

# **NBHS REVISION GUIDE**

**Top revision tips for all of your  
subjects!**



**WRITTEN BY S6 OF 20/21**

# A note from the Health and Wellbeing committee

## WHAT IS STRESS?

- Stress is defined as a state of mental or emotional strain caused by adverse circumstances.
- You're not alone.** At one point or another, most people deal with feelings of stress. In fact, one study found that 33% of adults reported experiencing high levels of perceived stress –  
Source:Healthline
- It is completely natural to experience stress leading up to/during exam time
- Cortisol has many functions but is commonly known as the stress hormone.
- We need some of this to get us motivated, but too much of it can have negative consequences.
- Over time, high levels of cortisol can cause weight gain and high blood pressure, disrupt sleep, negatively impact mood, reduce your energy levels and contribute to diabetes.

# **A note from the Health and Wellbeing committee**

## **How To Manage Stress**

### **1. Try some practical exercises**

**5-4-3-2-1** Coping Technique for Anxiety- can be useful if you are feeling overwhelmed.

**5:** Acknowledge FIVE things you see around you. It could be a pen or anything in your surroundings.

**4:** Acknowledge FOUR things you can touch.

**3:** Acknowledge THREE things you hear.

**2:** Acknowledge TWO things you can smell.

**1:** Acknowledge ONE thing you can taste.

### **2. Take some exercise during the day and keep a regular bedtime as much as possible.**

-If you play a favourite sport, continue with this during exam time. Go for a walk in the fresh air/in nature. It really helps to put things into perspectives. You will return to your studies refreshed!

### **3. Get a good night's sleep:**

-Avoid caffeine in the evening, turn off your devices before bedtime, limit distractions before bed and use earplugs and put your phone on silent.

**Check out:** <https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

# **A note from the Health and Wellbeing committee**

## **OUR ADVICE ON HOW TO MANAGE YOUR EXAM STRESS:**

- Remember that your worth is never determined by how well you do in exams.
- Success is totally relative, and although it's a cliché, you can genuinely never do better than your best.
- You're only human, so it's as important to schedule breaks into your day as it is to schedule revision.
- Use time management as effectively as possible so last minute cramming won't get in the way of relaxation or a good night's sleep.
- Your wellbeing always comes before your results!!
- If you are really struggling, talk to someone you trust such as your family or teacher.
- Set realistic goals about how much revision you are going to do in a day.

# How can this booklet help?



Our wonderful team of S6 Higher and Advanced Higher students have filled this book with their top revision tips for each subject.

We know first hand what resources are currently available that can help you revise, and some of the most important things to focus your revision on.

So have a flick through and find the tips we've written for the subjects you're studying this year- it might just make things a bit easier for you!

# *good luck!*

# Subject: English

## RUAE:

- The easiest way to develop your technique is past paper and specimen questions which will help you to prepare with your time management and your ability to analyse texts. You can find these on the SQA website or just ask your teacher for printed copies
- Practice genuinely does make perfect when it comes to RUAE, the more you put yourself under the conditions, the more likely you will be able to cope with any text given. Make sure you're reading widely as well!

## Textual Analysis:

- Ensure you make frequent links back to the key phrases from the question, not only in the introduction but also in topic sentences at the start of paragraphs.
  - It may be useful to take a brief minute or two to identify a plan for the question you have chosen. You do not want to choose a question, be halfway through and realise you have run out of content.
  - Sometimes flashcards can be useful, to write a key quote or theme on one side, and your analytical stance on the other side.
- Useful links and resources:
- Spark notes
  - Cliff Notes Study Guides
  - How to Pass Books

# **Subject: Maths**

-Learn more about the topic - if you understand what you are doing rather than just repeating a formula you will be better at answering different questions.

-When doing revision questions don't pick the easy ones. Go for questions at the end of an exercise as they are harder and more like exam questions.

-Always try the question before going to your notes. This means you are trying to recall how to do it which will help you remember it later on in the year/ in exams.

# **Subject: Physics**

Always draw diagrams at the side during an exam if you're confused about a question, it's way more straightforward if you can actually see it in front of you.

-Think about real life examples when you're learning new content. It'll help you understand it more deeply and make the concepts less abstract.

-Look wider than just the NBHS physics website, the resources there are great but there's not much point repeating the revision questions more than twice. Try websites like Bright Red, Larbert High School Physics and Scholar to get a wider range of practice.

# **Subject: Chemistry**

- Writing flashcards can be extremely useful for learning specific definitions and short answers.
- Use the Bright Red Study Guides, Bitesize and the SQA website to help you revise, as well as the online practice questions but make sure to check the mark scheme as the SQA has very specific wording for answers.
- Don't be afraid to leave the open-ended questions to the end, they are often quite challenging so if you know you might struggle picking up marks in it, circle it and come back once you've picked up the easier marks and can approach it much more calmly.
- For the calculation questions that are more challenging, highlight the information to make it clearer what you need to do (remember everything you need to answer it will be in the question or your data book!)

# **Subject: Biology**

- Remember to include time to practise your problem solving skills. To practise them you should try to complete problem solving questions found in the specific problem solving booklet, which can be found on google classroom.
- Often visual learning can be very effective. Try to include diagram creation and learning in your revision time. This will break-up the process of repeated revision techniques and will often help to keep the information in your head better.
- If you are choosing to make flashcards for your revision, attempt to get a family member or friend to test you. This will eliminate any bias or leeway you may give yourself and will prompt you to properly think about the question like it's in exam conditions.

# **Subject:** Human Biology

- Look at the problem solving advice sheet and practice some problem solving questions. There is a whole problem solving booklet. These should be on google classroom for you to use.
- Draw diagrams and label the different parts. E.g draw the heart label all the ventricles, atria, arteries and veins.
- Practice extended responses, use biology terminology and specialised vocabulary.

# **Subject:** Engineering Science

- When stuck, try think of a real world example. This will help you as you can do a thought experiment and get an idea of what you think should happen.
- Layout is important when answering questions. Always keep a track of what is going on that you can follow easily, i.e. which variables you have and what you are trying to find.
- Learning a programming language is just like learning a new language. The only way you will become 'fluent' is by practicing and using it all the time.

# **Subject:** History

-Write down everything you remember about a particular topic on a big sheet of paper, maybe as a mind map, afterwards adding anything you had forgotten in a different colour. This will allow you to highlight the key areas which you most need to revise, preventing you from wasting your time revising things you already know. It is also a good example of retrieval practise.

-Make voice recordings of yourself saying specific quotes or knowledge points which you need to remember, and then listen to this recording at any spare moment throughout the day. Flash cards are also a useful tool for memorising historiography and KU points.

-In order to practise writing quickly, do as many timed questions as possible and work out how long you have for each point - don't be afraid to email any completed questions to teachers for feedback

-Watch clips or documentaries which explore the time period you are studying, or even a fictional movie or programme set in the time period (after ensuring it is factually correct), as either will allow you to put what you have learned into context.

## **Subject: Politics**

- Ensure your notes are up to date and organised.
- Do wider reading to help your notes.
- Make essay plans to learn (avoid memorising full essays this is usually too much to learn), essay plans allow you to bullet point important information.
- Read newspapers and watch the news to keep informed on current political affairs.

## **Subject: Modern Studies**

- Make mind maps of key topic areas (note down analysis, facts, statistics etc). Find out which essays/topics you are most comfortable with and start with the more challenging ones.
- Describe/knowledge questions: use the P-E-E structure (point, explain, example)
- Explain questions: try to use P-E-E paragraphs to answer and try to include "because" in your answer.
- Ask teacher for documentary recommendations to give you up-to-date examples!

# **Subject:** Geography

-Write out model answers and identify key words/ phrases in these answers you can write these key words on flashcards as prompts.

-Draw and label diagrams when revising to help understanding- remember diagrams can be drawn in an exam to gain marks/ backup your answers.

-If given a diagram in exams ensure to read the information provided thoroughly to help with your answer.

# **Subject:** Environmental Science

-Drawing diagrams can really help you learn how specific processes, you can annotate these diagrams to learn the stages of each process in turn.

-Definitions are easy marks to gain in Environmental Science, and so understanding these is crucial for tests and exams.

-The easiest way to learn definitions is by using flashcards; the app 'Quizlet' is useful for learning flashcards on your phone.

-Check the SQA course specifications for definitions of terms.

# **Subject: Psychology**

- Most effective study method is retrieval practise- test yourself to ensure you know all the key areas (for this use flash cards/quizlet).
- Make sure you know the key study in every topic, its aims, methods, results, evaluation, conclusion.
- If you know your key study it will be easier to compare with other theories.
- Use your exam guide to remind you how to answer each command word (explain- EEE, scenario -refer then EEE, evaluate- S&Ws, analyse - SLICE)

# **Subject: Business**

- Exam style questions are the way to go for bus man.
- At the start of Higher you are given a copy of all the past paper questions, sorted by topic. Use this before every test to practice the technique and structure.
- Ensure you learn the command words in order to develop answer (describe, explain, discuss etc).
- The understanding standards website is useful to look at before the prelim and exams, and also after answering past paper questions to see where you pick up the marks.

# **Subject: Admin & IT**

- For theory work, make sure to focus on command words, (the first word of the question that you are answering), such as 'outline' or 'explain'.
- Use study guides such as How to Pass Higher/ National 5 Administration and IT or BrightRed Publishing - Higher/National 5 Administration & IT (both are available from the business department).
- Make sure to work through all practice papers available from your teacher multiple times, helping you to come across less common questions.

# **Subject: Computing**

- Spend time practicing at home by making and testing your own programs. You will become confident using the language and will be able to write new programmes quicker.
- Check past papers for common questions and make sure you are secure in answering them, then after attempting check mark scheme.
- Study other programmes or videos on programming to consolidate your understanding.

## **Subject: Economics**

- Watch short youtube clips for further explanations of hard topics, both Jacob Clifford and CrashCourse are useful for this.
- Create flashcards for each graph as you learn them, you'll begin to get faster at drawing them.
- After completing a past paper, use SQA Understanding Standards to see candidates responses to past paper questions as well as commentary by their marker.

## **Subject: Spanish**

- Use the SQA website to practice using past papers as well as Linguascope. There is also a website for Nat5 and Higher Spanish made by Ms Williamson- use this to help you with model answers and vocab.
- Always write down new vocab, so you can learn these and add them into your essay.
- Listen to Spanish podcasts, music or watch films/tv shows in Spanish or with Spanish subtitles to practice your listening skills and develop vocab.

# **Subject:** French

- The only way to improve your listening is to practice, don't be disheartened if at first you don't understand anything, you will improve over time.
- Have a look on YouTube for any videos of French people speaking, a great way to pick up vocab.
- When reading don't be put off by words you don't know- skim the text first, then look under the meaning of the word in the dictionary as lots of french words have multiple meanings.

# **Subject:** German

- Practice vocabulary. Write down all the new vocabulary words you have learnt. Try to keep this up to date after your lessons.
- Listen to a German radio station, podcasts or films. This will help with picking up new words.
- On a piece of paper/ flashcard write the first letter of the phrase you are trying to remember. Do dashes for the other letters. On the back write the full phrase. Test yourself and try and recall the words.

# **Subject: Languages (General Tips)**

READING: Reading exams are made up of a piece of text in the language you're studying, a set of questions to answer on the text and then a highlighted part of the text that you will be asked to translate. TIPS: past papers, reading blogs in the language, reading short stories.

LISTENING: Listening exams come in the form of two items that you listen to and answer a set of questions on. The first one is typically one person speaking, whereas the second is usually a conversation. TIPS: past papers, watching movies/ TV shows in the language with subtitles, listen to podcasts made for beginners in the language.

WRITING: Writing exams are in the form of an essay. At national and higher level you'll be given an essay question that has added points to keep you on track and give you ideas. With national exams you'll have the ability to prepare for these, at higher you won't but they can still help! TIPS: learn phrases from class work, make model essays.

# **Subject: Graphics**

-USE THE TEXTBOOK

-Make notes using the textbook (using their tips) everything in the exam is covered in the textbook.

-For CAD questions write out an answer and then use your steps on a computer to proof your work.

-For DTP questions use magazine pages online or at home to analyse all the dtp techniques, their benefits and some cons to them as this can be more interesting than doing past paper questions.

# **Subject: Health and Food Tech**

-Make sure you know the essential information.

-With a pen write in as much information you can remember and don't look at your notes. Then with a coloured pen fill in the bits you missed and practice what you forgot.

-Spend some time practicing the dietary reference value questions. These are 9 marks. Take notes at the side of the page of all the relevant information. Make sure you always state the nutrient, fact, opinion, consequence and food.

# **Subject:** Drama

- Identify the key themes, characters, and plot points in your plays and come up with around 5 quotes for each of them that you can learn. It means you'll have content to use for any essay.
- Learn your lines early on for your practical piece. A good way to learn lines is to record yourself saying your cue lines in a voice memo app, and fill in the gaps of your line yourself when listening back
- Don't be vague when you're writing about voice and movement techniques- add loads of detail even if it feels excessive.

# **Subject:** Art and Design

- For Q1 & 7, Make sure you have at least three points per heading with justification (in art rambling is your friend but not too much)
- Use clock posters, divide your page into 12 sections (1 heading per section) and give yourself 5 minutes to answer each section, when 5 minutes ends move onto the next section (this is a quick way to get in an hour of revision)
- For unseen images, look at as many past papers for heading ideas that they may ask you about.

## **Subject: Music**

-Use [mymusiconline.co.uk](http://mymusiconline.co.uk) to revise for listening, it has lots of examples, practice questions and games to complete.

-Try to practice your performance pieces every day, even if you just do it once. Doing it everyday will help you learn and remember it quicker so by the time you have to do your final performance exam you know it perfectly.

-Create flashcards of different concepts.

## **Subject: PE**

-Write out model answers for each question type.

-Make mind maps/posters for each of the MESP (mental, emotional, social and physical) factors and include components such as the impact of sub-factors on performance, methods of gathering data and approaches to develop performance.

-Check out BBC Bitesize National 5/Higher PE for extra information on the course structure, question types and practice questions.