



SUPPORTING YOUR CHILD THROUGH THEIR EXAMS

A guide for Parents and
Carers





THE ROLE OF THE SQA

The Scottish Qualifications Association is an accrediting body, which sets and maintains standards for many other awarding bodies. They accredit qualifications such as Scottish Vocational Qualifications (SVQs), NPA's, National Qualifications and Group Awards which provide evidence that learners can do their jobs well.

Throughout the year, the SQA appoint teachers to overview and assess qualifications, ensuring schools meet assessment standards.



COURSE ASSESSMENT

S4

National 5

Exam

National 5 units

No Exam

National 4

No Exam

National
3/Group Award
Level 43 or 44

No Exam



COURSE ASSESSMENT

S5

Higher

Exam

Higher Units

No Exam

National 5

Exam

National 5
units/NPA/
Level 45

No Exam

National 4/National
3/Group Award Level
43 or 44)

No Exam

ASSESSMENT DATES



NOVEMBER



- Music N4/N5/H/AH N4/N5/H/AH - End November - Composition/Assignment Submission
- Physics w/b 25th class test
- Music Tech N5/H - End of November - 1st Project Submission
- S5/6 Nat 5 Maths, Nat 5 Applications of Maths, Higher and Advanced Higher (classes 5B1 to 5B3 and 5A1, 5A2, 5A3) - Wednesday the 27th of November.
- English N5 RUAE Assessment.
- Chemistry N5 Unit 2 and SQA tests
- PE: Assessment window 1 w/b 25th
- Modern Studies: 5 Assignment Write-up Date: Wednesday 27th November

• End of November. Practice Exam timetable issued

THE PRACTICE EXAM AND SQA DIET OF EXAMS

Monday 20th January - week 2					
Morning					
Chemistry	National 5		09:00 - 11:30	84	Games Hall
Chemistry	Higher	Paper 1	09:00-09:40	48	Games Hall
		Paper 2	10:05-12:25		
Chemistry	AH		9:00-12:00	20	Games Hall
Practical Electronics	National 5		09:00-10:00	8	Games Hall
Afternoon					
Design and Manufacture	Higher		13:25 -15:40	20	Games Hall
Design and Manufacture	National 5		13:25-15:40	47	Games Hall
Design and Manufacture	Advanced Higher		13:25 -15:40		Games Hall
Music Tech	National 5		13:25-14:25	10	Dept
Tuesday 21st January - week 2					
Morning					
Physics	NS		9:00-11:30	84	Games Hall
Modern Studies	Higher	1	09:00 - 10:45	60	Games Hall
Modern Studies	Higher	2	11:00-12:15		Games Hall
Geography	Higher	1	09:00 - 10:50	10 (20)	Games -double desks
Geography	Higher	2	11:30-12:30		Games
Geography AH	A-Higher		09:00-12:30	9 (27)	
Afternoon					
Modern Studies	National 5		13:20-15:40	109	Games Hall
Wednesday 22nd January - week 2					
Morning					
Course	Level	Paper	Time		Location
Physics	Higher	Multiple Choice	9:00-9:45	41	Games
			10:00-12:20		
Biology	Higher	Multiple Choice	9:00-9:45	61	Games Hall
Biology	Higher	Paper 2	10:00-12:20		Games Hall
Biology	AH		10:00-12:20	15	
Physics	AH		10:00-12:20		Games Hall
Afternoon					
Music	Higher		14:00 - 14:50	32	Games
Practical Cake Craft	NS		14:00-14:45	20	In class (space on TI) no displacement

Monday 28 April Morning

Course	Level	Paper	Time
Media	National 5		09:00 - 11:00
Urdu	National 5	Reading and Writing	09:00 - 10:30
Urdu	National 5	Listening	11:00 - 11:30* (approx)
Music	Advanced Higher		09:00 - 10:15* (approx)

Monday 28 April Afternoon

Course	Level	Paper	Time
Music	National 5		13:00 - 13:45*
Music	Higher		14:30 - 15:30*
Urdu	Higher	Reading and Directed Writing	12:30 - 14:30
Urdu	Higher	Listening	15:00 - 15:30* (approx)



THE SCHOOL WEBSITE

St Andrew's Academy School Website contains a range of pages to support you and your child.

Practical Information: Our SQA and Practice Exams page has all the information you need about the Practice Exam Diet and the actual SQA Diet of exams. This is updated in December to include the latest Practice Exam timetable and the PowerPoint that will be shown to all pupils before the Christmas holidays



THE SCHOOL WEBSITE

St Andrew's Academy School Website contains a range of pages to support you and your child.

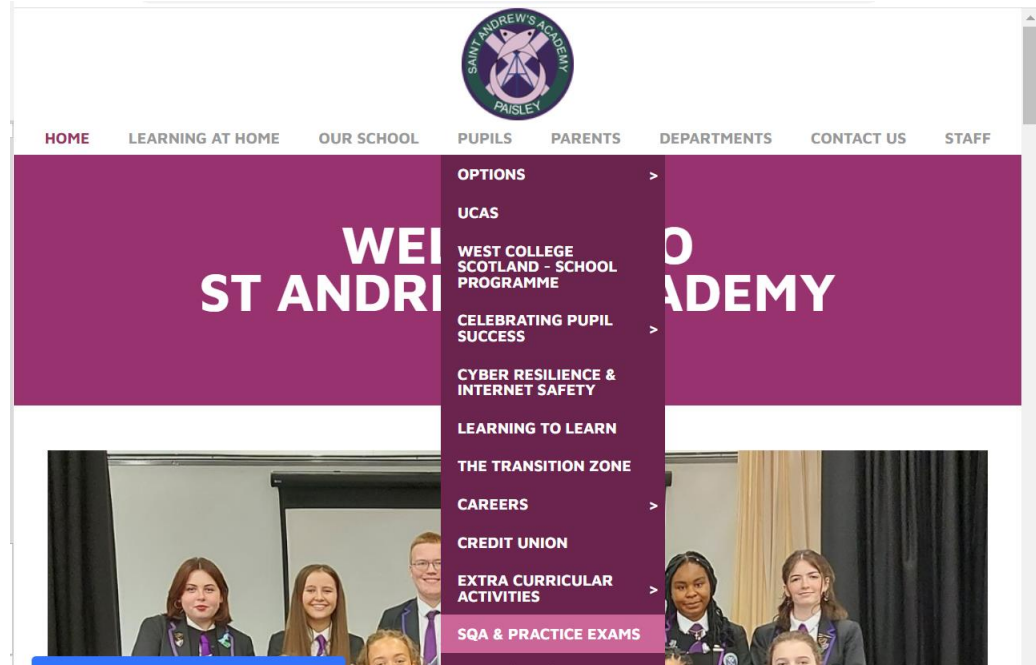
In March the page is updated to show the SQA timetable; the Easter Revision timetable; all the information and documentation sent out by the SQA; information about "MY SQA" (registering for your results text); revision support and transport arrangements for exams which take place during holidays.

In July, the page is updated with information about the August Results Day, staff support available during results day, the SQA helpline number and advice about Appeals

St Andrew's Academy School Website contains a range of pages to support you and your child.

Our Exams page:

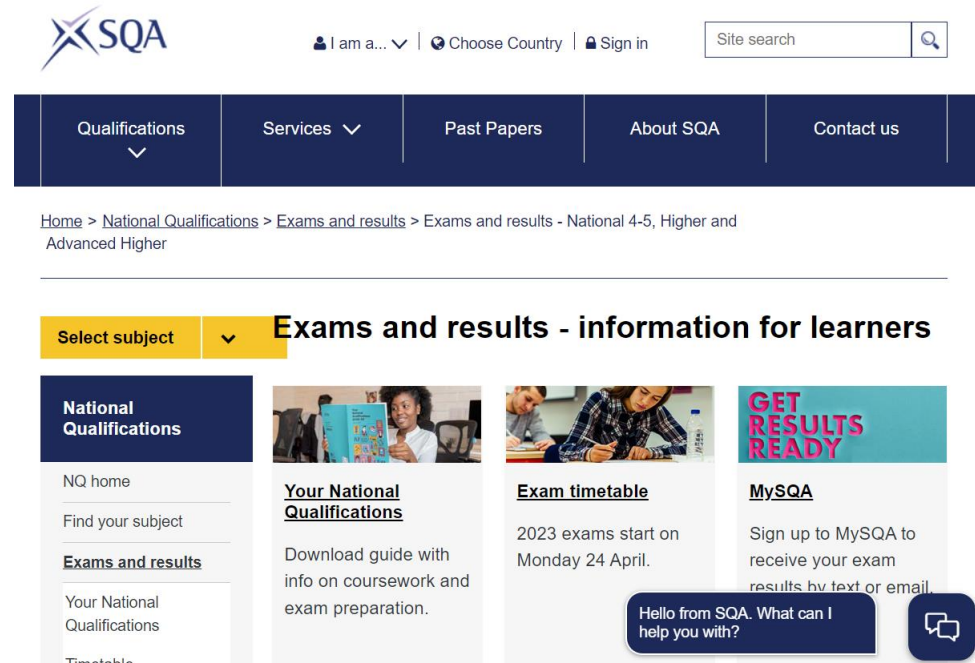
THE SCHOOL WEBSITE



The SQA Page is another invaluable source of information

The SQA has a page specifically for learners and young people to give them information about their exams and any important updates. You can follow SQA on Instagram, FB, Twitter and even TikTok for updates and blog information.

THE SQA WEBSITE



The screenshot shows the SQA website interface. At the top, there is the SQA logo, a user selection dropdown, a country selection dropdown, a sign-in button, and a site search bar. Below this is a dark blue navigation bar with links for Qualifications, Services, Past Papers, About SQA, and Contact us. The main content area shows a breadcrumb trail: Home > National Qualifications > Exams and results > Exams and results - National 4-5, Higher and Advanced Higher. A yellow dropdown menu is open for 'Select subject', and the page title is 'Exams and results - information for learners'. The content is organized into three columns: 'National Qualifications' with links to NQ home, Find your subject, Exams and results, Your National Qualifications, and Timetable; 'Your National Qualifications' with a download guide; 'Exam timetable' with the date Monday 24 April; and 'MySQA' with a sign-up prompt. A chat bubble is visible in the bottom right corner.

SQA | I am a... | Choose Country | Sign in | Site search

Qualifications | Services | Past Papers | About SQA | Contact us

Home > National Qualifications > Exams and results > Exams and results - National 4-5, Higher and Advanced Higher

Select subject | **Exams and results - information for learners**

National Qualifications

- NQ home
- Find your subject
- Exams and results**
- Your National Qualifications
- Timetable

Your National Qualifications

Download guide with info on coursework and exam preparation.

Exam timetable

2023 exams start on Monday 24 April.

MySQA

Sign up to MySQA to receive your exam results by text or email.

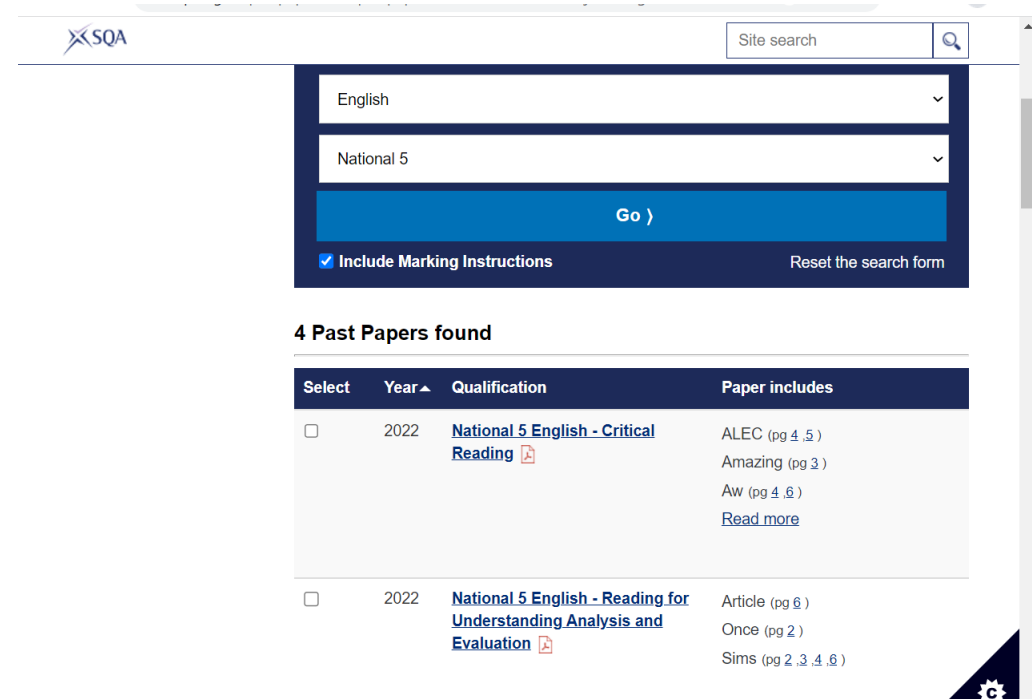
Hello from SQA. What can I help you with?

The SQA Page is another invaluable source of information

Past Papers:

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>


THE SQA
WEBSITE



The screenshot shows the SQA website search interface. At the top, there is a search bar with the text "Site search" and a magnifying glass icon. Below the search bar, there are two dropdown menus: "English" and "National 5". A blue "Go)" button is positioned below the dropdowns. There is a checked checkbox for "Include Marking Instructions" and a link for "Reset the search form".

Below the search filters, it says "4 Past Papers found". A table displays the search results:

Select	Year	Qualification	Paper includes
<input type="checkbox"/>	2022	National 5 English - Critical Reading	ALEC (pg 4.5) Amazing (pg 3) Aw (pg 4.6) Read more
<input type="checkbox"/>	2022	National 5 English - Reading for Understanding Analysis and Evaluation	Article (pg 6) Once (pg 2) Sims (pg 2, 3, 4, 6)



**SQA & PRACTICE
EXAM DIET
INFORMATION**

**Practice Exams Diet in the Exam: 2nd Dec- 15th Dec-
N5 in Exam hall. (though some class based exams
will be in depts before and after these dates)
12th January- 31st January in class time.**


**Timetable issued early December
Individualised timetables issued 7th January. (this
includes seat numbers, locations and any additional
support information arrangements)**

SQA Exams Diet: 22nd April- 2nd June

Timetable available on SQA website.

**Individualised timetables issued after Easter holiday
(this includes seat numbers, locations and any
additional support information arrangements)**

Results Day Tuesday 4th August.

A top-down view of a desk with various school supplies. In the top left, there's a yellow pencil and a yellow pencil sharpener. A wooden ruler is placed vertically on the left side. A spiral notebook is open in the center, with several colorful sticky tabs (red, yellow, green, blue) protruding from it. A pair of white scissors is tucked under the notebook. In the bottom left corner, a silver stethoscope is visible. The background is a light-colored surface.

WHAT ABOUT CHILDREN WITH BARRIERS TO LEARNING?

- **AAA programme has begun**
- **Learner conversations between Pupil Support and Learner**
- **Learner conversation between class teacher and learner**
- **SQA evidence gathering**
- **Anxiety**
- **Individualised timetables**



REPORTING & L2L

- When teachers complete learner report, they will enter a “Working Grade” and, after a discussion with the learner, will enter an agreed “Target Grade”
- However, what do these terms mean?



REPORTING &
L2L

- | | |
|-----|---|
| ➤ 1 | A |
| ➤ 2 | A |
| ➤ 3 | B |
| ➤ 4 | B |
| ➤ 5 | C |
| ➤ 6 | C |
| ➤ 7 | D |



REPORTING & L2L

Parents' Evening Report - Class ENN5B2, National 5 English - March 2024

[REDACTED] S5 Report, English (National 5)

Tracking data:- Target grade: n/a, Working grade: n/a, Next target grade: n/a, Effort: n/a, Behaviour: n/a, Homework: n/a, Recommended Level: n/a

National 5 Elements:- English: Spoken Language: n/a, Literacy: n/a

[REDACTED] 8) - S5 Report, English (National 5) | Working Towards Target

Tracking data:- Target grade: 5, Working grade: 6, Next target grade: n/a, Effort: 4, Behaviour: n/a, Homework: n/a, Recommended Level: n/a

National 5 Elements:- English: Spoken Language: P, Literacy: P

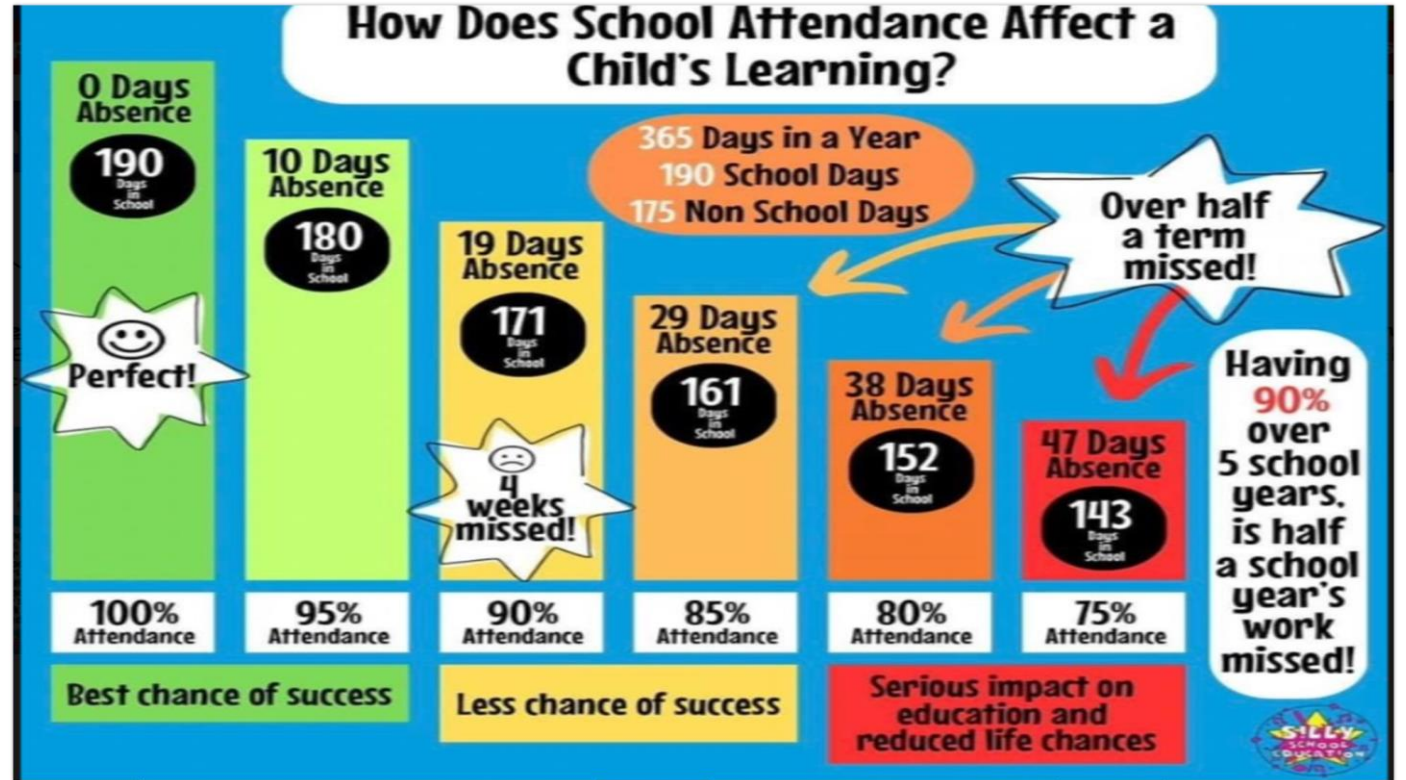
Teacher's Comments:- Based on his progress so far, it is recommended that Scott will complete the units-only aspect of the National 5 course this year. This means that Scott will not achieve a full course award at National 5 this year, but will complete National 5 over 2 years. If you wish to discuss this further, please contact Mr Allison in the English Department.

[REDACTED] (5.4) - S5 Report, English (National 5)

Tracking data:- Target grade: n/a, Working grade: n/a, Next target grade: n/a, Effort: n/a, Behaviour: n/a, Homework: n/a, Recommended Level: n/a

National 5 Elements:- English: Spoken Language: n/a, Literacy: n/a

SO WHAT CAN
I DO?



Supported Study

Monday

Subject	Level	Focus	Teacher	Room
Study Skills	All Levels	Revision	Mrs McLean/ Ms Leggat	SOC 6
Maths	All Levels	Homework/Revision	Various	MAT 5
Spanish	Higher	Past Papers	Miss Mahon	MOD 2
English	National 5/ Higher	Critical Reading/RUAE	Mrs McCauley	ENG 6
Business Management	National 5	Prelim Preparation	Mr Strachan	ICT 3
Biology	National 5/ Higher	Revision	Ms Ellingham	SCI 3

Tuesday

History	Higher	Revision	Mr Gilmour	SOC 3
Art	All Levels	Prelim Preparation	Various	ART

Wednesday

Modern Studies	N5/H/Adv H	Revision/ Assignment	Various	SOC 4/SOC 6
Sociology	Higher	Paper/Assignment	Mrs Kerr	SOC 7
Geography	National 5	Exam Techniques	Miss Gillies	SOC 2
Admin/Business	National 5/Higher	Revision	Mr Strachan	ICT 3
Spanish	National 5	Past Papers	Miss Mahon	MOD 2
Maths	All levels	Revision/ Past Papers	Various	MAT 5

Supported Study

Wednesday (Continued)

Subject	Level	Focus	Teacher	Room
English	National 5	RUAE	Miss Curran	ENG 3
English	Higher	RUAE	Mr Cameron	ENG 2
Chemistry	All Levels	Revision	Mrs Wallace	SCI 4

Thursday

History	National 5	Skills Questions	Various	SOC 5
Art	All Levels	Prelim Prep	Various	ART



REVISION WEBSITES

**Do not panic when “practice exam season” ,
“assessment” or “ exam season” approaches.**

**Encourage your child to engage with supports
in school.**

**Help them set achievable targets based upon
their reports.**

**Help them to find balance between revision
and MHWB**

Know where to find support

**Know the facts- my SQA, Appeals Exceptional
Circumstances, etc**

A collage of school supplies including a ruler, pencil, notebook, and bag. The background is a light gray semi-transparent rectangle.

Student Experience

- Me and Rachel have experienced 2 exam periods so far and we have some tips for you that helped us be successful.
- Keeping an organised study routine with plenty free time
- Ensuring to have a good work-life balance
- Being determined, disciplined and wanting to do well throughout studying



Student Experience

Study Techniques

STEM Subjects

- In Maths and Science based subjects I found the following methods most effective:
- Past papers
- Mind maps

A collage of school supplies including a pencil, ruler, notebook, and bag. The background is a light gray semi-transparent rectangle.

Student Experience

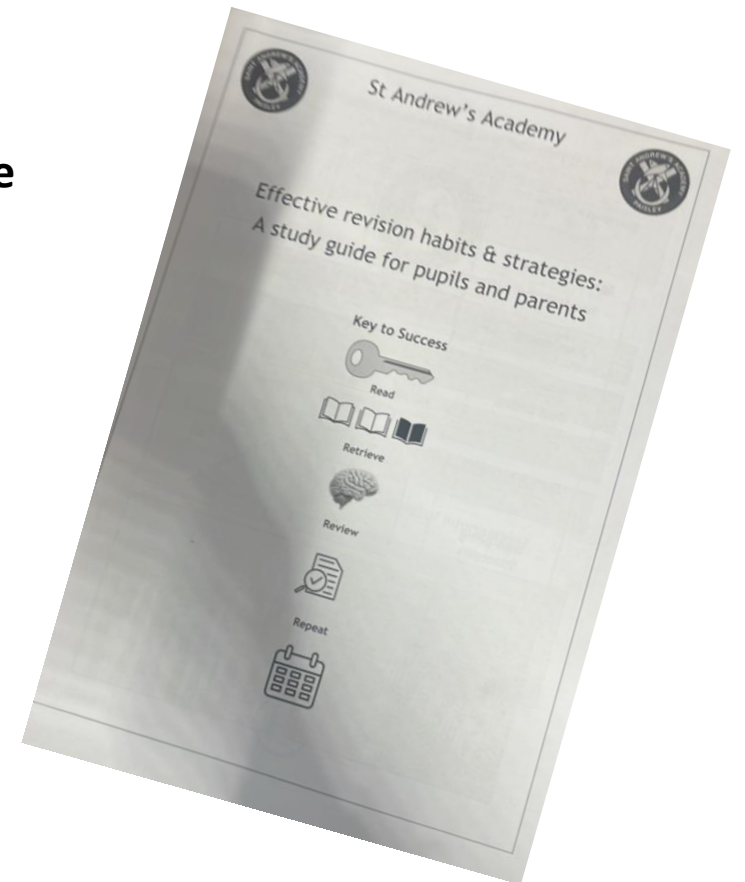
Study Techniques

Essay based subjects

- In Subjects like History, Modern studies and English, these methods worked for me:
- Essay plans on flashcards
- Timed Past papers.
- Attending all supported study available.

WHAT SUPPORT WILL MY CHILD RECEIVE IN SCHOOL?

- **L2L**
- **Mentor**
- **Supported Study**
- **Revision classes during Easter/ Study Leave**
- **Study Skills class**
- **Achieve**
- **Unit Catch Ups**
- **Enrichment programme**



REVISION WEBSITES

e-sgiol

<https://e-sgoil.com/senior-phase/study-support/>

Get help with **glow** Accessibility Tools

About Us Programmes News Contact Us

STUDY SUPPORT 2024-25 Webinars are now **LIVE**

e-sgoil.com/senior-phase/study-support/#Timetable

We offer weekly evening S Gmail YouTube Maps Home | SQA Connect insight SQA Subject Measures Presentations & Resul... The Results Machine Glow - Sign In Adobe Acrobat All Books

Get help with **glow** Accessibility Tools

About Us Programmes News Contact Us

Master Timetable
Click the button below to view the master timetable.
[View](#)

Master Timetable (Accessible)
Click below to download a Microsoft Word version of the timetable which can be used with Immersive Reader.
[Click to download](#)

Individual Subject Timetables
Click the button below to view the individual subject timetables.
[View](#)

Admin & IT Art & Design Applications of Maths
Biology Business Management Chemistry

REVISION WEBSITES

Achieve

Home My Courses ▾ Learn Assess Self-evaluate

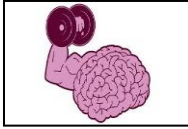
🍴 SUCCEED ⚙️

Hello, Laura!

Applications of Maths National 5	Art and Design National 5	Graphic Communication National 5	Practical Cookery National 5	Art and Design Higher	Modern Studies Higher
PE Higher					



Mindset



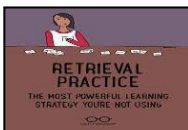
Planning



Spaced Practice



Retrieval



Assessment



Success



DO NOT PANIC!!

- We know that the timetable below looks like there is no relaxation time.
- Every time you see a subject this is only a 20-30 minute study session. You should take a break in the hour and go back for another 20 mins.
- You should be taking regular breaks after each session, going for a walk, going on phone, speaking to friends/family.
- So, what do you do with a study session, we will now show you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
08:00 - 10:00	<p style="text-align: center;">At School</p> <ul style="list-style-type: none"> • If you get a bus/lift to school it can be useful to use this time to do quick revision for 10 mins. • Take a picture of your study notes and if on the bus/in car you can glance at them. • This would be subject(s) you are needing to work on more. 						<i>Day off</i>	
10:00 - 11:00								
11:00 - 12:00								<i>Homework</i>
12:00 - 13:00								<i>History</i>
13:00 - 14:00								
14:00 - 15:00								<i>Visit family</i>
15:00 - 16:00								
16:00 - 17:00	<i>Homework</i>	<i>Dinner</i>	<i>Homework</i>	<i>Homework</i>	<i>Night Off</i>			
17:00 - 18:00	<i>Dinner</i>	<i>History</i>	<i>PE</i>	<i>Dinner</i>				
18:00 - 19:00	<i>Football</i>	<i>PE</i>	<i>History</i>	<i>Football</i>		<i>English</i>		
19:00 - 20:00		<i>Homework</i>	<i>Dinner</i>			<i>Biology</i>		
20:00 - 21:00		<i>English</i>	<i>Maths</i>					
21:00 - 22:00	<i>Maths</i>			<i>Biology</i>				
22:00 - 23:00	Bedtime							

EFFECTIVE REVISION HABITS



St Andrew's Academy



Effective revision habits & strategies:
A study guide for pupils and parents

Key to Success



Read



Retrieve



Review



Repeat



Your Toolkit

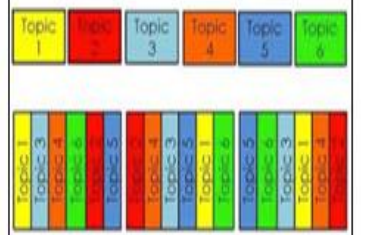
Use the strategies below to guarantee success in your exams

Retrieval Practice



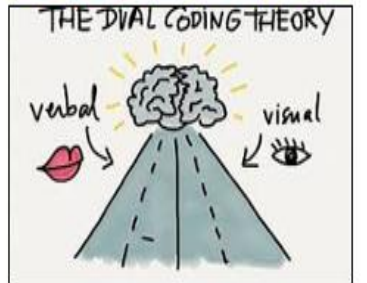
Spaced Practice

Interleaving

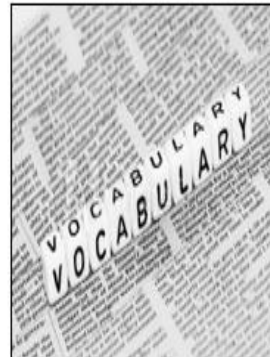


Dual Coding

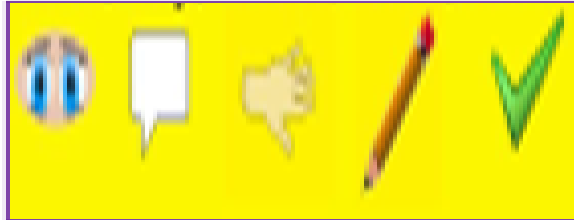
Exam Vocabulary



Well-being Strategies



1. **Mind Maps.** Have a central idea with branches coming off with key words. Use images to help. Avoid too much information



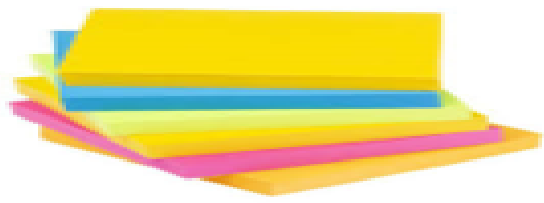
2. **Read, cover, write, check.** Look over a topic. Cover up your notes, then try and write as much as you can. Check what you have written against your notes. Highlight what you missed. Try again!

3. **Flash Cards.** Make up flash cards with topic words on one side description on the other. Then...

Retrieve: Write-down/say out loud

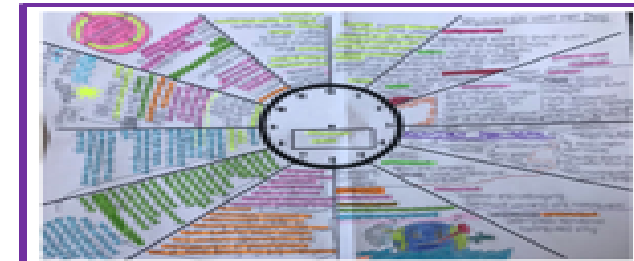
Re-Order: Shuffle the pack, start again

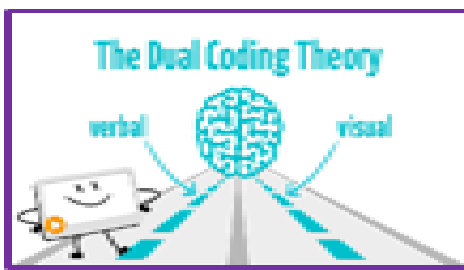
Repeat: Keep the card in deck until you can retrieve three times



4. **Post its.** Write key facts/statistics/information on post-it notes and place around your room/house. Take pictures of these on your Phone. Don't remove until you can recall info.

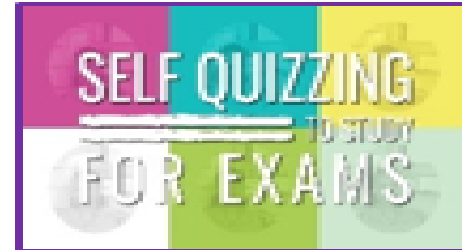
5. **Revision Clocks.** Just like the hands of the clock. Each section represents a different topic. Write down everything you can remember. The times with less written within it need to be revised more.





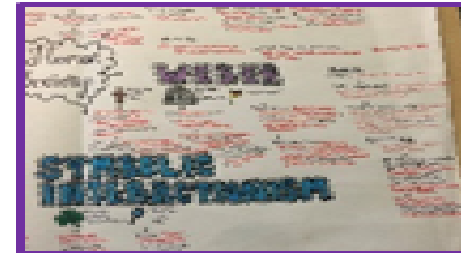
6. Dual Coding. When making notes you should try to use both words and images to help you understand the information better. Also, using the image will help you recall important information.

7. Self-Quizzing. Write yourself quiz questions and try to answer without looking at your notes. You could even use games like Kahoot and play with friends that do the same subject.



8. Use family/carers/friends. If you do not want to quiz yourself, give your flashcards to those you live with and them to quiz you.

9. Topic Revision Posters. If you have bigger topics to learn you can make a revision poster that has all the key information for one topic in one place. You can use dual coding when making this. Put it on wall or take a photo.



10. Past Papers. Once you have completed all your revision it will be time to try a past paper question. This can be found on the SQA website for every subject. Complete and hand into your teacher for marking. Good luck.



RETRIEVAL IS
REVISION!!

Now you know what you have studied it is time to decide what techniques you are going to use.

History

- 1) Make essay plans with images
- 2) Then Flashcards
- 3) Read, Cover, Write, Check

English

- 1) Make mind map of RUAЕ steps to success - use images
- 2) Make Flashcard of key quotes for set text
- 3) Stick up postit notes with key quotes on mirror to revise each day.
- 4) Ask someone to quiz me on RUAЕ steps and key quotes

PE

- 1) Make Theory revision poster.
- 2) Take a picture - look at it on the bus.
- 3) Make a kahoot with key questions to test self.
- 4) Complete a past paper.

What do you notice about each subject?

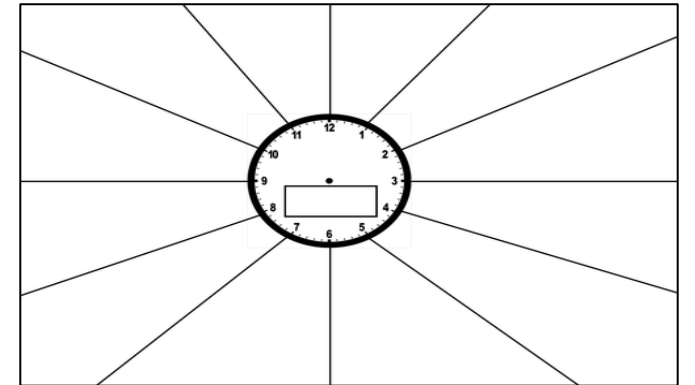
What does the routine always end with?



LET'S TRY A
TECHNIQUE

Pick one of your subjects and start to practice some revision. You could:

1. Brain Dump
2. Revision Clock
3. Expand & Elaborate



Brain Dump



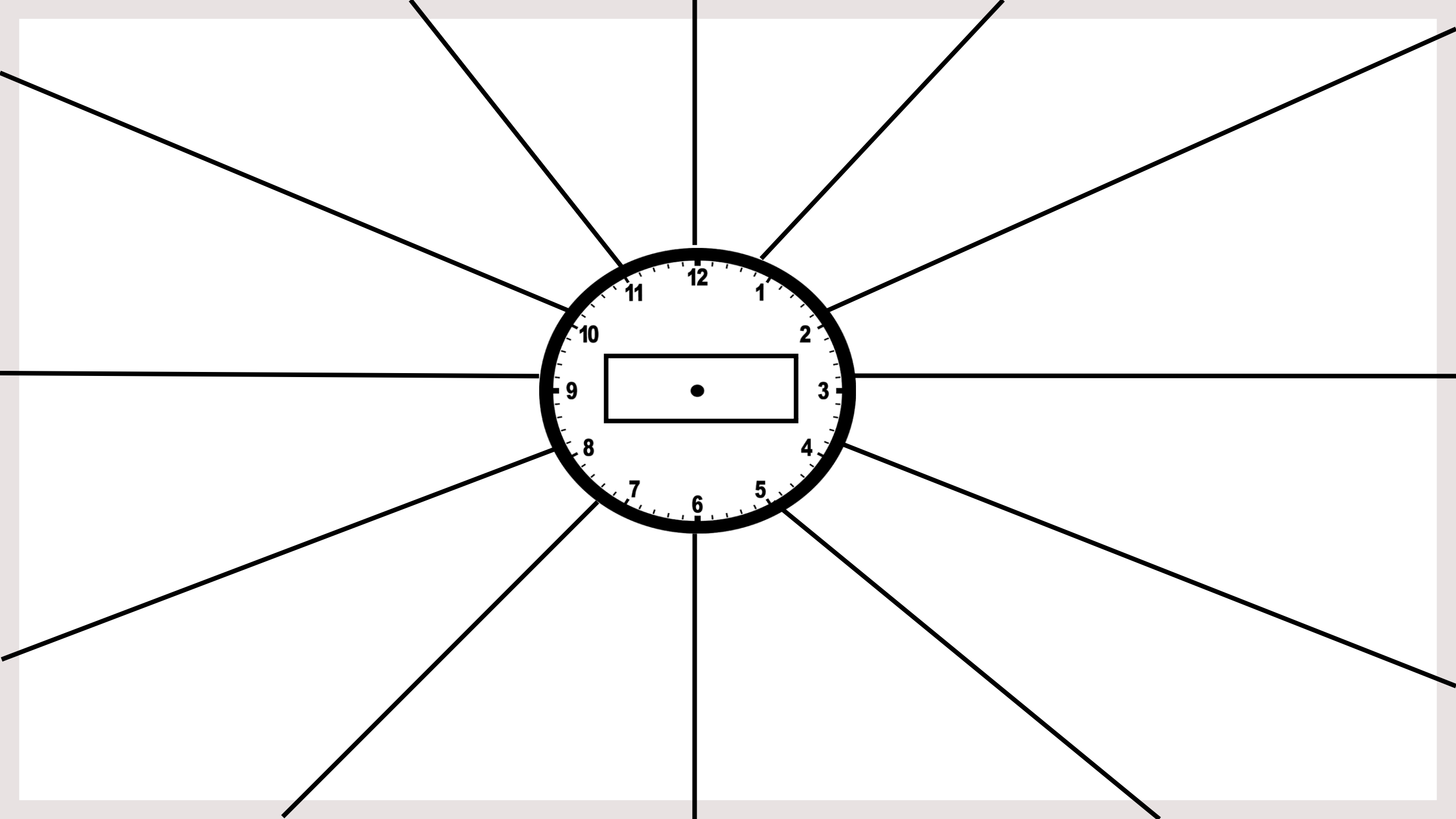
Working on your own write down everything you can remember about X.

This is low effort, low stakes and can be tweaked depending on your class and what you want to gain from the task.

Padlet may be an electronic way to do this which pupils get enjoyment from.

Expand and Elaborate

Basic Statement 'A challenge I may face when gathering reliable data is'	You add as much more information as possible
Knowledge of my peers	
Fast paced game	
Performer may be having a bad day	





LET'S TRY A
TECHNIQUE

Success?

- Hopefully if you have followed this revision routine you will have success in most subjects.
- However, if not then it means maybe the techniques you have chosen are not correct for the subject or for you as a learner.
- Read teacher feedback and go back and make adjustments to your revision planner and try new methods for that subject.