

Supporting your Child to Prepare for Assessments



Practical Tips & Ideas

Preparing for Assessments:

There are no SQA marked exams or coursework for 2021. Teachers will use your child's assessment evidence to decide their results. It is important that support is offered both in school and at home to prepare them well for assessments which will take place in school after Easter.

The type of support required may depend upon the course assessment. Assessments may be carried out using the following methods:

- assignment
- case study
- practical activity
- performance
- portfolio
- project / research investigation
- question paper/test

Your child will be given full information on what is required for each assessment.

Reassuring and encouraging your son/daughter and taking an appropriate level of interest in what he/she is doing, will help him/her get through what continues to be a difficult time.

Time Management:

The number of competing priorities on a young person's time often makes it difficult to decide where to start and what to do next. Preparing for assessments is often something that some young people only begin to think about in the last few weeks (and sometimes only days) before the event. Encourage your son/daughter to start revising in good time to avoid cramming and panic.

Subject teachers will give pupils information on when internal assessments will take place. An S4-6 Assessment Schedule will be issued in the last week of term and emailed to parents.

Getting Organised:

- Talk to your son/daughter and help him/her to decide on a fixed area at home where he/she can study with the least amount of distractions. Make sure that he/she has everything they need e.g. pens, pencils, paper, notebooks.
- Ensure that snacks and water are available to prevent any unnecessary distractions and make sure the study area is comfortable and well lit.
- Speak to other members of the family, particularly younger children, about respecting this study area and as far as possible ask them to try to avoid interrupting.
- Encourage your child to get their notes in order for each subject before starting. Having notes organised into topic areas for each subject may be helpful.
- Pupils should speak with teachers before the Easter holiday to ensure they have all relevant materials for revision or require any additional stationery.

Tips to Encourage Studying:


- Assessments can be stressful so encourage your child to take breaks. Hour long revision sessions with short regular breaks of 10 minutes can be more effective.
- Your child may prefer to complete each task and then build in a break rather than stick to definite time slots. It is the quality of studying which is important.
- Ask your child how you can best support them with studying. Your child may find it useful for you to read through revision notes with them. Alternatively, asking what has been learned from revision notes may be helpful.

Keeping Well:

- Encourage your child to get plenty of sleep. This is particularly important the night before an assessment as it can help performance.
- Encourage your child to eat well.
- Help your child to avoid any unnecessary anxiety or panic by making sure he/she arrives on time for their assessment and have everything they need e.g. pens, pencils.
- Encourage exercise.

Useful Websites:

Revision Guides

- Study tips: [SOA study tips and past papers](#) are designed to help prepare for assessments no matter what subject.
- [BBC Bitesize](#): Revision guide: Resources and information to support school work and homework.
-  [Pointers for Parents and Pupils - Supporting Learning and Revision](#) - Revision tips and essential information from the National Parent Forum of Scotland.

Past Papers and Marking Instructions

- [Past question papers](#): Download SQA National 5, Higher and Advanced Higher past papers and marking instructions.

Additional Support Needs/Disabilities

- Children who have additional support needs or a disability can get assessment support when they are studying for SQA qualifications. Parents and carers should contact their child's school to discuss the different types of support available.
- Please note that if you have already notified the school, an alternative arrangement will be put in place.

'Nationals in a Nutshell' Guides:

- [National 4 in a Nutshell](#) - a series of summaries of the National 4 qualifications from the National Parent Forum of Scotland for parents and carers. Please note that the course assignment (added value unit) for National 4 is optional for 2021 to allow more teaching and learning time.
- [National 5 in a Nutshell](#) - a series of summaries of the National 5 qualifications from the National Parent Forum of Scotland for parents and carers. Please note there are no SQA marked exams or coursework for 2021. Teachers will use your child's assessment evidence to decide his/her results.
- [Highers in a Nutshell](#) – written for parents and carers, these are clear concise guides to Highers. Please note there are no SQA marked exams or coursework for 2021. Teachers will use your child's assessment evidence to decide his/her results.

Related Links:

[SQA support for parents/carers](#) - Information to help you support your child or young person if they are studying National Qualifications.

[SQA support for learners](#) – Information to help young people stay informed and prepare for their assessments in 2021.

[Support for pupils](#) who are worried about exams on the Reach website.

School Supports:

If you have any questions related to assessments, you can contact your child's Year Head using the details below:

S4 Year Head – year4head@holyrood.edin.sch.uk

S5/6 Year Head – year5head@holyrood.edin.sch.uk or year6head@holyrood.edin.sch.uk