – the 'To Do' tool on Google Classroom is useful for this
- encourage your child to start revising / working on an assessment in good time to avoid cramming and undue stress
- use the school's Study Planners to plan a realistic timetable of study for each subject (available in Pupil Zone – Study Support)
- encourage your child to concentrate fully for 40 minute sessions with a 10-15 minute break before starting again. Older pupils may work for longer periods of time but breaks should be built in
- encourage your child to avoid timewasting by looking at their phone / social media.



# Getting organised

- Talk to your child and help them to organise their materials and ensure everything is to-hand before starting any work.
- Create a revision folder for each subject and divide this by unit or topic of work. Folders can be paper based or electronic to suit your child's study preferences.
- Provide a supply of paper, coloured pens, highlighters, post-it notes, revision cards.
- If your child is sitting SQA exams, check the dates and keep a record of these in a highly visible place.
- The school will provide a schedule for exams / assessments and an individualised timetable for SQA exams in May.
- You can access the full exam timetable on the SQA website. Pupils can also use the SQA [Personal Timetable Builder](#) facility to create their own timetable.



# Staying healthy

Staying healthy throughout assessment and exam periods is very important.

- Encourage your child to get plenty of sleep. This is particularly important the night before an exam.
- Encourage your child to eat well – provide healthy meals and snacks with lots of water to drink. On the morning of an exam encourage them to have a healthy breakfast on the day of an exam.
- Help your child or young person to avoid any unnecessary anxiety or panic by making sure they are in plenty of time for each exam and have everything they need e.g. pens, pencils, calculator, ruler.
- Encourage frequent exercise or simply a walk in the fresh air.





## What you should do now?

- Ensure your child has a study plan in place for the Winter Assessment diet and then again for the final SQA exams April/May
- Support your child to access Study Skills documents in the Pupil Zone of the School Website and to follow the advice given
- Encourage your child to stick to the study plan
- Contact your child's Guidance Teacher if advice or help is required
- For more information on managing exam stress

[NHS Tips on surviving exams](#)

[Samaritans - coping with exam stress](#)

[Mind - 14 ways to beat exam stress](#)



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