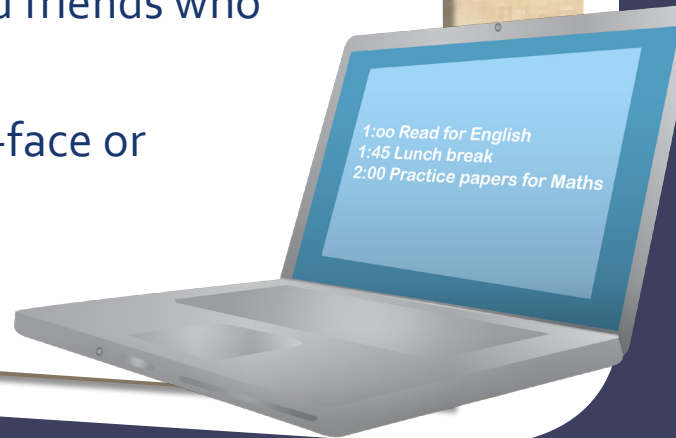


SQA Study Guides

Help and support

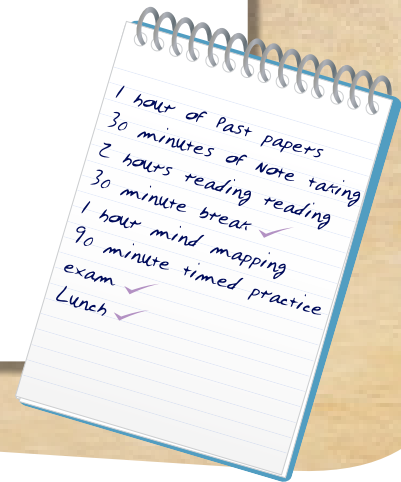
One of the easiest ways to get a bit of help and support when you're studying is to start your own study group. Study groups are:

- Great for motivation and encouragement, and for people who like to learn by talking and listening.
- Easy to start – just recruit a few good friends who are studying the same topics as you.
- A great opportunity to meet face-to-face or discuss online via social networks or instant messaging groups



If you need to find a way to refresh your studying why not enlist the help of friends and family?

- Write down some quick questions or facts and get a friend or family member to test you on them.
- This technique brings a useful auditory perspective to your studying.



These days, there are lots of online resources that can help with your studies.

- Try the SQA's website for past papers and answers

www.sqa.org.uk/pastpapers and a handy guide

to making the most of your course work_

<http://www.sqa.org.uk/yourcoursework>

- You'll find lots of helpful resources on the BBC website – brain training at BBC Brainsmart (www.bbc.co.uk/brainsmart) and BBC Bitesize (www.bbc.co.uk/bitesize) for revision tips broken down by subject

- Learning Teaching Scotland also has some study skills advice available online <http://www.ltscotland.org.uk/studyskills>