



## BERWICKSHIRE HIGH SCHOOL Senior Study Guide

Although you will have received resources from each of your teachers, this guide is designed to pull as much as possible together into one place. This digital resource also hyperlinks to many websites and resources, so an internet connection is required.

As discussed in assemblies, you should keep a few things in mind when doing revision activities:

- **Retrieval Practice:** You learn best by practising *retrieving* information from your long-term memory, or trying to pull the information back out of your brain. Amongst other things, this involves using study materials to **read / cover / write / check / correct / repeat**. Some of the most efficient ways of doing this include:
  - Using your Knowledge Organisers
  - Creating and using flash cards and mind-maps
  - Self- and peer-quizzing
- **Interleaving:** You get more information stuck in your long-term memory when you shuffle between topics when studying. Don't focus on one thing at a time for too long - bounce between things you are studying, and shuffle those flash cards.

**Do not** engage in activities where you are simply rereading notes, copying them, or highlighting things. These are a waste of time. Try writing notes or recreating Knowledge Organisers *from memory*.

More information on the above can be found here: <https://tinyurl.com/acw8asst>

### General resources

**BBC Bitesize:** <https://www.bbc.co.uk/bitesize/secondary>

Featuring detailed information for all aspects of a wide range of senior courses

**Bright Red Digital Zone:** <https://www.brightredbooks.net/subjects/>

An interactive online resource for a range of senior courses

**Scholar:** <https://scholar.hw.ac.uk>

One of the most thorough and useful websites for 39 senior courses, provided by Herriot Watt University

**The National e-Learning Offer / E-Sgoil:** <https://education.gov.scot/nelo/>

Resources created by educators to support learning across all levels, combining resources from e-Sgoil, West OS and beyond

### Subject-Specific Resources

#### Health & Wellbeing

National 5 & Higher P.E.:

- SATPE Pupil Notes: <https://www.satpe.co.uk/category/pupil-notes/higher-pe-support-notes/>
- BBC Bitesize Higher P.E.: <https://www.bbc.co.uk/bitesize/subjects/zhf3cdm>
- BBC Bitesize N5 P.E.: <https://www.bbc.co.uk/bitesize/subjects/zctsr82>

*All Higher P.E. students also have an electronic version of a study guide in their P.E. folders on OneDrive*

Health & Food Technology:

- <http://foodstandards.gov.scot>
- <http://foodactoflife.org.uk>

#### Social Subjects

National History

- <https://www.youtube.com/channel/UC9clxqeEW6-fs3JIQCzWhCw>

National Geography:

- <https://www.youtube.com/playlist?list=PLKBuYmH1PiBR0TxLbx5bFugt92TZrNB0l>
- Mr Meadows' N5 Geography SharePoint: <https://tinyurl.com/bdeb8yst>
- Links to Miss Ralston's National Geography resources: <https://tinyurl.com/25j5jfm3>

National Modern Studies:

- <https://www.youtube.com/channel/UC9clxqeEW6-fs3JIQCzWhCw>

Higher History:

- The BHS Higher YouTube channel: <https://www.youtube.com/channel/UCbN1Wflqj5FGHcca9eQQGOA>
- <https://www.youtube.com/watch?v=EQ2I-pOrk1I>
- <https://www.youtube.com/channel/UC9clxqeEW6-fs3JIQCzWhCw>

#### Higher Modern Studies:

- <https://www.youtube.com/channel/UC9clxqeEW6-fs3JIQCzWhCw>
- <https://www.youtube.com/watch?v=tobZ6v2uq7s&list=PLOr5vkL0SMJmiUADwePleQSFiaoJvwtye>

#### Higher Geography:

- <https://www.youtube.com/playlist?list=PLKBUymH1PiBROTxLbx5bFugt92TZrNB0I>
- Mr Meadows' Higher Geography SharePoint: <https://tinyurl.com/2p8c6td4>
- Links to Miss Ralston's National Geography resources: <https://tinyurl.com/nrhvuzcn>

#### Higher RMPS:

- <https://www.bbc.co.uk/bitesize/subjects/z782fg8>

### Technologies

#### National 4&5 Graphic Communication:

- Resources from the school's Shared Drive: <https://tinyurl.com/mryz68rd>

#### Higher Graphics:

- Resources from the school's Shared Drive: <https://tinyurl.com/2jrpdvys>

#### Advanced Higher Graphics:

- Resources from the school's Shared Drive: <https://tinyurl.com/5n99tmd9>

Computing: All materials on Teams

### Maths

#### National 5 Maths:

- BHS N5 Maths Learning Checklist: <https://tinyurl.com/4kvtbhe4>
- <http://national5maths.co.uk>

#### Higher Maths:

- BHS Higher Maths Learning Checklist: <https://tinyurl.com/2p8rxp8p>
- Higher Maths Prelim Revision: <https://tinyurl.com/2p9fkwkt>
- <http://highermathematics.co.uk>

#### Advanced Higher Maths:

- <http://advancedhighermaths.co.uk>

### Languages

#### N5 and Higher English:

- Understanding Standards: <https://www.understandingstandards.org.uk/Subjects/English>
- SQA Past Papers: <https://www.sqa.org.uk/pastpapers/findpastpaper.htm?subject=English&level=NH>
- RUAЕ and Critical Essay Digital Resources for Higher: <https://tinyurl.com/2p9269fx>

#### Advanced Higher English:

- Textual Analysis Approach and Thought Process: <https://tinyurl.com/3rzjzh6y>
- Whole-Course 'Required Knowledge List': <https://tinyurl.com/4m4pnsz4>

#### Spanish:

- Revision materials for Higher Spanish from Teams: <https://tinyurl.com/yav3tfhz>
- Revision materials for AH Spanish from Teams: <https://tinyurl.com/2p8v2zsc>

### Sciences

A very comprehensive list of resources for Physics, Chemistry and Biology is available here: <https://tinyurl.com/2p94jhnu>

### Expressive Arts

Mr Mabon's YouTube channel: <https://www.youtube.com/channel/UCoxnKcQk9K3zwHgNTUNJq9w>

Higher Art & Design Terminology: <https://tinyurl.com/2p8taj8v>

National 5 Art & Design Terminology: <https://tinyurl.com/2p93ys32>

More to be added. Check back shortly and see class Teams for more information.