

MY S4 STUDY & REVISION PLANNER

Plan • Practise • Progress • Make every week count

Name: _____

Class: _____

My goal for S4:

By the end of S4, I would like to...



PRIORITISE



RETRIEVE



SPACE



INTERLEAVE



**CHECK &
ADJUST**

Try to remember information without looking at your notes first.

© MY SUBJECTS & GOALS

Where am I now and where would I like to be?

SUBJECT	ASPIRATIONAL TARGET	CURRENT WORKING	PRELIM RESULT	FINAL EXAM TARGET

BEFORE MY PRELIMS: PLAN

A subject(s) I feel confident about:

A subject(s) I would most like to improve:

One area or topic I need to prioritise:

One source of help I could use:

Supported Study • Teacher • Teams • ACHIEVE

LEARNING CONVERSATION

What am I aiming for?
What is going well?
What needs more attention?
What will I do next?

CHECKPOINT

Prelims are a checkpoint, not the end.
My targets help me decide my next steps.

© WHERE DO I START?

I DON'T UNDERSTAND IT

→ Ask teacher • Supported study • Teams • Relearn/use a resource.

I UNDERSTAND IT BUT KEEP FORGETTING

→ retrieval.



I THINK I KNOW IT

→ Test myself without notes.



I GOT QUESTIONS WRONG

→ self-check, identify the gap and act on feedback.



I KNOW IT NOW

→ Revisit it using spaced practice.



I'M CONFIDENT

→ Use interleaving and mix topics/questions.

USEFUL RESOURCES

GLOW

Your starting point for school resources

Use your **Glow username** and **password**.
Forgotten your login? **Ask a member of staff**.

1. LOG IN



Use your Glow username and password.

2. CHOOSE



Ask a member of staff.

3. USE



Need class materials? → Teams
Need to revise or test yourself? → ACHIEVE
Need something explained again? → CLICKVIEW

TEAMS

- Notes • Homework
- Teacher resources

ACHIEVE

- Course content •
- Assessment • Revision

CLICKVIEW

- Videos •
- Explanations
- Relearning

GENERAL REVISION HELP → BBC BITESIZE

BBC BITESIZE NATIONAL 5

Revision guides • explanations • videos

EXAM PRACTICE → QUALIFICATIONS SCOTLAND

QUALIFICATIONS SCOTLAND

Official past papers • marking instructions

© RETRIEVAL TOOLBOX

FLASHCARDS



Answer → Flip → Check. Good for facts, vocabulary, definitions and formulae.

MEMORY MAP



Create it from memory. Check and add gaps afterwards.

BRAIN DUMP



Write everything you remember. Then check and correct.

TALK IT OUT



Explain it without your notes. Then check what you missed.

SELF-QUESTIONS



Ask yourself questions from memory. Check afterwards.

PRACTICE QUESTIONS



Attempt questions without worked examples. Mark, correct and try again.

DRAW IT



Draw and label from memory. Useful for diagrams, processes and sequences.

PAST PAPERS



Attempt exam-style questions. Use marking instructions to check and improve exam technique.



GOLDEN RULE



Notes closed first. Check after.
self-check: identify errors and act on feedback.

WHICH STRATEGY COULD I USE?

Ask yourself: What will my assessment actually ask me to DO?

ENGLISH

- Use retrieval for quotations
- Brain dump themes/characters
- Plan answers from memory
- Practise practice questions and past papers for exam technique

MATHS

- Use retrieval for formulae
- Attempt practice questions without worked examples
- Use interleaving to mix problem types
- Self-check and redo mistakes
- Use past papers for exam technique

SCIENCE

- Use retrieval for definitions and equations
- Draw processes
- Practise calculations and practice questions
- Use past papers for exam technique

GEOGRAPHY & SOCIAL SUBJECTS

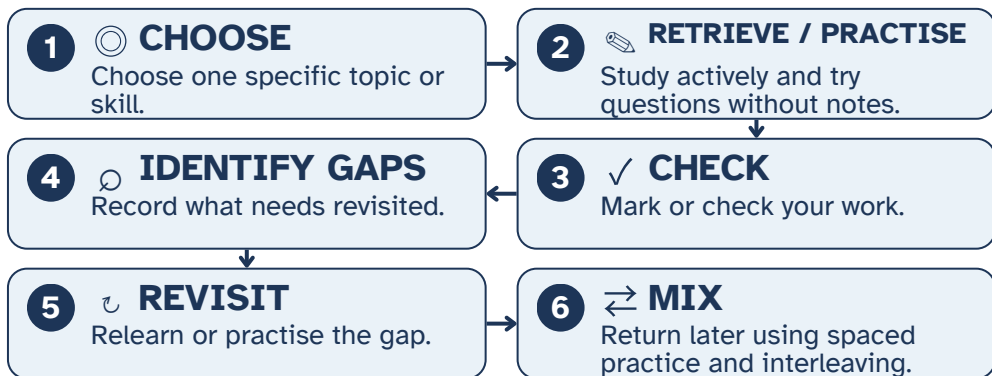
- Use memory maps and retrieval
- Recall case studies/key facts
- Explain causes and effects
- Practise source/data questions
- Use past papers for exam technique

CREATIVE & ARTS SUBJECTS

- Use retrieval for terminology, artists and examples
- Explain techniques/processes
- Practise written analysis and exam technique

⊙ USING PAST PAPERS

Past papers are for PRACTICE, not only full mock exams.



Subject: _____

Topic: _____

Paper/question(s): _____

Marks: _____ / _____

What cost me marks?

What will I do next?

© WHAT NEEDS MY ATTENTION?

Start with the areas that will make the biggest difference.

● **GREEN –
CONFIDENT**

I feel confident with...

▲ **AMBER – NEEDS
PRACTICE**

**I understand some of this but need
more practice...**

**! RED – NEED HELP /
ATTENTION**

**Red does not always mean 'revise more'.
Ask teacher • supported study • Teams •
Relearn.**

MY GOAL

Subject: _____ My target: _____

By the end of this plan I want to be able to:

How will I know I can do it?

MY NEXT PRIORITY

Topic: _____

What does it need?

- ☐ Keep it fresh ☐ More practice ☐ Retrieval
☐ Practice questions ☐ Break it down ☐ Ask for help

Choose one clear next step, not an entire subject.

© HOW WILL I ACHIEVE MY GOAL?

MY STRATEGY

-  Flashcards
-  Memory map
-  Brain dump
-  Talk it out
-  Practice questions
-  Past papers
-  Draw it

WHAT WILL I ACTUALLY DO?

I will:

I will check my understanding by:

I will improve by:

∞ MAKE IT HAPPEN

Habit stacking

Connect revision to something you already do.

1. MY CUE

Something I already do:
After I...

e.g. eat dinner • get home • finish
football training



2. MY STUDY HABIT I will...

e.g. complete 10 minutes of
Chemistry retrieval



3. MY TIME for ____ minutes.

e.g. 10 minutes after dinner

MY WEEK

PLAN

Plan what is already in your week.
Then find realistic spaces for study.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 pm	4 pm	4 pm	4 pm	4 pm	9 am	9 am
					10 am	10 am
5 pm	5 pm	5 pm	5 pm	5 pm	11 am	11 am
					12 pm	12 pm
6 pm	6 pm	6 pm	6 pm	6 pm	1 pm	1 pm
					2 pm	2 pm
7 pm	7 pm	7 pm	7 pm	7 pm	3 pm	3 pm
					4 pm	4 pm
8 pm	8 pm	8 pm	8 pm	8 pm	5 pm	5 pm
9 pm	9 pm	9 pm	9 pm	9 pm		

KEY



ACTIVITY /
COMMITMENT



STUDY



SUPPORTED
STUDY



REST /
DOWNTIME



KEEP IT REALISTIC

You do not need to study every night.
A short session you actually complete is more useful
than an ambitious plan you do not follow.

CHANGE THE WAY YOU TALK TO YOURSELF

Small shifts that can help you move forward

"I can't do this."

"I'm not good enough."

"I messed up"

"This is too much."

"Everyone else is doing better than me."

"I have to get this right."

"I should be able to handle this."

"That didn't work."

"I'll never get through this."

"I just want to give up"

"What's one part of this I can handle?"

"I don't have to prove my worth here."

"What matters is what I do next."

"What needs my attention first?"

"I can focus on my progress, not theirs."

"It doesn't have to be perfect to be worthwhile."

"It's okay to find things difficult sometimes."

"What else can I try?"

"I don't have to figure out everything today."

"I can rest without deciding to quit."

