

Cyngor Cyflym Adolygu

Revision Top Tips



Cyngor Cyflym Adolygu

- ◆ Defnyddiwch uwcholeuwyr, post its, cardiau fflach – unrhyw beth i'w gadw'n lliwgar.
- ◆ Creu amserlen a chadw ato.
- ◆ Dysgwch eraill. Dyma'r ffordd orau i ddysgu a chadw wybodaeth.
- ◆ 4 X sesiwn adolygu 40 munud gydag egwyl 5 munud rhwng pob sesiwn.

Cyngor Cyflym: Ffordd o fyw a'r Amgylchedd

- ◇ Angen o leiaf 8 awr o gwsg.
- ◇ Mae ymarfer corff yn dda.
- ◇ Mwynhewch ychydig o amser rhydd – mae chwerthin yn ffordd dda o frwydro yn erbyn straen.
- ◇ Yfed digon o ddŵr.
- ◇ Cadwch eich ffôn symudol mewn ystafell arall.
- ◇ Desg glir a threfnus wedi ei oleuo yn dda.
- ◇ Gweithiwch yn gynnar gyda'r nos i sicrhau ychydig o amser rhydd cyn mynd i'r gwely.

Top Tips for Revision

- ◆ Use highlighters, post its, flash cards – keep it colourful.
- ◆ Get into a routine and stick to it.
- ◆ Teach others. It's the best way to learn and retain information.
- ◆ 4 X 40 minute revision sessions with a 5 minute break in-between each session.

Top Tips: Lifestyle and Environment

- ◇ You need at least 8 hours sleep each night.
- ◇ Exercise is good.
- ◇ Enjoy some free time – laughter is a good way of combating stress.
- ◇ Keep hydrated.
- ◇ Keep your mobile phone in another room to avoid distraction.
- ◇ A clear and organised desk with good lighting.
- ◇ Work early in the evening to ensure some free time before going to bed.

I Rieni:

Gwnewch:

- ◆ Gwobrwyo eu hymdrechion.
- ◆ Digon o ganmoliaeth ac anogwch egwyl – 5 munud o egwyl ar ddiwedd pob sesiwn adolygu 40 munud.
- ◆ Annog creu amserlen a chadw ato.
- ◆ Monitro patrymau cwsg – disgyblion angen o leiaf 8 awr pob nos.
- ◆ Mae angen diet cytbwys o hwyl a rhyngweithio ar-lein yn ogystal ag oddi wrtho.
- ◆ Byddwch yn barod i wrando – mae'n amser emosiynol.
- ◆ Sicrhewch eu bod yn gwybod eich bod eisiau iddyn nhw wneud eu gorau ac y byddwch yn dal yn eu caru hyd yn oed os nad yw'r canlyniadau cystal ag yr oeddech wedi gobeithio.

Peidiwch:

- ◇ Cymharu nhw gyda brawd, chwaer neu ffrind.
- ◇ Disgwyl iddynt adolygu trwy'r amser.
- ◇ Trafod yr arholiadau o hyd.

For Parents:

Do:

- ◆ Reward their efforts.
- ◆ Give praise and encourage breaks – 5 minutes break after every 40 minute revision session.
- ◆ Encourage creating a timetable and sticking to it.
- ◆ Try to monitor sleep patterns – pupils need at least 8 hours sleep each night.
- ◆ A child needs a balanced diet of fun and interaction offline as well as online.
- ◆ Be prepared to listen – it's an emotional time.
- ◆ Ensure they know that you want them to do their best and that you'll still love them if they don't do as well as you'd hoped.

Don't

- ◇ Compare them with brothers, sisters or friends.
- ◇ Expect them to study all the time.
- ◇ Discuss the exams all the time.

Dyddiadau allweddol:

- 08/01/20:** Arholiad TGAU Saesneg Llenyddiaeth (bore)
Ail-sefyll Blwyddyn 11
- 08/01/20:** Arholiad BTEC Busnes (pwnn) BI 11
- 10/01/20:** Arholiad TGAU Cymraeg Llenyddiaeth (bore) BI 11

Key Dates:

- 08/01/20:** GCSE English Literature Exam (morning) Year 11
Re-sit
- 08/01/20:** BTEC Busnes Exam (afternoon) Year 11
- 10/01/20:** GCSE Welsh Literature Exam (morning) Year 11

You are going to want to give up. Don't.