Kelso High School

S4-6 Study Guide



Advice and Resources for Learners, Parents and Carers

This booklet is designed to provide some practical strategies and signpost to resources that are available to learners at Kelso High School

Practical Strategies

1. Organise Your Study Schedule

- **Plan Early:** Start preparing weeks in advance to avoid last-minute cramming.
- **Create a Timetable:** Divide your time between subjects/topics based on importance and difficulty.
- **Prioritise:** Focus on high content topics or areas you find difficult.

2 Active Learning Techniques

- **Summarise Notes:** bullet points or highlight key areas.
- **Teach Someone Else:** Explaining a concept to another person helps your understanding.
- **Use Flashcards:** Ideal for memorising formulas, vocabulary, or key points.
- **Quiz Yourself:** Test your recall without looking at the material.
- **Solve Past Papers:** Familiarise yourself with the format and types of questions.
- **Timed Past Papers:** Mimic real exam conditions to improve time management.

3 Enhance Retention

- **Spaced Repetition:** Review material at increasing intervals over time.
- **Association Techniques:** Use mnemonics or create stories to remember facts.
- **Practice Retrieval:** Recall information from memory rather than rereading.

4 Stay Focussed

- **Pomodoro Technique:** Study for 25 minutes, then take a 5-minute break.
- **Eliminate Distractions:** Keep your phone away!
- **Set Specific Goals:** Know exactly what you aim to achieve in each session.

5 Stay Positive

- **Avoid Overwhelm:** Break tasks into smaller, manageable chunks.
- **Reward Progress:** Celebrate small wins to stay motivated.
- **Learn from Mistakes:** Review what you got wrong in practice to improve

6 Take Care of Yourself

- **Sleep Well:** Rest is crucial for memory.

- **Healthy Eating:** Include brain foods like nuts, fish, and leafy greens.
- **Exercise:** Physical activity boosts cognitive function and reduces stress.

Key Resources

e-Sgoil

e-Sgoil Home Page | e-Sgoil is the national e-learning service established in 2016 in the Western Isles of Scotland. Their focus is on live, interactive, online learning using technology to remove barriers and improve outcomes for young people. They offer a wide-ranging suite of programmes designed to complement the work of schools and support learners at all levels. These programmes are available to schools at no cost and include Study Support

e-Sgoil offer weekly evening Study Support webinars during term time, covering a wide range of subjects and levels.

Study Support is for Senior Phase learners who are working towards National Qualifications.

On this page Study Support | e-Sgoil you'll find the timetable for the full Webinar programme, as well as supporting materials, and information about how to register.

Webinars have now started – it's not too late to sign up!

ACHIEVE

We're pleased to let you know that ACHIEVE, a fantastic online learning and study tool, is now available to all National 5 and Higher students at Kelso High School. ACHIEVE is already used by the majority of schools across Scotland, providing students with easy access to high-quality resources designed to boost their learning, studying, and revision.

Here's what ACHIEVE offers:

- **Learn:** ACHIEVE gives students access to resources and links to past paper questions with worked solutions – ideal for independent study and getting exam-ready.
- **Assess:** With over 40,000 curriculum-linked questions, students can practise both multiple-choice and short-answer questions, receiving immediate feedback on what's going well and what to work on.

- **Self-Evaluate:** ACHIEVE encourages students to check their own progress, building confidence as they see themselves improve.

Getting started is easy – all your child needs to do is sign up at https://achieve.hashtag-learning.co.uk/ using the Kelso High School code **Xrt4Ujip**. Once logged in, they can explore all 56 National 5 and Higher courses available on ACHIEVE, access recent activities and homework, complete self-directed assessments and self-evaluations, and even earn badges and track streaks to stay motivated.

See also the ACHIEVE student support pack

SUCCEED

Introducing SUCCEED: A Study Toolkit for National 5 and Higher Students

Following the launch of ACHIEVE, we would like to make you aware of SUCCEED – a new study and revision toolkit now available to all National 5 and Higher students at Kelso High School. Accessible directly from within ACHIEVE, SUCCEED aims to support students in developing effective study habits, exam strategies, and positive approaches to managing their workload.

What is SUCCEED?
SUCCEED is a practical resource designed to help students structure their revision, strengthen study skills, and build the confidence they need to succeed. Key features include:

- **Learning Guides:** Practical guides on study techniques, exam preparation, and target setting.
- **Learner Profile:** A self-evaluation tool for identifying strengths and areas to focus on.
- **Flashcards:** Customisable flashcards to aid memory and reinforce key concepts.
- **Study Log:** A tool to track progress and study habits, supporting students' academic goals.
- **Revision Timetable:** A personalised revision planner tailored to each student's needs and timelines.
- **Journal:** A space for students to reflect on their progress, set goals, and build self-awareness.

How to Access SUCCEED
Students can access SUCCEED through ACHIEVE by clicking the "SUCCEED" button in the top-right corner of any ACHIEVE page. From there, they will find tools designed to help them stay organised, motivated, and well-prepared for their exams.

See also the SUCCEED student support Guide

SQA

Go to Learner support for National Qualifications - SQA to find the exam timetable, information about coursework, study timetables and support during exams.

BBC Bitesize

National 5 - Scotland - BBC Bitesize and Higher - Scotland - BBC Bitesize provides extra study support for National 5 and Higher.

Scholar

Scholar Online Learning is a digital learning resource providing study support for 42 SQA courses. Learners can ask their teacher for a login if they don't have one already.