



**Senior Phase**

**Exam Practice Timetable**

**January 2024**



Our 2024 exam practice diet will run from Wednesday 10<sup>th</sup> January until Thursday 25<sup>th</sup> January.

This is an opportunity to experience SQA exams in preparation for your final exams which will begin in April 2024.

You have now received a copy of 'Your National Qualifications' and will receive a copy of 'Your Exams' before the final diet of exams which will run from April – May 2024.

Before embarking on the exam practice diet, you should be aware of the level of exam you will be sitting. You should also be aware of what steps you need to take to be fully prepared for the upcoming exams.

Your practice exams will take place mainly in the Auditorium and Dance Studio and each exam location is stated on your timetable. Should you have Additional Assessment Arrangements you will receive a personalised timetable from the Pupil Support department, please follow the arrangements on this rather than those in this booklet.

Use the blank timetable at the end of this booklet to create your own personalised timetable.

**On the day of each exam, it is important that you follow the advice below:**

- Arrive at least 10 minutes before your exam begins
- Listen carefully to the invigilators instructions
- Check the location you should be in for your exam
- If you have any 'exam clashes' please speak with Principal Teacher's to arrange a suitable time to sit your exam
- Any of the prohibited items below and bags/jackets should not be brought into the hall. Please leave these with class teachers or in your locker



Electronic devices such as iPods, tablets, earpods, smartwatches or any other device that stores information or can connect to the internet



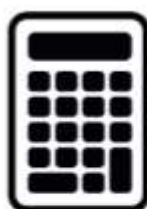
Mobile phones



Extra information – books, sketches or paper, and anything written on your clothes or body



Pencil cases or calculator cases



Calculators, except for exam papers where calculators are allowed



Dictionaries, except for exam papers where dictionaries are allowed



Notes, except for exam papers where notes are allowed

Exam Practice January 2024				
Wednesday 10th January				
Subject	Level	Paper	Time	Venue
Maths	Nat 5	Paper 1	9.00 - 10.00	Auditorium
Maths	Nat 5	Paper 2	10.15 - 11.45	Auditorium
Design & Manufacture	Higher		9.00 - 11.15	Dance Studio
Design & Manufacture	Adv Higher		9.00 - 11.15	Dance Studio
Geography	Higher	Paper 1	12.00 - 1.50	Dance Studio
Geography	Higher	Paper 2	2.15 - 3.25	Dance Studio
Maths Applications	Higher		1.00 - 3.05	ICT Dept.
Thursday 11th January				
Subject	Level	Paper	Time	Venue
English	National 5	Paper 1 - RUAE	9.00 - 10.00	Aud & Dance St
		Paper 2 - Critical Reading	10.15 - 11.45	Aud & Dance St
Graphic Communication	Higher		12.10 - 2.40	Auditorium
Graphic Communication	Adv Higher		12.10 - 2.40	Auditorium
Psychology	Higher		12.10 - 2.10	Auditorium
Friday 12th January				
Subject	Level	Paper	Time	Venue
English	Higher	Paper 1	9.00 - 10.30	Aud/Dance
English	Higher	Paper 2	10.45 - 12.15	Aud/Dance
English	Adv Higher	Paper 1	9.00 - 10.30	Aud/Dance
English	Adv Higher	Paper 2	10.45 - 12.15	Aud/Dance
Art	Nat 5		1.00 - 2.30	Auditorium
Art	Nat 4		1.00 - 2.30	Auditorium
Monday 15th January				
Subject	Level	Paper	Time	Venue
History	Nat 5		9.00 - 11.20	Auditorium
History	Adv Higher		9.00 - 12.00	Dance Studio
History	Higher	Paper 1	9.00 -10.30	Dance Studio
History	Higher	Paper 2	10.45 - 12.15	Dance Studio
Chemistry	Higher	Paper 1	11.45 - 12.25	Auditorium
Chemistry	Higher	Paper 2	12.45 - 3.05	Auditorium
Computing	Nat 5		12.30 - 2.00	Dance Studio
Design & Manufacture	Nat 5		12.30 - 2.15	Dance Studio

<b>Tuesday 16th January</b>				
<b>Subject</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Venue</b>
Geography	Nat 5		9.00 - 11.20	Auditorium
Modern Studies	Nat 5		9.00 - 11.20	Auditorium
Geography	Adv Higher		9.00 - 11.30	Auditorium
Business Management	Nat 5		9.00 - 11.00	Dance Studio
Music	Nat 5	Listening	12.00 - 12.45	Auditorium
Music	Nat 4	Listening	1.00 - 1.45	Auditorium
Modern Studies	Higher	Paper 1	12.00 - 1.45	Dance Studio
Modern Studies	Higher	Paper 2	2.00 - 3.15	Dance Studio
French	Higher	Reading & Writing	12.30 - 2.30	Department
French	Higher	Listening	2.45 - 3.15	Department
<b>Wednesday 17th January</b>				
<b>Subject</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Venue</b>
Spanish	Nat 5	Paper 1 - Reading	9.00 - 10.10	Auditorium
Spanish	Nat 5	Paper 2 - Listening	10.40 - 11.10	Auditorium
Admin & IT	Higher		9.00 - 10.30	Dance Studio
Play in Sports	Level 6		9.00 - 10.30	Dance Studio
Art	Higher		12.00 - 2.00	Auditorium
Music	Higher	Listening	2.15 - 3.30	Auditorium
Practical Cookery	Nat 5	Theory Paper	1.00 - 2.00	Dance Studio
<b>Thursday 18th January</b>				
<b>Subject</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Venue</b>
Maths Applications	Nat 5	Paper 1	9.00 - 9.50	Aud/Dance St
Maths Applications	Nat 5	Paper 2	10.05 - 11.45	Aud/Dance St
Admin & IT	Nat 5		12.30 - 2.30	ICT Dept (S33)
Environmental Science	Higher	Paper 1	12.00 - 12.45	Dance Studio
Environmental Science	Higher	Paper 2	1.00 - 3.30	Dance Studio
Politics	Higher	Paper 1	12.00 - 1.45	Dance Studio
Politics	Higher	Paper 2	2.00 - 3.15	Dance Studio
P.E	Higher		12.00 - 2.30	Auditorium

Friday 19th January				
Subject	Level	Paper	Time	Venue
Biology	Nat 5		9.00 - 11.30	Auditorium
Human Biology	Higher	Paper 1	9.00 - 9.40	Dance Studio
Human Biology	Higher	Paper 2	10.00 - 12.20	Dance Studio
Physics	Higher	Paper 1	9.00 - 9.45	Dance Studio
Physics	Higher	Paper 2	10.00 - 12.15	Dance Studio
Biology	Adv Higher		10.00 - 1.00	Dance Studio
Physics	Adv H		10.00 - 1.00	Dance Studio
Spanish	Higher	Reading	12.00 - 1.30	Auditorium
Spanish	Higher	Listening	2.00 - 2.30	Auditorium
Monday 22nd January				
Subject	Level	Paper	Time	Venue
Chemistry	Nat 5		9.00 - 11.30	Auditorium
Chemistry	Adv Higher		9.00 - 12.00	Auditorium
Media	Higher	Paper 1	9.00 - 10.45	F08
Media	Higher	Paper 2	11.00 - 12.00	FO8
RMPS	Higher		9.00 - 11.15	Dance Studio
Computing Science	Higher		12.30 - 2.30	Auditorium
Business Management	Higher		12.30 - 3.15	Auditorium
Media	N5		12.30 - 2.30	G08
Tuesday 23rd January				
Subject	Level	Paper	Time	Venue
Maths	Higher	Paper 1	9.00 - 10.15	Auditorium
Maths	Higher	Paper 2	10.30 - 12.00	Auditorium
Maths	Adv Higher	Paper 1	9.00 - 10.00	Auditorium
Maths	Adv Higher	Paper 2	10.30 - 1.00	Auditorium
Physics	Nat 5 - S4		9.00 - 11.30	Dance Studio
Physics	Nat 5 - S5/6		9.00 - 11.30	Dance Studio
Practical Woodwork	Nat 5		2.00 - 3.00	Auditorium
Practical Metalwork	Nat 5		2.00 - 3.00	Auditorium

<b>Wednesday 24th January</b>				
<b>Subject</b>				
French	Nat 5	Reading	9.00 - 10.10	Auditorium
French	Nat 5	Listening	10.40 - 11.10	Auditorium
Graphic Communication	Nat 5		9.00 - 11.00	Dance Studio
Photography	Higher		11.30 - 12.30	Dance Studio
Music Tech	Nat 5	Listening	12.00 - 1.00	Dept
Music Tech	Higher	Listening	12.00 - 1.00	Auditorium
Music	Adv Higher	Listening	1.15 - 2.30	Auditorium
<b>Thursday 25th January</b>				
<b>Catch-up Day</b>				
<b>9am Onwards</b>				

*Good luck!*

*Please speak with Mrs Holmes, Guidance staff or PT's across departments if you have any issues or concerns.*

*On the next page, you will find a blank timetable to create your own personal timetable and some helpful tips and support to help you study and prepare for your upcoming practice exams.*

Hard work beats talent  
when talent doesn't  
**WORK HARD**



Blank Timetable

Wednesday 10 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Thursday 11 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Friday 12 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Monday 15 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Tuesday 16 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Wednesday 17 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Thursday 18 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Friday 19 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Monday 22 <sup>nd</sup> January				
Subject	Level	Paper	Time	Venue
Tuesday 23 <sup>rd</sup> January				
Subject	Level	Paper	Time	Venue
Wednesday 24 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue
Thursday 25 <sup>th</sup> January				
Subject	Level	Paper	Time	Venue

## **Study Skills**

### **Creating a Study Plan**

There are some key steps to think about before you create your study plan:

1. **Avoid cramming** – Trying to learn lots of information at one time and staying up late to do it is actually less effective than studying over a long period of time. Lack of sleep actually stops the brain from taking in information so create your study plan around a good amount of rest.
2. **Plan ahead and manage your time** – Avoid studying one subject for days at a time. Break your studying up with multiple subjects and spread your schedule out. Try and stick to your study plan. The more you stick to your plan, the more productive you will be.
3. **Time and place** – Find a place which suits your study habits and keeps your focusses. Nobody can work 24/7 so take regular breaks to allow yourself to rest.

You can create a paper study plan or, you can download the **MyStudyPlan app** for iOS and Android. Just input some key information and the app does all the planning for you – you just need to put in the study time.

### **Study Techniques**

#### **Retrieval Practice and Practice Testing**

This method tests your learning by challenging your brain to recall what you learnt in the past.

Example activities you could do to help with this studying: multiple choice questions (write and answer them); quizzes; create a mind-map; use flashcards.

#### **Spaced Practice**

This method involves you giving yourself time to forget so to help with this you should spread you learning out over time.

Examples on how to do this: Rather than studying a subject every night for two weeks, spread it out and do it over four weeks. Only study this topic on certain nights each week. Use your study calendar or the MyStudyPlan app to help with this.

#### **Dual Coding and Combining Words and Pictures**

This method involves using pictures or drawings as well as language to help you make sense of learning. This method works because it forces your brain to deeply consider the topic in order to turn it into a picture; therefore, embedding it into your memory.

Examples on how to do this: Draw a picture of the concept you are learning. Look at the picture then explain in words what they mean. Organise your understanding visually by using study piles or a flowchart.

#### **Keep this Challenge High**

This method involves keeping the difficulty of your studying high. The more difficult the concepts you are studying, the more likely they are to stick in your mind afterwards as you have spent more time thinking and working on them. This is known as Desirable Difficulty.

Spend more time doing tasks – don't just read notes.