

Revising with an Additional Support Need

The right attitude

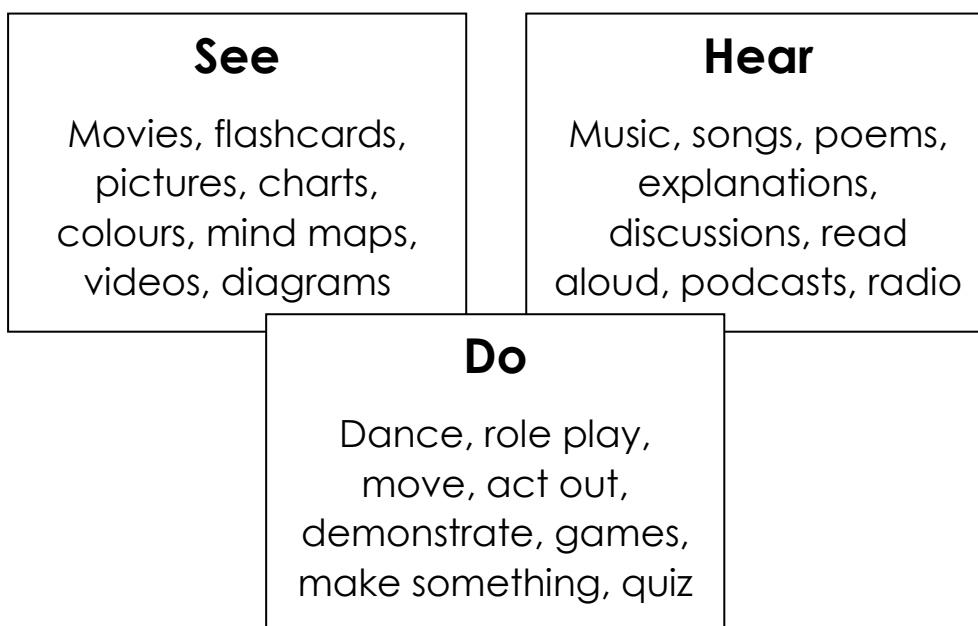
Keep thinking about success. Change 'I can't do it' to 'I can't do it yet'. You might not be able to do something now, but with effort, determination and practice you can learn to do it.

Chill out!

Exam stress is quite normal. It can even be a good thing. The extra adrenalin and oxygen (that gives you the sensation of a racing heart and sweaty palms) is your body's way of preparing you to deal with the challenge. It can help you to be more focused. Learning to study effectively can help you deal with anxiety.

Work smarter not harder

You can learn more quickly and with less effort by trying different techniques. Use your senses to learn helps with remembering information more easily.



Example 1: Learning the planets of the solar system in order of size.

Largest to smallest: Jupiter, Saturn, Uranus, Neptune, Earth, Venus, Mars, Mercury.

The Silly Story

Silly Story

1. Highlight the first letter of each planet.

Jupiter, Saturn, Uranus, Neptune, Earth, Venus, Mars, Mercury

2. Make up a **silly story** using the first letters. The sillier the better!

John said it that it was unbelievable. Nelly the elephant vanished after eating a Mars bar at the Meadows.

3. **Record** yourself telling the story. Listen back and visualise the story in your head.

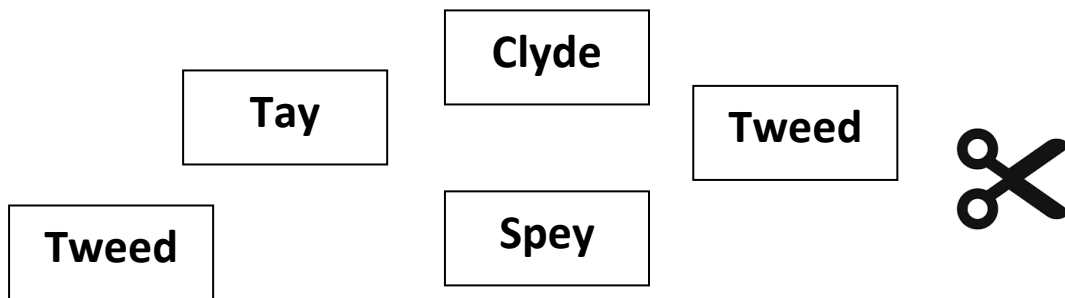
Try other strategies – creating a flowchart or drawing pictures.

Example 2: Learning the names of the five longest rivers in Scotland, in order of size.

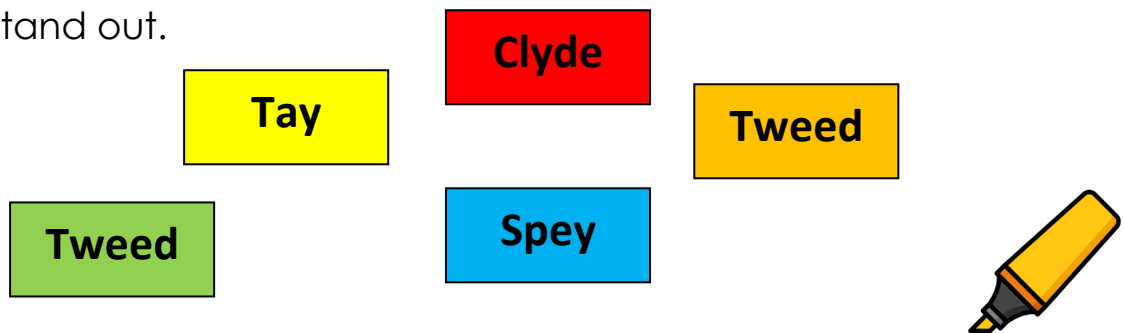
The Shuffle

The shuffle

Largest to smallest: Tay, Clyde, Spey, Tweed, Dee.



- Cut out and practise shuffling the cards so that the rivers are in order of size.
- Use highlighters or brightly coloured pens to make the words stand out.



- Write out the names of the rivers in order.
- Try the silly story idea for the rivers.

1.	Tay	T
2.	Clyde	C
3.	Spey	S
4.	Tweed	T
5.	Dee	D

**Make up a silly story
with the letters**

**The cat spoke to
David.**

Matching game

Example 3: Matching game

Create a matching grid for learning terms and definitions.

- Complete the grid, cut out and mix up the squares.
- Try matching the term, definition and example.







English

Poetry term	Definition	Example
Alliteration	Repeating the same letter or sound in words that are close together	It flits and flutters
Metaphors	Say that one thing is something else	Her voice was syrup.

Geography

Pictures are also a great idea

Air mass	Source	Weather
Tropical Maritime (mT)	Atlantic Ocean	Warm and wet  
Tropical Continental (cT)	Southern Europe and North Africa	Warm and dry  

Biology

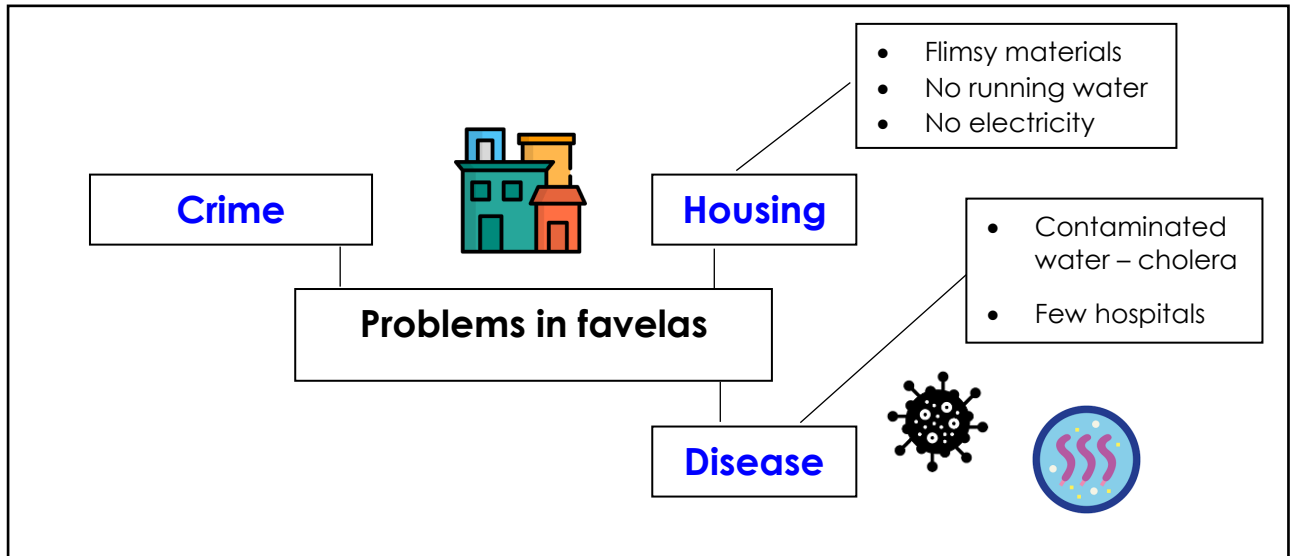
Term	Definition
Habitat	Where an organism lives
Niche	The role an organism plays in its community

Mind maps

Example 4: Mind Mapping

Create a mind map on a topic you need to revise. Put a box around information that goes together. You can include bullet points of lists, drawings and images.

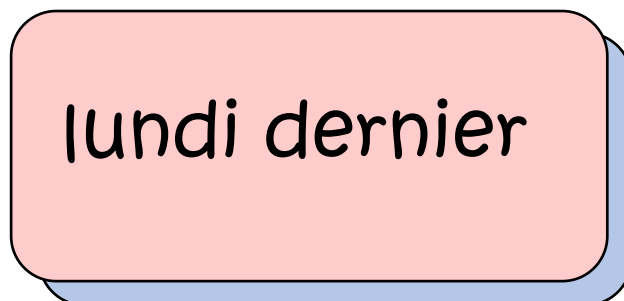
Geography



Flash cards

Example 5: Flash Cards

French



**French on one side,
English on the other**

- Try an App for creating flashcards.
- Create a Kahoot Quiz to try out with your friends.

Reading for understanding



Tip 1: Try reading aloud

This often helps you understand what you have read. You can use Immersive Reader, Natural Reader or Ivona.

Tip 2: Ask questions

Asking why, who, what, when and how can help you to understand what you have read and help prevent daydreaming!

Tip 3: Visualise what you have read

Creating a picture or movie in your head can help with remembering what you have read. Try to imagine the smells, noises and feelings as you read.

Tip 4: Highlight the key words or ideas

This can help you to identify and remember the main points of the text. Try to avoid highlighting too much information otherwise the key points will not stand out.

Smarter Reading help sheet

	Make notes
Before you read Look at the title. <ul style="list-style-type: none">• What is it about?• Write down any questions that you have.	
As you read Ask questions: <ul style="list-style-type: none">• Who is it about?• What is happening?	
Make a movie in your head <ul style="list-style-type: none">• What images do you see?• What are the smells?• What are the sounds?• What do things feel like?• Draw a picture	
The key ideas <ul style="list-style-type: none">• Highlight the key words or ideas	
Summarise <ul style="list-style-type: none">• Write down a summary from memory	

Don't forget...

- You can use a coloured overlay if the words on the page go blurry, fuzzy or move.
- Use your fingers or a ruler to track the words and sentences.

Smarter organisation

Make sure that you are prepared and organised. This will help you feel in control and more relaxed.

Tip 1: Prioritise

Use this template to prioritise your own activities:

Urgent	Important
Can wait	Don't have to do

Tip 2: To-do list

Make a list of the six most urgent/important things to do today:

Example

	Tasks for today	Done
1.	Do Maths homework	✓
2.	Revise for test	
3.	Find PE kit	✓
4.	File notes for Biology	
5.	Speak to French teacher	
6.	Tidy room	

- Make sure that you have prioritised the most urgent/important tasks.
- Do not list more than six things.
- Tick off each task as you complete it.

In the exam

Relax

7 -11 – Breathe in to the count of 7 and out to the count of 11. Do this several times.

Allocate timings

Keep to your timings for questions so that you don't run out of time.

Reading questions

Read questions at least twice.

Highlight key words

Use your highlighter to pick out command words e.g. **describe** and **explain**.

Plan your answers

Use draft paper to plan and structure longer answers.

What if my mind goes blank?

Move on to another question. Ideas and answers will often come back to you later.

What if I panic in the exam?

Put your pen down for a minute and try some breathing exercises. Re-read the question and start again.