



START EXAM YEAR THE RIGHT WAY

**A BACK-TO-SCHOOL GUIDE FOR
PARENTS OF S4-S6 STUDENTS**



**CREATED BY
DAVID SUDDING
SCOTTISH SECONDARY
SCHOOL TEACHER**

ABOUT THIS GUIDE

The summer break is over soon - but exam year has already started

Schools will go back, the summer's still fresh in everyone's mind, and revision is probably the last thing your child is thinking about. **That's completely normal.** But it's also exactly where the biggest head start comes from, because the families who quietly get organised now are the ones who feel calm and prepared when exams arrive.

Exam success starts in August, not April

By the time revision feels urgent, the students who are on top of things are usually the ones who started early and kept it consistent. Consistent study rarely happens on its own, though - not when teenagers are focused on everything except schoolwork. Leave it too long and the pressure builds for the whole family. Start it early, while there's no deadline in sight, and **exam year feels far more manageable.**

The one thing that makes the biggest difference

Here's the encouraging part: you don't need to understand the subjects to help. Your influence as a parent comes from something simpler - **helping your child build a steady study habit now**, so that by the time prelims come around, sitting down to revise is just second nature rather than a battle. Small and consistent beats last-minute every time.



I'm David Sudding, a senior teacher in a Scottish secondary school. I founded The Physics Coach after seeing how many pupils and parents struggle when exam year creeps up on them, and how much easier it is for families who get organised early.

The Physics Coach provides online group tutoring in Physics, Maths, Chemistry and Biology. Our tutors are **PVG-compliant, experienced secondary school teachers.**

Tutoring sessions are 75-minutes of structured and interactive study sessions designed to **build confidence for exams.**

Excellent



★ Trustpilot

THE WORRIES I HEAR FROM PARENTS EVERY SINGLE YEAR

“It’s exhausting trying to convince them to revise after school.”

“I don’t know if my child is really focused when they study.”

“I can’t help much because I don’t know the subjects myself.”

“When my child is stressed about exams, the whole house feels it.”

“It feels impossible to get them to see how important these exams are.”

“121 tutoring is too expensive, and I’m not sure it works.”

If any of this sounds familiar, this guide will provide you with practical tips and tools to help you support your child going into S4-S6.

YOU'VE SEEN THE WORRIES, HERE'S WHAT TO DO ABOUT THEM

For each of these worries, you'll find a simple tool or tip to help. None of them need you to know any subjects, and they work best when you put them in place now, at the start of term.

"It's exhausting trying to get my child to study"

CREATE A STUDY ROUTINE THAT WORKS AND AVOID ARGUMENTS

TOOL STUDY CONTRACT

Agree a clear routine so revision stops feeling like nagging and allow your child to take ownership.

TIP PLAN FOCUSED STUDY

Studying feels easier when your child knows what they're sitting down to revise.

"I don't know where my child needs the most support"

TOOLS THAT HELP YOU KNOW WHAT'S GOING ON AT SCHOOL

TOOL LEARNING JOURNAL

A simple log for each subject where your child records topics covered in class, dates last studied, and areas they feel unsure about.

TOOL CONFIDENCE MATRIX

A quick activity where your child rates each subject for understanding, confidence, and enjoyment. The results help you see where they need support and where to focus.

"I'm not sure their study is actually effective"

ENCOURAGING EFFECTIVE STUDYING AND GET INVOLVED

TOOL PAST PAPER TRACKER

A simple tracker that helps you to record how well your child has done in questions related to specific topics.

TIP TRY TEACHING BACK

Get involved with studying with an activity that puts your child in the teachers seat.

TIP ACTIVE VS PASSIVE

How to swap highlighting notes for effective study.

"Our home feels stressed and I don't know how to help"

REDUCING STRESS DURING EXAM YEAR

TIP LANGUAGE MATTERS

Clever language swaps to encourage studying without conflicts.

TIP STUDY IN A GROUP

Group study sessions supports motivation, reduces resistance, and make revision feel less isolating.

CREATE A STUDY ROUTINE THAT WORKS AND AVOID ARGUMENTS



TOOL

STUDY CONTRACT

A Study Contract is a simple written agreement between you and your child that sets out when, how, and what revision will be done.

Instead of you feeling like they have to nag every evening, the responsibility is shared with a mutual agreement. Your child commits to their part, and the parent agrees to step back outside of those times.

By making the plan visible and signed by both, the study routine becomes clear, fair, and easier to stick to.



Reduces arguments - everyone knows when study is happening, so there's less tension at home.



Gives ownership - your child has a say in the schedule, making them more likely to follow it.



Creates consistency - regular study sessions stop last-minute cramming and build confidence over time.



Builds trust - parents agree not to nag outside study times, and children commit to working during them.



Protects free time - once the agreed session is done, children can relax without feeling guilty or pressured.

[CLICK HERE TO GET THE EDITABLE TEMPLATE](#)

Full instructions are on the next page.

Study Contract

This contract is a plan we make together to make studying easier for both of us. The reason we're doing it is simple: when we agree on times for homework and revision.

What the Study Contract is:

It's an agreement based on trust between us, lasting until a date we choose. You commit to studying at the times we've written down, and I commit to supporting you without asking you to do extra outside of those times.

Why we're doing this:

- It keeps things fair - you know when study starts and when it ends.
- It helps you stay on top of your subjects without last-minute cramming.
- It gives you more freedom outside of study time, because I won't need to keep checking in.

Parent Promises

- I agree not to nag outside of the study times we've set.
- I agree to respect your free time once the study session is complete.
- I agree to encourage you with praise and support, not pressure.
- I agree to help you stay on track by checking in at the start of a session, not during it.
- I agree to provide rewards (like trust, screen time, or small treats) for sticking to the plan.

Student Promises

- I agree to start my study at the time we've written down.
- I agree to hand over my phone during these times so I can focus.
- I agree to focus on revision and try to challenge myself.
- I agree not to complain once the time starts - it's my responsibility to get on with it.
- I agree to share what I have studied after the study slot.



TOOL

HOW TO USE THE STUDY CONTRACT

This is a flexible tool, not a one-size-fits-all. Feel free to edit the terms so they suit your family's routine. The important thing is that both parent and child agree the contract feels fair.

We recommend aiming for at **least 75 minutes of study each week per subject**. Start with a manageable amount now, while there are no deadlines looming – then increase the study time in the weeks before prelims. Building the habit first makes stepping it up much easier later.

PAGE 1

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CLICK HERE TO GET THE EDITABLE TEMPLATE



To edit in Google Docs: Sign in, click File > **Make a copy**

To edit in Microsoft Word: Click File > **Download**

Ask your child to plan specific study slots. Encourage at least one study session per subject.

Edit of terms of each of these section based on what suits you and your child.

PAGE 2

I agree to study at these times:

DAY OF THE WEEK	STUDY SLOTS	WHAT I WILL STUDY
Monday	• •	
Tuesday	• •	
Wednesday	• •	
Thursday	• •	
Friday	• •	
Saturday	• • •	
Sunday	• • •	

CREATE A STUDY ROUTINE THAT WORKS AND AVOID ARGUMENTS



TIP

PLAN FOCUSED STUDY

A routine isn't just about getting your child to get work done. It's about reducing resistance to study, while making it less stressful. When your child knows exactly when revision will happen, they don't waste energy putting it off, and you don't spend your evenings chasing them. Routines turn study into a habit, and habits build confidence while making it the norm in their week.

Regular, focused study is much more effective than last-minute cramming. It helps your child remember topics taught months ago, prepares them for exams, and makes revision feel manageable. With a clear plan, they can balance school homework and prelim preparation without burning out, and you can feel reassured they're covering what matters most.

BEING SPECIFIC MAKES STUDYING EASIER

Another way to reduce the resistance to study is to plan specific types of study and subjects that your child will study. If they know what they are sitting down to study, it takes away the anxiety for them.

A basic study plan (like the one in the study contract), can be helpful to get your child to get started with their study sessions and to set expectations. Carving out time every week also normalises study activities and gives them a focus before they start.

SCHEDULE TEACHER SUPPORTED STUDYING EVERY WEEK

75 minutes of online group tutoring every week.
Taught by experienced Scottish teachers.
Cover Nat 5 & Higher Physics, Maths, Biology & Chemistry.

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coach

BALANCING HOMEWORK & STUDY

Homework can easily take over evenings, leaving little room for exam study. The Homework & Study Balance Tracker helps your child manage both without stress. By planning homework first, then adding in focused revision slots, it keeps the workload realistic and ensures exam prep doesn't get forgotten.

You could use something like this basic table to help with organising homework tasks while staying focused on the importance of exam revision.

Day	Homework	Plan Time	Study Focus	Plan Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

You will find a 'print-ready' pack at the end of this document which contains all of the templates from this exam survival guide.

TOOLS THAT HELP YOU KNOW WHAT'S GOING ON AT SCHOOL



TOOL

SCHOOL JOURNAL

The Learning Journal is designed to help your child keep track of what they've learned in school and when they last revised it. Topics taught in August and September are often the first to fade by exam time – simply because they were learned so long ago. That's exactly why the journal works best started in week one: every topic gets logged as it's taught, so nothing quietly slips away before prelims. The journal solves this by recording the date a topic was taught in class and the date it was last revised, making it easy to spot which areas need attention first.

It also acts as a simple index, a record of what's been covered and where to find class notes. Instead of wasting time wondering "Have I studied this?" or "Where are my notes for that?", your child can quickly see what's complete, what's fresh, and what needs revisiting.

By regularly updating the Learning Journal, your child develops a clearer sense of progress. It turns revision into a structured plan rather than guesswork, reducing stress for both them and you.

BENEFITS OF KEEPING A SCHOOL JOURNAL

- ☒ Helps prioritise weaker or forgotten topics before exams.
- ☒ Builds a sense of achievement as more topics are ticked off.
- ☒ Encourages independent organisation, your child owns their learning.
- ☒ Encourages your child to self-assess understanding of classes.

HOW TO USE THE SCHOOL JOURNAL

1. Print out a copy of the journal template on the next page.
2. Encourage them to make a note of what they covered in each class of their school day with a rating of 1→5.
3. When they get home from school, ask to see the journal and ask them to circle any period that they rated 4 or 5.
4. Plan revision together, focus on their circled topics.

You will find a 'print-ready' pack at the end of this document which contains all of the templates from this exam survival guide.

SCHOOL JOURNAL

DATE AT THE START
OF THE WEEK

DAY	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	PERIOD 6
MON						
TUE						
WED						
THUR						
FRI						

1

Make a note of what you covered in class.
Subject → Topic → Activity → Past Paper Qs

2

In the shaded boxes, rate the difficulty of
your class out of 5. Use the ratings below.

3

At the end of the day, circle 2 or 3 periods
that you need to revise later.

1 – Very Easy

*I understood everything and
could explain it to someone.*

2 – Easy

*I followed most of it, just a
few bits to check later.*

3 – In The Middle

*I understood some of it, but parts
were confusing or unclear.*

4 – Hard

*I struggled with a lot of it and will
need to go over it again.*

5 – Very Hard

*I didn't understand it at all and
need support or extra help.*

TOOLS THAT HELP YOU KNOW WHAT'S GOING ON AT SCHOOL



TOOL

CONFIDENCE MATRIX

The Confidence Matrix helps your child (and you) see at a glance which subjects they feel most and least confident in.

Students often default to revising the subjects they enjoy or already do well in, while weaker areas are quietly avoided. The matrix makes those gaps visible so study time can be better prioritised.

BENEFITS OF THE CONFIDENCE MATRIX

- ✓ **Stops avoidance** - highlights weaker subjects so they don't get ignored.
- ✓ **Saves time** - makes it obvious where study will have the biggest impact.
- ✓ **Builds motivation** - as weaker subjects move up the scale, progress feels tangible.
- ✓ **Encourages honesty** - gives children a safe way to admit "I'm not confident here."

HOW TO USE THE CONFIDENCE MATRIX

- 1 For each subject being studied this year, ask your child to rank them from most confident to least confident.
- 2 Ask them to reflect on why they ranked each subject where they have. What do they enjoy? What do they struggle with? Which parts of this subject worries them?

EXAMPLE

MOST CONFIDENT	SUBJECTS	REFLECT	PRIORITY
	Music	I really enjoy music. I can play the pieces and understand the theory.	8
	Computing	I understand computing but need to work on my coding tasks.	7
	Biology	Notes are clear but exam questions can trip me up sometimes.	6
	Chemistry	I understand the experiments but equations feel hard, especially balancing them.	5
	English	Unsure how to structure critical essay answers. It's boring sometimes too.	4
	French	I can write okay, struggle with spelling and speaking makes me nervous.	3
	Physics	I get the concepts but panic with calculations.	2
LEAST CONFIDENT	Maths	I understand in class but struggle with doing things right in practice.	1

The template on the next page gives you a matrix for Nat 5 and Higher students.

- 3 The priority column is in reverse so you can support your child with planning more revision for subjects that are low-confidence or seek extra support.

CONFIDENCE MATRIX

DATE
COMPLETED

NAT 5

**MOST
CONFIDENT**

SUBJECTS	REFLECT	PRIORITY
		8
		7
		6
		5
		4
		3
		2
		1

**LEAST
CONFIDENT**

HIGHERS

**MOST
CONFIDENT**

SUBJECTS	REFLECT	PRIORITY
		5
		4
		3
		2
		1

**LEAST
CONFIDENT**

BUILD CONFIDENCE WITH FOCUSED, SUPPORTED REVISION

Has Maths, Chemistry, Biology or Physics been rated low confidence? Sign up for our online group tutoring sessions taught by experienced school teacher.

the
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coach

ENCOURAGING EFFECTIVE STUDYING AND GET INVOLVED

TOOL PAST PAPER TRACKER

Past papers are one of the most effective ways to prepare for prelims and final exams, but only if your child tracks how well they're doing. The Past Paper Tracker helps them do exactly that. It's a simple way to record which questions they've attempted, how confident they felt, and where more revision is needed.

Each time your child completes a past paper or individual question, they give it a rating using the **RED** - **AMBER** - **GREEN** system. Over time, this builds a clear picture of which topics are strong and which need extra focus.

HOW IT WORKS

- 1 After completing a question or section of a past paper, mark the rating column.
- 2 Review the tracker weekly - focus revision on the topics showing more Red or Amber results.
- 3 Watch for progress: as topics improve, ratings turn Green and confidence grows.

GREEN

SUCCESS Answered fully and correctly. Confident with this topic, but revisit occasionally for practice.

AMBER

GOOD TRY Managed parts of the question but missed key details or made small errors. Worth revising again later.

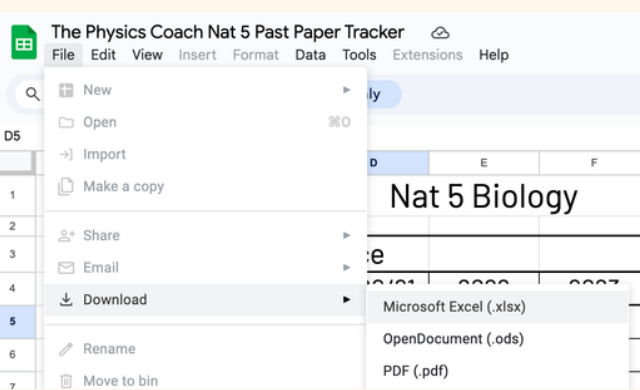
RED

FAILED Found it difficult to answer or didn't understand what the question was asking. Needs revisited soon.

WHY IT HELPS

- ✓ **Shows progress clearly** - your child can see how confidence builds as topics move from Red to Green.
- ✓ **Targets weak areas** - makes it obvious where to focus revision time for the biggest improvement.
- ✓ **Saves time** - stops endless re-practising of questions they already know how to answer.
- ✓ **Reduces stress** - gives both you and your child a clear plan of what still needs work.
- ✓ **Builds exam confidence** - regular reflection on results helps them feel ready and in control before prelims.

HOW TO ACCESS THE TRACKERS



To edit in Google Sheets: **Sign in**, click File > **Make a copy**

To edit in Microsoft Excel: Click File > **Download**

NAT 5 TRACKER

HIGHER TRACKER

GENERIC TRACKER

ENCOURAGING EFFECTIVE STUDYING AND GET INVOLVED



TOOL

PAST PAPER TRACKER

NAT 5 TRACKER

HIGHER TRACKER

GENERIC TRACKER

EXAMPLE: WHAT A GOOD ONE LOOKS LIKE

Science Subject:	Level:	2019	2020/21	2022	2023	2024	2025
Paper 1 Multiple Choice							
Q 1	GREEN						
Q 2	GREEN						
Q 3	GREEN						
Q 4	GREEN						
Q 5	AMBER						
Q 6	RED						
Q 7	RED						
Q 8	RED						
Q 9	AMBER						
Q 10	GREEN						
Q 11	GREEN						
Q 12	RED						
Q 13	GREEN						
Q 14	GREEN						
Q 15	GREEN						
Q 16	GREEN						
Q 17	AMBER						
Q 18	AMBER						
Q 19	AMBER						

NATIONAL 5 PAST PAPER TRACKER

Nat 5 Biology

Nat 5 Chemistry

Nat 5 Physics

Nat 5 Maths

Nat 5 Applications of Maths

HIGHER PAST PAPER TRACKER

Higher Biology

Higher Human Biology

Higher Chemistry

Higher Physics

Higher Maths

GENERIC PAST PAPER TRACKER

For any other Nat 5 or Higher subject.

GREEN

SUCCESS Answered fully and correctly. Confident with this topic, but revisit occasionally for practice.

AMBER

GOOD TRY Managed parts of the question but missed key details or made small errors. Worth revising again later.

RED

FAILED Found it difficult to answer or didn't understand what the question was asking. Needs revisited soon.

ENCOURAGING EFFECTIVE STUDYING AND GET INVOLVED



TIP

TRY TEACHING BACK

One of the best ways to check whether your child really understands a topic is to ask them to teach it back. Explaining something in their own words proves they've moved beyond memorising and can apply what they've learned. If they struggle to explain it, that's a clear sign the topic needs more revision.

ADVICE

Keep it short and light, this isn't a lecture. Five minutes is often enough for them to talk through the key points. You don't need to know the subject yourself - just listen and ask them to clarify if something isn't clear. This helps them practise thinking aloud, just like they'll need to do under exam pressure.

GETTING INVOLVED

For checking knowledge, you can use some of the prompts below, but another tactic to try is choosing specific past paper questions and asking them to guide you through how they would approach answering it. Again, you're not there to advise on the right answer, you're there to see how confident they sound.

"Can you explain that in your own words?"

"What's the most important part of this topic?"

"How would you use that in an exam question?"

"Can you give me another example?"

"Why does that happen?"



TIP

ACTIVE VS PASSIVE STUDY

Not all study is equal. Many teenagers spend hours at their desk but make little progress, because they're doing passive study - activities that feel busy but don't test their understanding. To get exam-ready, your child needs to use active study techniques that force them to recall, apply, and explain what they know.

SIGNS OF PASSIVE STUDYING

- Highlighting or underlining notes
- Re-reading the same pages in a textbook
- Copying notes neatly or rewriting them without thinking
- Watching revision videos without pausing to check understanding

WHAT ACTIVE STUDYING LOOKS LIKE

- Answering past paper questions under timed conditions
- Studying in a group and 'teaching back' to peers.
- Summarising a topic in their own words without notes
- Using flashcards to test recall of key terms or formulas
- Drawing diagrams or mind maps from memory, then checking accuracy

WHY THIS MATTERS

Active study is more effective because it mirrors the way exams work. Your child has to produce answers, not just recognise them. By building active study into their routine, they'll gain confidence, spot gaps in knowledge, and use their time more efficiently.

ENCOURAGING EFFECTIVE STUDYING AND GET INVOLVED



TIP

LANGUAGE MATTERS

Encouraging your child to study isn't always easy. Some days they'll be tired, distracted, or simply not in the mood. As a parent, it can be exhausting!

You might also be tempted to put your foot down and push harder. But the way we phrase things makes a big difference. Language can either create resistance and arguments, or it can open the door to cooperation.

THREE PRINCIPLES FOR BETTER LANGUAGE

1. Swap commands for collaboration

Instead of telling them what to do, ask questions that let them take ownership.

2. Focus on the plan, not the person

Make the study routine the "rule" to follow, rather than making it about their effort or attitude.

3. Keep it short and neutral

Avoid lectures. Calm, concise language avoids triggering frustration or defensiveness.

TACTICS TO MOTIVATE WITHOUT ARGUMENTS

Use open questions: Try, "What's your plan for study today?" instead of "Have you revised yet?"

Acknowledge effort: Even small steps count. A quick "Well done for sticking to that slot" reinforces good habits.

Set start points, not finish times: Say, "Let's get started at 6pm," rather than "You need to do two hours."

Pair study with breaks: Remind them that focused work earns them free time without guilt afterwards.

Offer choice: Give two options. "Do you want to start with Biology or Maths?" - so they feel in control.

Stay curious, not critical: Ask, "What part do you find hardest?" instead of pointing out what hasn't been done.

LET US BE THE MOTIVATOR SO YOU CAN BE THE PARENT

Being a parent can be challenging enough without having to motivate your teenager to study. When checking what they've revised feels like you're nagging them, arguments start.

Delegate these problems to us. Schedule 75 minutes of meaningful study every week and let our teachers motivate and support your child.

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ENCOURAGING EFFECTIVE STUDYING AND GET INVOLVED



TIP

STUDY IN A GROUP

Studying alone can feel isolating and demotivating, and that grows over exam year. **Group study changes that.** When students revise together, they share ideas, explain concepts to each other, and keep one another accountable. It makes studying more interactive and less of a chore.

WHY GROUP STUDY WORKS

Builds motivation – it's easier to start (and stick to) a session when others are doing it too.

Reveals gaps – hearing someone else's explanation can highlight areas your child needs to work on.

Boosts confidence – teaching or answering questions in front of peers builds exam-style resilience.

Breaks the isolation – students realise they're not the only ones finding it difficult.

Mirrors school learning – Learning as a group is how your child is already familiar with.

FINDING STUDY GROUPS

- Speak to other parents and set up a weekly online or in-person study session.
- Encourage your child to team up with classmates who want to focus on revision.
- Ask your child's school to see if they offered supported study or organised study groups in any subject.



BONUS TIP

ENHANCED GROUP STUDY

While informal study groups are helpful, structured group tuition goes a step further. With a qualified teacher leading the session, your child gets expert guidance, focused study, and the accountability of learning alongside others.

This is why group tuition often delivers better results than studying alone, and 121 tutoring. While 121 tutoring provides a tutor's guidance, your child misses out on the familiar learning environment and the peer learning elements – and it's often very expensive.

THIS IS WHY
I STARTED

the
physics
coach

To reduce **stress for parents** and **help students succeed** with an **affordable tutoring solution** that works better than lone study and 121.

- ✓ **Weekly small group tutoring sessions.**
- ✓ **Each session taught by an experienced school teacher.**
- ✓ **Specific sessions for Nat 5 & Higher students.**
- ✓ **Subjects include: Biology, Chemistry, Maths and Physics.**
- ✓ **Over 48% better value than 121 tutoring for better results.**
- ✓ **75 minutes of focused study every week.**
- ✓ **Supported study with a focus on exam success.**

MAKE EXAM YEAR LESS STRESSFUL

WITH NAT 5 & HIGHER ONLINE GROUP TUTORING



BIOLOGY



CHEMISTRY



MATHS



PHYSICS

**TAUGHT BY EXPERIENCED
SCOTTISH TEACHERS**



**BOOST CONFIDENCE & HELP
THEM GET THEIR GRADES**



**JUST
£28
PER 75 MINUTE
TUTORING LESSON**

BOOKINGS OPENS SOON

**COMPARED TO
£40+ PER
HOUR
FOR 121 TUTORING**

**WE OFFER OVER
44% BETTER
VALUE
FOR BETTER RESULTS**



**75 MINUTES FOCUSED
STUDYING EVERY WEEK**



**MAKE EXAM REVISION
EFFORTLESS EVERY WEEK**

VERIFIED REVIEW
11th August 2025



TR 
GB • 1 review

17 hours ago



National 5 tutoring

My Daughter took part in the tutoring sessions for National 5 Physics and Chemistry. Both were excellent and supported her performing well in both subjects. The sessions run really efficiently each week and the tutors really supported in improving my daughters confidence. Do not hesitate to sign up.

BOOKINGS OPEN ON 5TH AUGUST 2026
**SPACES WILL FILL UP FAST, BUT SEND US AN EMAIL TO
GET PRIORITY ACCESS. CLICK BELOW.**

HELLO@THEPHYSICSCOACH.CO.UK

the physics coach

PRINT-READY TEMPLATES

HOMEWORK & STUDY BALANCE PLANNER

DATE AT THE START OF THE WEEK

Homework can easily take over evenings, leaving little room for exam study. The Homework & Study Balance Tracker helps you to manage both without stress. By planning homework first, then adding in focused revision slots, it keeps the workload realistic and ensures exam prep doesn't get forgotten.

Day	Homework Tasks (Est. hrs taken)	Time Needed	Study Focus (Exam Revision)	Time Allocated

MOST
CONFIDENT

SUBJECTS	REFLECT	PRIORITY
Music	I really enjoy music. I can play the pieces and understand the theory.	8
Computing	I understand computing but need to work on my coding tasks.	7
Biology	Notes are clear but exam questions can trip me up sometimes.	6
Chemistry	I understand the experiments but equations feel hard, especially balancing them.	5
English	Unsure how to structure critical essay answers. Ifs boring sometimes too.	4
French	I can write okay, struggle with spelling and speaking makes me nervous.	3
Physics	I get the concepts but panic with calculations.	2
Maths	I understand in class but struggle with doing things right in practice.	1

LEAST
CONFIDENT

SCHOOL JOURNAL

DATE AT THE START OF THE WEEK

DAY	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	PERIOD 6
MON						
TUE						
WED						
THUR						
FRI						

1 Make a note of what you covered in class.
Subject → Topic → Activity → Past Paper Qs

1 - Very Easy
I understood everything and could explain it to someone.

2 - Easy
I followed most of it, just a few bits to check later.

2 In the shaded boxes, rate the difficulty of your class out of 5. Use the ratings below.

3 - In The Middle
I understood some of it, but parts were confusing or unclear.

4 - Hard
I struggled with a lot of it and will need to go over it again.

3 At the end of the day, circle the topics that you need to revise.

5 - Very Hard
I didn't understand it at all. I need support or help.

VISIT OUR WEBSITE TO SEE OUR CLASS SCHEDULE & BOOK YOUR PREFERRED TIME

SIGN UP TODAY



**ALL TUTORIALS ARE TAUGHT BY EXPERIENCED
SCOTTISH SCHOOL TEACHERS**

VERIFIED REVIEW
12th August 2025

 **Trustpilot**

KM

KM

GB • 4 reviews

15 hours ago



Higher Physics

Supported my son in higher physics. He went from a fail the previous year to an A. Consistent classes, responsive team, affordable. Great experience and would recommend

the
physics
coach

thephysicscoach.co.uk

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SCAN QR CODE

TO SIGN UP



Excellent



 **Trustpilot**

HOMEWORK & STUDY BALANCE PLANNER

DATE AT THE START
OF THE WEEK

Homework can easily take over evenings, leaving little room for exam study. The Homework & Study Balance Tracker helps you to manage both without stress. By planning homework first, then adding in focused revision slots, it keeps the workload realistic and ensures exam prep doesn't get forgotten.

Day	Homework Tasks (Set by School)	Time Needed	Study Focus (Exam Revision)	Time Allocated
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SCHOOL JOURNAL

DATE AT THE START
OF THE WEEK

DAY	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	PERIOD 6
MON						
TUE						
WED						
THUR						
FRI						

1

Make a note of what you covered in class.
Subject → Topic → Activity → Past Paper Qs

2

In the shaded boxes, rate the difficulty of
your class out of 5. Use the ratings below.

3

At the end of the day, circle 2 or 3 periods
that you need to revise later.

1 – Very Easy

*I understood everything and
could explain it to someone.*

2 – Easy

*I followed most of it, just a
few bits to check later.*

3 – In The Middle

*I understood some of it, but parts
were confusing or unclear.*

4 – Hard

*I struggled with a lot of it and will
need to go over it again.*

5 – Very Hard

*I didn't understand it at all and
need support or extra help.*

CONFIDENCE MATRIX

DATE
COMPLETED

NAT 5

	SUBJECTS	REFLECT	PRIORITY
MOST CONFIDENT			8
			7
			6
			5
			4
			3
			2
			1
LEAST CONFIDENT			1

HIGHERS

	SUBJECTS	REFLECT	PRIORITY
MOST CONFIDENT			5
			4
			3
			2
			1
LEAST CONFIDENT			1

BUILD CONFIDENCE WITH FOCUSED, SUPPORTED REVISION

Has Maths, Chemistry, Biology or Physics been rated low confidence? Sign up for our online group tutoring sessions taught by experienced school teacher.

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DATE
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NAT 5

**MOST
CONFIDENT**

SUBJECTS	REFLECT	PRIORITY
		8
		7
		6
		5
		4
		3
		2
		1

**LEAST
CONFIDENT**

HIGHERS

**MOST
CONFIDENT**

SUBJECTS	REFLECT	PRIORITY
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**LEAST
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