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](http://www.sqa.org.uk/pastpapers) and a handy guide to making the most of your course work [http://www.sqa.org.uk/yourcoursework](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](http://www.bbc.co.uk/brainsmart)) and BBC Bitesize ([www.bbc.co.uk/bitesize](http://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](http://www.ltscotland.org.uk/studyskills)