

Useful links

The SQA provides a range of [Information for Learners](#) as well as [Past Papers and Marking Instructions](#) for every subject and level. This includes advice on [study timetabling](#) and an [exam-timetable builder](#).

[Parentzone](#), from Education Scotland, provides a wide variety of information and support for learning at home and [revision](#). It also offers ‘*in a nutshell*’ summaries for [National 4](#), [National 5](#) and [Higher](#) courses.

[BBC Bitesize](#) has learning and [revision tools](#) for many subjects at National 5 and Higher level. Many subjects utilise Heriot-Watt University’s [SCHOLAR](#) resources and will have provided students with login details.

[Childline](#), [NHS](#), [REACH](#) and [YoungScot](#) have some tips on dealing with exam stress. Check out Young Scot’s [5 Ways to Chill Out in 5 minutes](#).

Maddie Moate is a British television presenter, writer and YouTuber. She has produced some helpful videos focusing on exams, including [What’s the Best Way to Study?](#) and [Dealing with Exam Stress](#). YouTube offers many useful videos – however make sure it is specific to Scotland’s National Qualifications.