



Paratoi ar gyfer
arholiadau/
Preparing for exams

Be organised/bod yn drefnus

REVISION

* = revise if possible
 == = no revision/break

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	==
5:00-5:30	english	chemistry	media	maths	english	maths*	==
5:30-6:00	==	==	maths	english	media	==	==
6:00-6:30	english	english	==	==	==	==	==
6:30-7:00	maths	english	==	==	chemistry	==	==
7:00-7:30	==	==	english	chemistry	==	*	biology
7:30-8:00	==	==	physics	chemistry	==	*	media

Day	8:30 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 1:00	1:00 - 4:30	4:30 - 5:00 (Revision / Intervention)	5:00 - 5:30	5:30 - 6:00	6:00 - 6:30	6:30 - 7:00	7:00 - 7:30	7:30 - 8:00
Monday						English	RE	Break	Music	English	Relax	ICT
Tuesday						Science	Break	Break	Maths	Geography	Relax	Relax
Wednesday						Break	Geography	English	Break	Maths	Music	Relax
Thursday						Maths	Science	Break	Business Studies	Relax	Relax	ICT
Friday						Play football	Break	English	Break	Maths	Business Studies	Relax
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
Sunday	Geography	Football	Football	ICT	Relax	Science	maths	Break	Geography	RE	Relax	relax

Make the timetable realistic and manageable and stick to it as best as possible.

Gwneud yr amserlen yn realistig ac yn hylaw a chadw ato gymaint â phosibl

Start Now!

Try a past paper

Work through a past paper. Use red pen to show where you needed screencast support.

Identify topics to improve

Make a list of topics to work on based on the red ink parts of your past paper.

Revise / Clarify understanding

Use the various learning resources to revise or clarify each red topic.

Test your understanding

Test your revised understanding using the various quizzes, questions and exercises available.

Feeling happier ?

Make sure you mark your work to confirm understanding

Revision Resources

- WJEC website - [WJEC Past Papers](#)
- WJEC Question bank, where you can create personalised worksheets from real GCSE questions - [Question Bank \(wjec.co.uk\)](#)
- Subject specific websites – such as [GCSE Past Papers \(jonesthesum.co.uk\)](#) for maths past papers and resources
- Past paper attempts – make a list of harder topics – ask your teacher to help with the names of topic associated with the troubling questions.
- Teacher advice & feedback on areas for improvement
- Subject specific websites – e.g. My Maths lessons, Corbett maths
- Revision textbooks – old but gold e.g. CGP
- Teams/Moodle – most team pages will have revision materials or suggested websites
- Your own notes from class and worked examples along with past assessments
- Your teacher – utilise their subject expertise, particular during lunchtime, where available
- Generic websites – such as bbc bitesize
- Subject specific websites – e.g. [Videos and Worksheets – Corbettmaths](#) or [INT Topic PPQ's \(jonesthesum.co.uk\)](#) for maths
- Revision Guide Workbook or Textbook exercises
- My Maths Homeworks and Booster Packs or GCSE revision packs, available under “revision”
- The red ink questions from your previous past paper attempts
- Questions from previous class booklets or assessments

Dechrau nawr!

Rhowch gynnig
ar gyn-bapur

Gweithwch drwy gyn papur. Defnyddiwch ben coch i ddangos ble roeddech angen cymorth screencast.

Nodi pynciau i'w gwella

Lluniwch restr o bynciau i weithio arnynt yn seiliedig ar rannau pen coch eich cyn-bapur.

Adolygu / Egluro
dealltwriaeth

Defnyddiwch yr adnoddau dysgu amrywiol i adolygu neu egluro pob pwnc coch.

Profwch eich
dealltwriaeth

Profwch eich dealltwriaeth ar ôl i chi adolygu trwy ddefnyddio'r cwisiau, cwestiynau ac ymarferion amrywiol sydd ar gael.

Teimlo'n
hapusach
?

Gwnewch yn siŵr eich bod yn marcio eich gwaith i gadarnhau dealltwriaeth.

Ie

Nage

Adnoddau adolygu

- Gwefan CBAC - [WJEC Past Papers](#)
- Banc Cwestiynau CBAC, lle gallwch greu taflenni gwaith personol o gwestiynau TGAU go iawn - [Question Bank \(wjec.co.uk\)](#)
- Gwefannau Pwnc Penodol – fel [GCSE Past Papers \(jonesthesum.co.uk\)](#) ar gyfer cyn-bapurau ac adnoddau mathemateg.

- Ymgais ar gyn-bapurau – lluniwch restr o'r pynciau anoddaf – gofynnwch i'ch athro eich helpu gydag enwau pwnc a gysylltir â chwestiynau trafferthus.
- Cyngor ac adborth athro ar feysydd i'w gwella.

- Gwefannau pwnc penodol – e.e. gwersi My Maths, corbett maths
- Gwerslyfrau adolygu – hen on aur e.e. CGP
- Teams/Moodle – bydd gan y rhan fwyaf o dudalennau team deunyddiau adolygu neu wefannau awgrymedig.
- Eich nodiadau eich hun o'r dosbarth ac enghreifftiau gweithiedig yn ogystal ag asesiadau blaenorol.
- Eich athro – defnyddiwch eu harbenigedd pwnc, yna arbennig yn ystod amser cinio, lle'n bosibl
- Gwefannau generig – fel bbc bitesize

- Gwefannau pwnc penodol – e.e. [Videos and Worksheets – Corbettmaths](#) or [INT Topic PPQ's \(jonesthesum.co.uk\)](#) ar gyfer mathemateg
- Llyfr Gwaith Canllaw Adolygu
- My Maths Homeworks a Booster Packs neu becynnau adolygu TGAU, ar gael dan "adolygu"
- Y cwestiynau inc coch o'ch ymdrechion ar gyn-bapurau
- Cwestiynau o lyfrynnau dosbarth neu asesiadau blaenorol.

When you get stuck...

Don't panic! Getting stuck is a healthy and **essential** part of learning. Try some of these ideas to help you move on...

- **Read** the question carefully. What is it asking you to do? Try putting it into your own words.
- **Underline** the key words & facts in the question to help you to work out what you need to do.
- Would it help to **draw a diagram** with all the information on?
- **Break** the question down. Is there **any part** you can do? What **formulas** or rules might be useful here?
- **Check** in your exercise book or the text book for any **notes** or **worked examples**.
- **Take a risk!** Try something you think might work. It could help you crack the problem!
- If all else fails, **make a note** of the question and **ask your teacher**.

Top tips for exam success

- Start your revision now. Create a revision timetable. Take regular breaks.
- Always mark your solutions and **correct any mistakes you make**.
- As you get near to the exam, start timing yourself when doing past papers. Aim to finish in the 90 mins allowed.
- Have all your equipment ready. Make friends with your calculator. The better you know how to use it, the more help it will be.
- In the exam, if you get stuck, move on to the next question. If you finish early, check through your answers for mistakes.

Os ydych yn methu symud ymlaen...

Peidiwch â phanico! Mae methu gweld sut i symud ymlaen yn gwbl naturiol ac yn rhan **hanfodol** o ddsygu. Rhowch gynnig ar rai'r syniadau hyn i'ch helpu i symud ymlaen...

- **Darllenwch** y cwestiwn yn ofalus. Beth mae'n gofyn i chi ei wneud? Ceisiwch ei roi yn eich geiriau eich hun.
- **Tanlinellwch** y geiriau allweddol a'r ffeithiau yn y cwestiwn i'ch helpu i weithio allan beth i'w wneud.
- A fyddai **lluniadu diagram** gyda'r holl wybodaeth arno'n helpu?
- **Torrwch** y cwestiwn lawr. Oes **unrhyw ran** y gallwch ei wneud? Pa **fformiwlâu** neu reolau allai fod yn ddefnyddiol yma?
- **Gwiriwch** yn eich llyfrau ysgrifennu neu'r gwerslyfr ar gyfer unrhyw **nodiadau** neu **enghreifftiau gweithiedig**.
- **Cymrwch risg!** Rhowch gynnig ar rywbeth rydych yn credu allai weithio. Gallai eich helpu i ddatrys y broblem!
- Os yw popeth arall yn methu, **gwnewch nodyn** o'r cwestiwn a **gofynnwch i'ch athro**.

Yr awgrymiadau gorau ar gyfer llwyddiant mewn arholiadau

- Dechreuwch adolygu nawr. Lluniwch amserlen adolygu. Cofiwch gael seibiant yn rheolaidd.
- Marciwch eich atebion a **chywirwch unrhyw gamgymeriadau a wnewch**.
- **Wrth i'r arholiad nesáu**, dechreuwch amseru eich hun wrth wneud cyn-bapurau. Ceisiwch orffen yn y 90 munud a ganiateir.
- Dylai eich offer fod yn barod. Byddwch yn ffrind i'ch cyfrifiannell. Y gorau y gallwch ei ddefnyddio, mwyaf o help fydd e.
- Yn yr arholiad, os na allwch fynd ymlaen, symudwch at y cwestiwn nesaf. Os ydych yn gorffen yn gynnar, gwiriwch eich atebion am gamgymeriadau.

DEALING WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.

EXAM SUCCESS



gcsepod
education on demand



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.



EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling. It will help them to relieve any stress and worrying they may be experiencing.



KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!

TOP TIPS FROM YOUR FELLOW STUDENTS

We asked your fellow students what helps them to revise for their exams. Here's what they said.

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1

PAGE YOURSELF

Try not to revise everything at once. Give your mind time to take in what it is you are revising.

2

SET GOALS

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

7

TEST YOURSELF

By testing yourself with questions, you are making sure you fully understand what it is you are revising.

8

NO DISTRACTIONS

Revise in a quiet place where there is nothing to distract you.

3

ORGANISE WORKLOADS

Organise your time properly by creating a timetable of subjects to revise. Don't forget to include suitable breaks.

4

USE SUMMARY PODS

For short bursts of revision, the Summary Pods are a great way to help you remember the key pieces of information.

9

REWARD SYSTEM

Reward yourself after revision to keep you motivated.

10

CREATE A HOMEWORK CORNER

Set up a comfortable place at home where you can relax and revise at the same time.

5

NO LATE NIGHTS

Don't start revision late at night. Make sure you have a good sleep of between 7-9 hours every night, helping you to have a relaxed and well-rested mind and body.

11

DON'T LEAVE IT UNTIL THE LAST MINUTE

Leaving revision until the last minute will add unnecessary stress to your workload. Start sooner rather than later.

6

LISTEN TO MUSIC

Calming music can help you to de-stress or focus when you're stressed.

12

USE COLOURS

Highlight key points which you need to stand out during revision.

