



Llyfryn Arholiad - Blwyddyn 7

Year 7 - Exam booklet

YSGOL UWCHRADD CAEREINION
HIGH SCHOOL

ABCh Blwyddyn 7 / Year 7 PSE

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THIS BOOKLET IS ALL ABOUT TAKING EXAMS.

It is a guide to help all Year 7 pupils prepare to take important exams during their first year in High School.

Why do you need to take exams?

1. Teachers need to know how well you can do without any help from anyone else.
2. You and your parents will find out how well you are doing.
3. When you get older you will take very important GCSE, AS/A2 examinations and you need to know what is expected of you.
4. They will get you in the habit of doing revision and looking over any work you have produced.

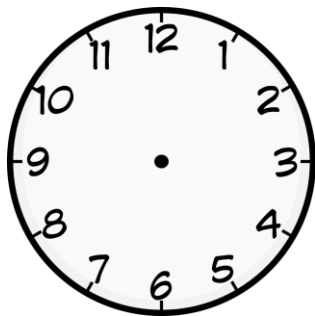


When are the exams?

The Year 7 examinations are in March.

You will be given a timetable for the exams so you know which exams you have on which day and at which time.

How long will the exams be?



Some exams will be longer than others. It depends on what the subject is and what kind of questions you will be asked.

When you receive your timetable all of this information will be there.

Remember

"Tens of thousands of people never find out where their talent is. Where else are they going to find out but at school?" Terry Pratchett, Author

"Education can open doors and the more doors open to you the more chance you have in life". Sharon Davies, Olympic Silver medallist and television 'Ice Dancer'

"My advice is to get a good education and then keep on learning - acquire new interests and skills throughout your life". Bill Gates, world's richest man

ARE YOU READY?

Here are some things that you should do before the exams:

- Make sure you have all the notes and work up to date
- Make sure you know when and where each examination is taking place
- Make sure you revise and prepare effectively
- Make sure you have the equipment that you need
- Make sure that you don't panic
- Remember the Three C's **Cool, Calm, Collected**
- Go to the toilet before the exam
- Arrive in plenty of time

For all your exams you will need :

- Pen (plus a spare)
- Pencil (plus a spare)
- Ruler
- Rubber
- Pencil sharpener
- Calculator (Maths)
- Compass (Maths)
- Protractor (Maths)

It is important that you ask your teachers what extra equipment you may need for your exams.



It is a good idea to bring all of your equipment in a clear plastic bag/clear plastic pencil case.

Why ?

When you get to Year 11 and have to take your GCSE exams this is a requirement. This just shows that you are not hiding any secret notes/ answers that you can look at during the exam.

Your bag too should be under your desk and must not be opened during the exam. This could be seen as cheating - checking notes you have hidden or looking in your exercise books.

Being accused of cheating could give you an automatic 0 and/or a punishment by the teacher of that subject or Head of Year.

What happens on the day of the exams?

1. Exams will take place in the hall, unless you are told otherwise. Your tutors will take you to the hall for morning exams.
2. Remember to have all of the equipment you need for that exam. Everything else should be kept in your bag.
3. You must enter the exam hall in silence and not communicate in any way with any others pupils in the hall.
4. The exam papers will be given out by the members of staff who are supervising the exam.
5. The teacher will give you any instructions that you need. You must not start the exam until you are told to do so.
6. The teacher will write the start and finishing time on the board at the front so you know how much time you have for the exam. There is also a clock in the exam hall so you can check on how much time you have.
7. You will be given a 5 minutes warning before the exam finishes. This allows you to complete any questions you have left or to look over you answers to make sure you have included all of the information you need.
8. You should make sure that your name and any other information is written down.
9. The teachers will then collect the exam papers. During this time you are to remain in silence.
10. After the exam is finished and all of the papers have been collected, you will be told to leave the exam hall. You must not talk until you are outside of the exam hall.



OH NO !

What if I need to ask a question?

You should put your hand up and the teacher will come to you. You should ask your question quietly so that you do not disturb anyone else. However, the teacher is not allowed to help you to answer it.

What if I drop something?

If you drop something - your pencil for example - do not try to pick things up yourself. Put your hand up and the teacher will come and pick it up for you

What if I need a new piece of paper?

Put your hand up and the teacher will bring it to you
Remember to write your name at the top of every piece of paper that you use.

What if I finish early?

You cannot leave the examination room. You must sit quietly without distracting others around you. Use the time to check your work carefully and add to it if you can.

What if I have not finished?

You should try to plan your time so that you complete the examination. If you have not finished, you cannot have any extra time.

What if I make a mistake?

Cross it out neatly and write the correction. This will help your teacher to identify the answer that you want them to mark.



You must **NOT** communicate in any way with another pupil.

Remember you must **NOT** talk whilst in the exam room.

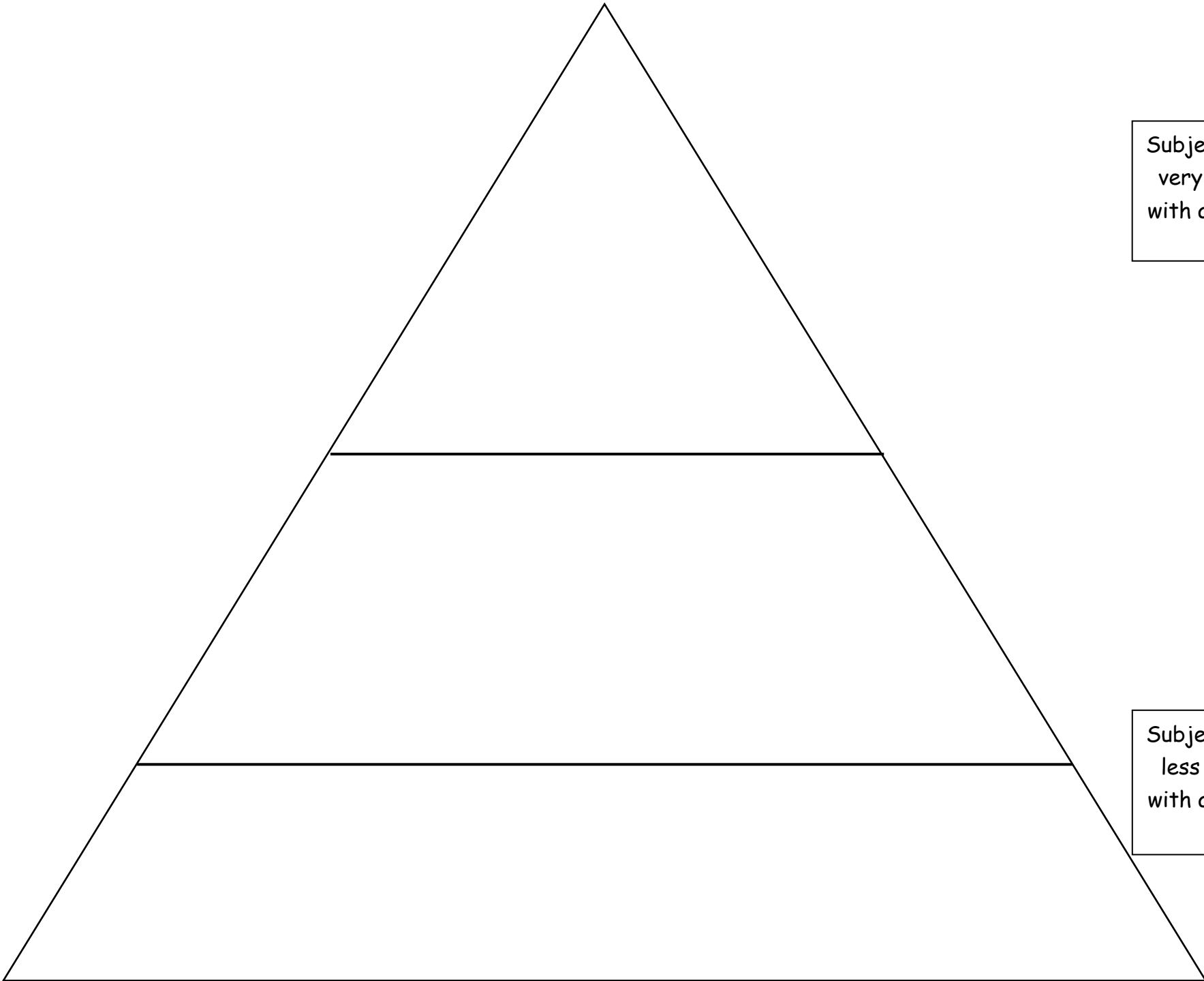
How do I revise?

As these are your first 'official' exams in High school, some of you may not know how to revise. This is normal, however there are a few things that you could do first and that you need to remember.

- ✓ Studying is something you do from your first day at school. You need to continually revise and review your work.
- ✓ If you leave revision until a few days before a test or exam you will be trying to learn too much too late. This will make you worry, which will make you nervous and in turn means that you will not be able to study effectively.
- ✓ Make a daily and weekly plan for study and revision - but remember to be realistic about how much you can do :
 - Little and often is usually seen as the best way to revise, as your concentration levels fall after half an hour.
- ✓ Decide on what is most important and do that first, for example, which subjects do you struggle with the most? These may be the subjects that you will need to spend more time on, so it's best to start those early.
- ✓ Tick off items/ revision sessions as you complete them. This will give you a sense of achievement.
- ✓ Use colours and symbols to indicate different activities and subjects that you will revise for. This should not take a huge amount of time to create.
- ✓ Remember that on the weekends you will have more time to revise.

Use the copy of the timetable in this booklet to help you create a first draft revision timetable. It is up to you to :

- decide what time you start revising (as soon as you get home, after something to eat etc.)
- choose the subjects that go in each box. Just because you don't like a subject doesn't mean you should avoid it!
- decide how long you will spend on each revision 'session'



Subjects you are
very confident
with and reasons
why



Subjects you are
less confident
with and reasons
why



VAK?

(Visual, auditory or kinesthetic)?

The fact is that everyone learns in different ways and this is the same with revision. We all have our preferred learning styles, this means that we can either be:

- a) a **visual** learner - *"Someone with a **visual** learning style has a preference for seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flipchart, etc. These people will use phrases such as "show me", "let's have a look at that" and will be best able to perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from lists and written directions and instructions."*
- b) an **auditory** learner - *"Someone with an **auditory** learning style has a preference for the transfer of information through listening: to the spoken word of self or others, of sounds and noises. These people will use phrases such as "tell me", "let's talk it over" and will be best able to perform a new task after listening to instructions from an expert. These are the people who are happy being given spoken instructions over the phone, and can remember all the words to songs they hear!"*
- c) a **kinesthetic** learner - *"Someone with a **kinaesthetic** learning style has a preference for physical experience - touching, feeling, holding, doing, practical hands-on experiences. These people will use phrases such as "Let me try", "how do you feel?" and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are the people who like to experiment, hands-on, and never look at the instructions first!"*

You may already have some idea about what kind of learner you are from the descriptions, but knowing exactly what kind of learner you are can help you with your revision for exams.

Complete the following questionnaire and find out which learning style best suits you.

People commonly have a main preferred learning style, but this will be part of a blend of all three. Some people have a very strong preference; other people have a more even mixture of two, or less commonly, three styles.

When you know your preferred learning style(s) you understand the type of learning that works best for you.

Circle the answer that most represents how you would generally behave.

1. When I use new technology I generally:

- a) read the instructions first
- b) listen to an explanation from someone who has used it before
- c) go ahead and have a go, I can figure it out as I use it

2. When I need directions to somewhere I usually:

- a) look at a map
- b) ask for spoken directions
- c) follow my nose and maybe use a compass

3. If I were to cook a meal, I like to:

- a) follow a written recipe
- b) call a friend for an explanation
- c) follow my instincts, testing as I cook

4. If I am teaching someone something new, I tend to:

- a) write instructions down for them
- b) give a verbal explanation
- c) demonstrate first and then let them have a go

5. I tend to say:

- a) watch how I do it
- b) listen to me explain
- c) you have a go

6. During my free time I most enjoy:

- a) going to museums and galleries
- b) listening to music and talking to my friends
- c) playing sport or doing DIY

- 7. When I go shopping for clothes, I tend to:**
- a) imagine what they would look like on
 - b) discuss them with the shop staff
 - c) try them on and test them out
- 8. If I were to choose a holiday I usually:**
- a) read lots of brochures
 - b) listen to recommendations from friends
 - c) imagine what it would be like to be there
- 9. If I were to buy a new car, I would:**
- a) read reviews in newspapers and magazines
 - b) discuss what I need with my friends
 - c) test-drive lots of different types
- 10. When I am learning a new skill, I am most comfortable:**
- a) watching what the teacher is doing
 - b) talking through with the teacher exactly what I am supposed to do
 - c) give it a try myself and work it out as I go
- 11. If I am choosing food off a menu, I tend to:**
- a) imagine what the food will look like
 - b) talk through the options in my head or with my partner
 - c) imagine what the food will taste like
- 12. When I listen to a band, I can't help:**
- a) watching the band members and other people in the audience
 - b) listening to the lyrics and the beats
 - c) moving in time with the music

13. When I concentrate, I most often:

- a) focus on the words or pictures in front of me
- b) discuss the problem and the possible solutions in my head
- c) move around a lot, fiddle with pens and pencils and touch things

14. My first memory is of:

- a) looking at something
- b) being spoken to
- c) doing something

15. When I am nervous, I:

- a) visualise the worst-case scenarios
- b) talk over in my head what worries me most
- c) can't sit still, fiddle and move around constantly

16. I feel especially connected to other people because of:

- a) how they look
- b) what they say to me
- c) how they make me feel

17. If I am explaining to someone I tend to:

- a) show them what I mean
- b) explain to them in different ways until they understand
- c) encourage them to try and talk them through my ideas as they do it

18. I really love:

- a) watching films, photography, looking at art or people watching
- b) listening to music, the radio or talking to friends
- c) taking part in sporting activities, eating fine foods and wines and dancing

19. Most of my free time is spent:

- a) watching television
- b) talking to friends
- c) doing a physical activity or making things

20. When I meet someone new, I usually:

- a) arrange a face to face meeting
- b) talk to them on the telephone
- c) try to get together while doing something else, such as an activity or a meal

21. I first notice how people:

- a) look and dress
- b) sound and speak
- c) stand and move

22. If I am angry, I tend to:

- a) keep replaying in my mind what it is that has upset me
- b) raise my voice and tell people how I feel
- c) stamp about, slam doors and physically demonstrate my anger

23. I find it easiest to remember:

- a) faces
- b) names
- c) things I have done

24. I think you can tell if someone is lying if:

- a) they avoid looking at you
- b) their voice changes
- c) they give me funny vibes

25. When I meet someone I knew from school I:

- a) I say "It's great to see you!"
- b) I say "It's great to hear from you!"
- c) I give them a hug or a handshake

26. I remember things best by:

- a) writing notes or keeping printed details
- b) saying them aloud or repeating words and key points in my head
- c) doing or practising the activity or imagining it being done

Now add up how many A's, B's and C's you selected.

A's =

B's =

C's =

If you chose mostly A's you have a **VISUAL** learning style

If you chose mostly B's you have an **AUDITORY** learning style

If you chose mostly C's you have a **KINAESTHETIC** learning style

I am a _____ learner.

Share your learning style with the class.

How do I revise with my learning style?

Your learning style can be used to determine how you may want to revise. This is not always 100% accurate and some suggestions might now work for some people. However, it is important that you give some a try. Everyone is different and will learn in different ways.

Visual:

Use post it notes and stick on wall
Summarise notes
Highlight or circle important information
Use a traffic light system to indicate progress in learning and action points
Draw diagrams, pictures, mind maps, collage
Keywords displayed around the room

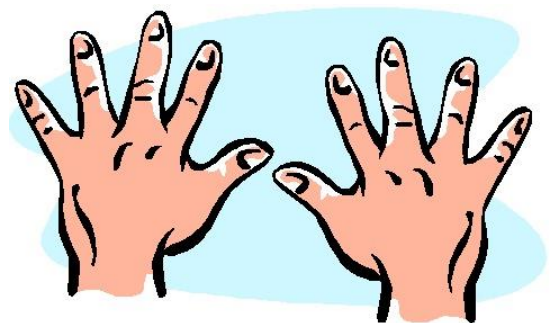


Auditory:

Make up mnemonics, rhymes
Create a podcast and listen
Test yourself or friends
Be the teacher - teach someone else something you're revising
Raps, rhyme, chants and verse, dramatic readings
Music for energising, relaxing visualising and reviewing

Kinesthetic:

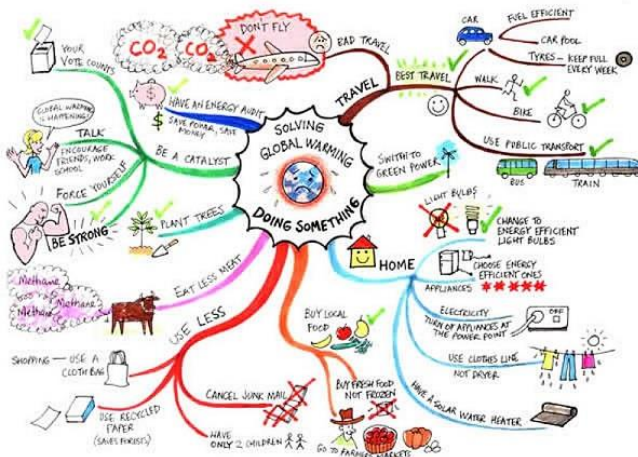
Make your own PowerPoint
Create your own revision cards
Pace around the room whilst revising notes
Play a revision game on BBC Bitesize
Design and build activities
Gestures or movements to demonstrate a concept



How do I revise? (continued)

- The more organised you are the easier it is for you to start to revise.
- Just reading and re-reading your notes is **not** the most effective way to learn - you need to make a *conscious effort* to learn what you are reading, and that means working on your notes and using strategies that will help you to focus on a topic, to pick out the facts and fix them in your mind.
- People devise many different strategies to help them learn - there are a few given below.

In pairs - look at the strategies below and discuss them with your partner. Try to think of some other strategies you could use and then list the ones you would like to try and see if they work for you.



'I make big charts (mind maps) on a sheet of paper. This means that I have all of the information I need in once place. I put the information on my bedroom wall or somewhere in my house that I pass everyday.'

'I use "look and cover": I read or try to learn something; then I cover the page. I write down what I can remember. Then I check back to see what I got right. Then I try again.'



Starting my revision.

Now that you have created a timeable and thought of some strategies that you can use and that will help you to revise, it's important to think about where to revise.

This may seem a little silly, but the place you revise can make all the difference to your concentration levels.

Tips to create the right environment for revision:

- ✓ A room that is quiet with space (bedroom, office etc.)
- ✓ The television should be turned off/ mobiles should be turned off and in another room to avoid distraction.
- ✓ Try to arrange that you will not be disturbed.
- ✓ Little and often is usually seen as the best way to revise, as your concentration levels fall after half an hour.
- ✓ Think about what you are going to do and how to do it.
- ✓ Carry out your plans.
- ✓ Test that you know it - Do you understand the main points now ?
- ✓ Give yourself a reward for doing it. A snack, drink and a 10 minute break between subjects are very important.

You will need:

- ✓ Some rough paper
- ✓ A pencil or pen
- ✓ Your books for each subject
- ✓ A revision timetable
- ✓ A list of the topics that need to be revised.



Good concentration skills:

- Keep paper handy to jot down thoughts that cross your mind when studying (that are to do with revision).
- Set study goals before you begin each revision session.
- Break up the content (what you are studying). This is where the revision timetable comes in useful. Don't stick to the same subject all night.
- Make the most of any breaks that you have set yourself (10 mins). Do something different.
- Remember to stop revising at a good time. It is not a competition to see which one of your friendship group can stay up the latest. Remember that you will have school the next day, if revising during the week.

Steps to revision success.

6

Checking - did you get everything right ? Did you miss anything out ? Repeat steps 4 & 5.

5

Testing - test yourself or get a member of your family to test you on the information you have revised.

4

Learning - study the revision resource you have made and try to memorise the key facts. Remember that everyone is different and will be able to remember things in different ways.

3

Make your revision material (revision cards, mind map etc.) - go through your notes again and make a revision resource by listing the key facts or information that you have to learn for an exam.

2

Study your notes - choose one of the topics that you have to revise, and concentrate on that section of your notes. Read them carefully, picking out the key facts or information and underlining or highlighting them.

1

Preparation - before you begin, make sure you have everything that you need. Since you are going to be working on your revision notes you will need a pen, a pencil and a ruler. A highlighter, scrap paper and revision cards can also be used.

Before and in the exam - techniques.

Before the exam:

Remember to have a good night's sleep the night before any exams. This is important so that you are alert and refreshed for the next day.

It is also important that you have a good breakfast as this also helps with your concentration levels. Avoid any last minute revision the day of the exam as the information is likely to not go in and stick.

In the exam:

Read the instructions carefully - Before looking at the actual questions, read the instructions. Read exactly what you have to do. Many people lose marks because they misunderstand the instructions.

Work out the timing - Divide your time according to the number of questions to be answered. Split it proportionately if you have some questions (or parts of questions) which attract more marks than others. Allow some time for planning if necessary.

Read the questions carefully. Read through the paper once and then re-read each question. You might think a topic you've revised hasn't come up, when it is there but the wording is unusual. Alternatively you have revised the topic, but you have not fully understood the question.

Re-read your answers - Once you have finished the exam and if you have time left. It is important that you re-read the answers that you have written. This will help you identify any mistakes that you have made or maybe answer the questions that you have missed by mistake. This could help you get more marks.

Decide on question order. Some people like to start with the topic they know best to give them a good start. Others prefer to do their best question second, because with one question completed, they can relax and expand on their best ideas and gain extra marks.

Key points to remember:

- ✓ Be aware about when your exams are.
- ✓ Remember to start your revision early - little and often.
- ✓ Remember to organise your time well - revision timetable could help.
- ✓ Make sure that all notes/ class work is up to date.
- ✓ Make sure you have the correct equipment for each exam.
- ✓ Remember how to behave in the exam hall. Exceptional behaviour is expected in every exam you take. There will be consequences if rules are not followed.
- ✓ If you are struggling or are unsure of anything, you must ask you teacher as soon as possible. They want you to do well in your exams and are here to help.

Message from Mr Andrew (Head of Year 7):

As these are the first exams that you will be sitting in High School it is important that you take every opportunity to do well. In some subjects these exams will put you into sets in Year 8.

Use the advice and guidance that is included in this booklet to help you prepare for the exams, including revision and preparing for the exam hall and how to behave.

You all have the ability to do well so do yourselves proud!

Pob lwc i chi gyd/ Good luck to you all!!!!

