

## How can I help my child?

Being involved in your child's education has a positive impact – it can lead to improved grades, better attendance, a higher rate of homework completion, a positive attitude and better behaviour. Parents who exhibit a positive attitude towards education will find that this transfers to their child.

At Trinity Academy our aim is that every child achieves academic success and has a wide range of positive extra-curricular experiences, leaving school with good friends, happy memories and excellent qualifications. What follows is some practical advice on what you as a parent can do to support your child. We hope you find this guide useful.

### *Structure and Space*

Having a regular place to work which is quiet and has no distractions will help your child be more productive. It is recommended that your child has a table to work at if possible. You might want to designate certain times as study time, when other members of the household know to be quiet. TV and radio should be off, and your child should not be listening to music. If they have a mobile it should be elsewhere. Try to ensure that your child has the materials they need to carry out tasks – stationery, calculators, etc.

If you find it difficult to make a quiet study space for your child in the home then you might consider making use of your local library.

Encourage your child to build regular study into their day. They may need some “down time” after school but it is a good idea if homework and studying are done at regular times. If your child struggles with organisation then help them by going through their planner and identifying what homework is to be done, then pinpointing when in the week the homework will be completed.

Encourage your child to review their learning after every lesson. You can look at their timetable and identify which subjects they should be reviewing each day. The review need not take long, but regular review is the secret to transferring knowledge into the long term memory. Encourage your child to memorise key facts and practise recall. Pupils are often let down by their failure to recall key facts – mere understanding is not enough.

In the run-up to important tests you may want to help your child construct a study timetable. The SQA have an [app](#) to help you construct a study plan. They also have some [sound advice](#) on revision. [My Study Life](#) offers an app which acts as a timetable, planner and personal organiser. You'll find some good advice on constructing a study plan in [examtime.com](#).

As your child matures they will be able to take more responsibility for structuring their home study.

As with many things it is important to strike a balance between academic work and extra-curricular interests. Children should be encouraged to participate in sports and hobbies and to spend time with their friends. Friendships become even more important at times of high stress, such as when pupils are sitting exams or have major deadlines.

### ***Learning Conversations***

Get in the habit of asking your child about what they have been doing in school that day. This forces your child to recall the main points of lessons. You can probe their understanding: “Could you just explain that in more depth? How does that tie in with what you were doing yesterday? Did you find this work easy? Why is this an important thing to learn?”

Get your child to show you their jotters, notes and other learning materials. This can form the basis of a learning conversation. Ask your child what their strengths are and what they need to improve on.

### ***Study Skills***

Your child may need support to employ active learning techniques rather than being passive in their learning. If your child’s idea of studying is simply to read over their notes then they need your help in trying some alternative techniques. The list that follows is not exhaustive.

- Flash cards: key words or questions are written on one side, definitions or answers are written on the other. This can be used by the pupil alone or a parent or sibling could quiz them.
- Read, cover, write, check: pupil reads a passage, covers it and tries to write it out, then checks for mistakes.
- Mind maps – pupils should know how to make these.
- Mnemonics and acronyms can be a good way to memorise information.
- Talk it out – have your child tell you aloud about a particular topic or body of work. This will force them to organise their thoughts and will help to make the content memorable.
- Practise doing problems and answering questions – studying for a test should include some time where children have time to practise the kinds of questions they will face in the test.
- Run timed tests – trying to beat the clock can inject pace into a learning experience and can add a bit of fun.
- Encourage your child to record key facts. They can listen to these recordings when on the move. If they leave pauses between each fact then on playback they could write the fact during the pause.
- Put key facts on post-it notes and put them up around the house.

- Get your child to make up a quiz or exam question (with completely worked out answer).

The [Young Scot](#) website has some good advice on studying.

### ***Broaden Horizons***

Public libraries offer a quiet place to study, computers connected to the internet, and a huge number of books on a massive range of topics. This can fire your child's imagination and is absolutely free.

There are many good educational Youtube channels. To list all the worthwhile channels would be a huge task, but here goes!

[Mashable top ten](#)

[Getting Smart Top 25](#)

[Quora list of top youtube sites to make you smarter](#)

Watch [free documentaries](#).

There are obviously millions of worthwhile websites. I'd recommend many of the BBC educational sites. Here is [one](#) to get you going.

[Duolingo](#) is a site and app to promote learning languages.

Sharpen your observation and analytical skills with [5 minute mystery](#).

Try [memrise](#) to learn all sorts of stuff.

### ***Careers and Life Beyond School***

Encourage your child to explore potential careers. Here are some good sites:

[Futuremorph](#)

[Career One Stop](#)

[My World of Work](#)

[National Careers Service](#) (English educational system, but some good advice and ideas)

## ***Online Support***

[BBC Bitesize](#) offers content to help pupils from primary all the way through to Higher. Make sure you navigate to “Scotland” first. S1/2 pupils are generally operating at Level 3 and S3 pupils are usually at Level 4. National 4 and 5 are done in S4 and Higher is done in S5/6.

[Scholar](#) is a program from Heriot-Watt university and offers support in the sciences, Maths, Computing and Languages. Pupils should already have their login details. There are notes, activities, questions and simulations, as well as quizzes and tests which are automatically marked.

## ***Books***

In the Broad General Education you may wish to explore Study books such as those offered by [Leckie and Leckie](#).

[Leckie and Leckie](#), [Bright Red Publishing](#) and [Hodder](#) all offer a range of study books for the Nationals, Highers and Advanced Highers (Note: the Hodder website is not particularly user-friendly).

## ***Past Papers*** (National 5, Higher, Advanced Higher)

While you can download past papers and marking schemes for free from the [SQA website](#), you can also buy books of past papers from [Hodder](#). This can be useful for new qualifications where there may be only one past paper: Hodder have “model” past papers which are only available in their books. [Leckie and Leckie](#) offer practice papers with fully worked through solutions. These are designed to be the same style and standard as the actual exams.

## *Trinity Achieves*

Trinity Achieves runs after school on the following days. Pupils can get more help with work they are finding difficult. There is no need to book.

Monday	English*, Biology, Chemistry, Physics*, Music, French (Senior Phase support), Mathematics, Geography*
Tuesday	Support for Learning*, FCT, Art & Design, PE (N5 focus), Music, Modern Studies*
Wednesday	Support for Learning*, English*, D&T, Physics*, Computing, Music, Spanish (BGE support), Modern Studies*, RME/RMPS
Thursday	Music, French (BGE Support), Spanish (Senior Phase support), Geography*
Friday	History

For subjects marked with a \* pupils should check which day Trinity Achieves is running.