



Adolygu / Revision

-Amserlen Adolygu/ Revision Timetable

- Dewis lleoliad cywir/ Choosing the right location
- Adolygu go-iawn! / Proper Revision!



	Llun / Monday	Mawrth / Tuesday	Mercher / Wednesday	Iau / Thursday
4:40-5:00				
5:05-5:25				
5:30-5:50				
Egwyl / Break				
7:00-7:20				
7:25-7:45				
7:50 – 8:10				

PEEL your answer



Point – make it!

Evidence – Detail & Examples (Names & Numbers)

Explain – because... which means that...

Link – back to the question

My example) Mobiles are better than landlines. I think this, because mobiles (on average) cost less to run and you can do a lot more with them. This evidence is backed by internet research. This proves that mobiles are better than landlines and shows a couple of reasons why they are better. They are also a lot better, because you are less restricted with mobile phones and can freely move without being controlled by as many connection problems.

Point

Explain

Evidence

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Sut i ofyn cwestiynau fel yn yr arholiad?

How to ask questions as in the examination?

Geiriau gorchymyn

Enwch – enwch rhywbeth

Amlinellwch – Rhowch ychydig o fanylion/eglurwch
rhywbeth yn gryno

Diffiniwch – Beth yw ystyr...?

Disgrifiwch – Dywedwch beth welwch/beth sydd wedi
digwydd/beth mae'r testun yn ei ddweud

Eglurwch/Eboniwch – dywedwch pam – oherwydd/achos

Awgrymwch – Cynigwch syniad/eglurhad

Cymharwch – beth sy'n debyg/gwahanol – mwy/llai/tebyg

Cyferbynwch – y gwahaniaethau'n unig

Cyflawnhewch – rhowch resymau i gefnogi'ch
barn/casgliad

Command Words:

If you don't deal
with the
command word
you will not get
maximum marks!

Identify – Name something

Outline – Give a few details about something or briefly explain

Define – Give the meaning of

Describe – Give a detailed account

Explain – Say why

Suggest – Offer an idea or explanation or both

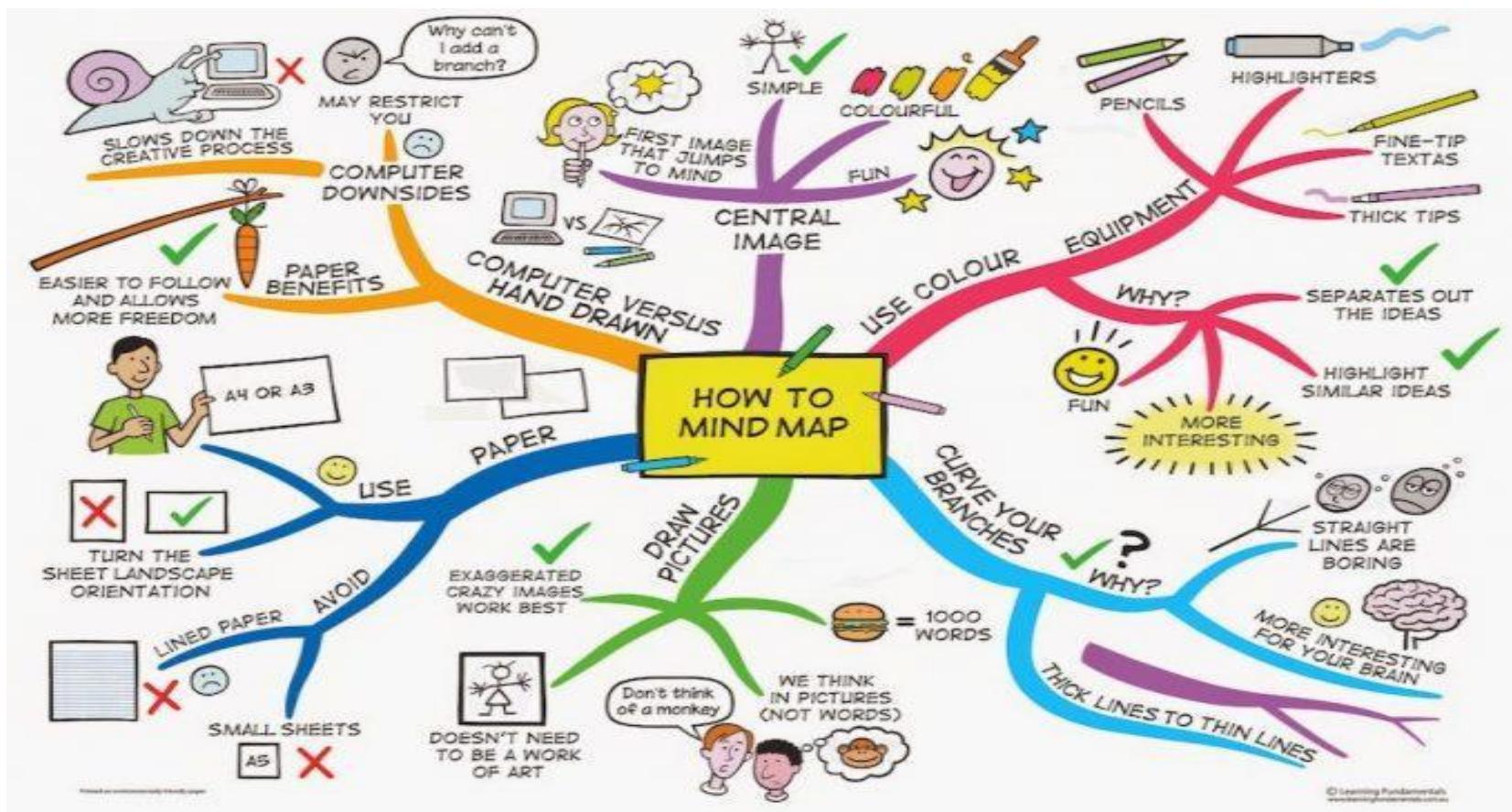
Compare – Similarities and differences

Contrast – Differences only

Justify – Give reasons to support your opinion / conclusion

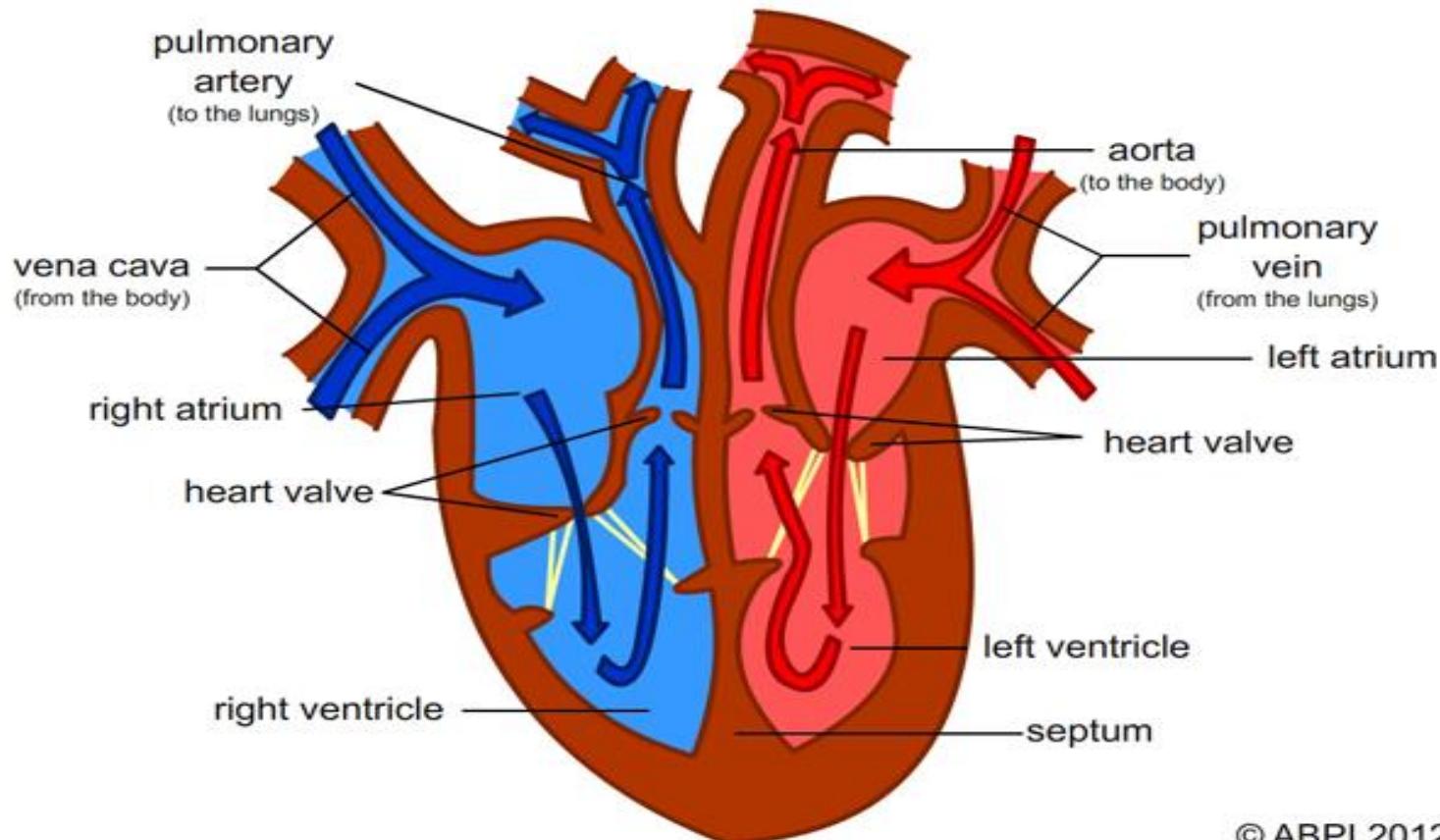
Map meddwl

Mind map



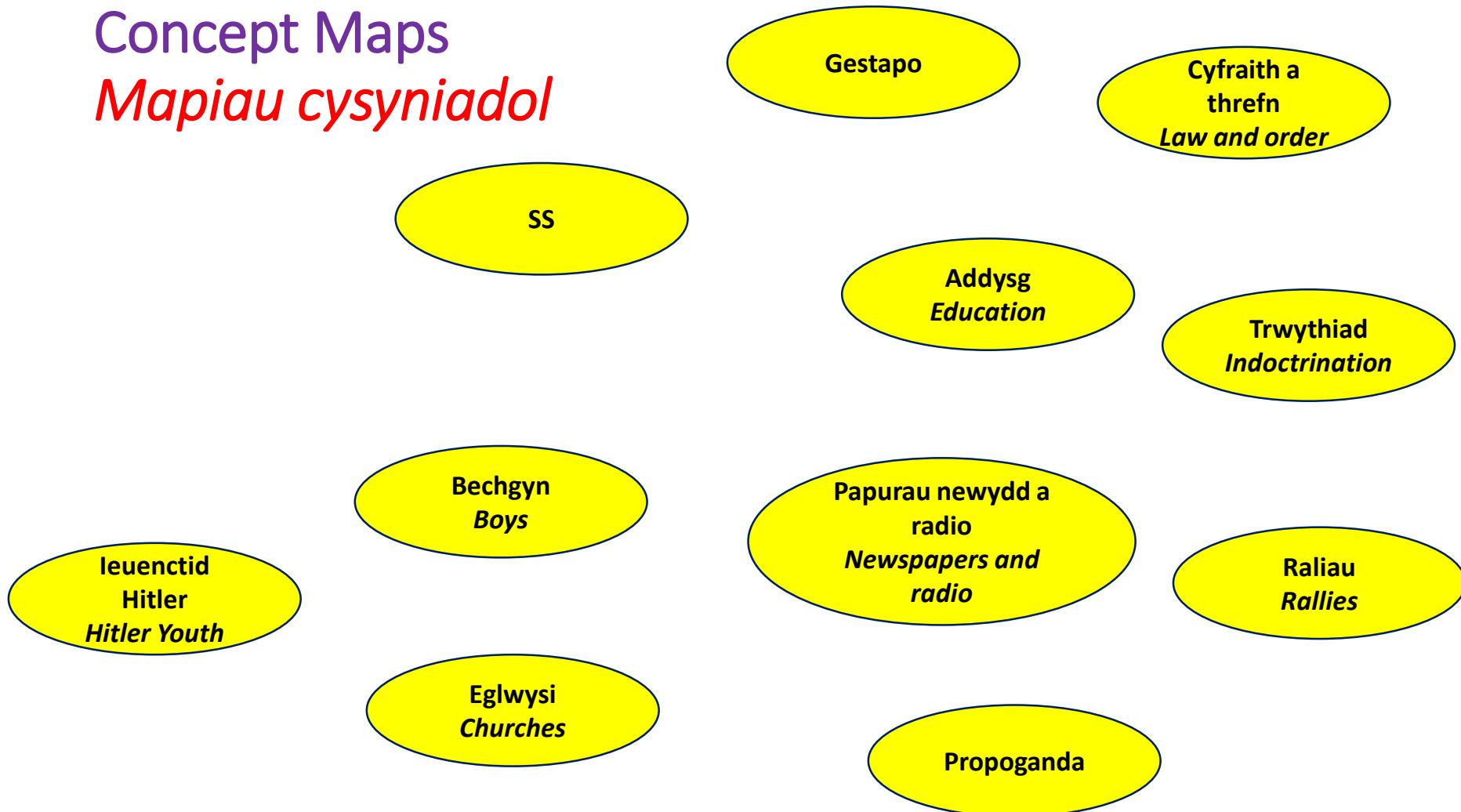
Mapiau o'r côf

Maps from memory



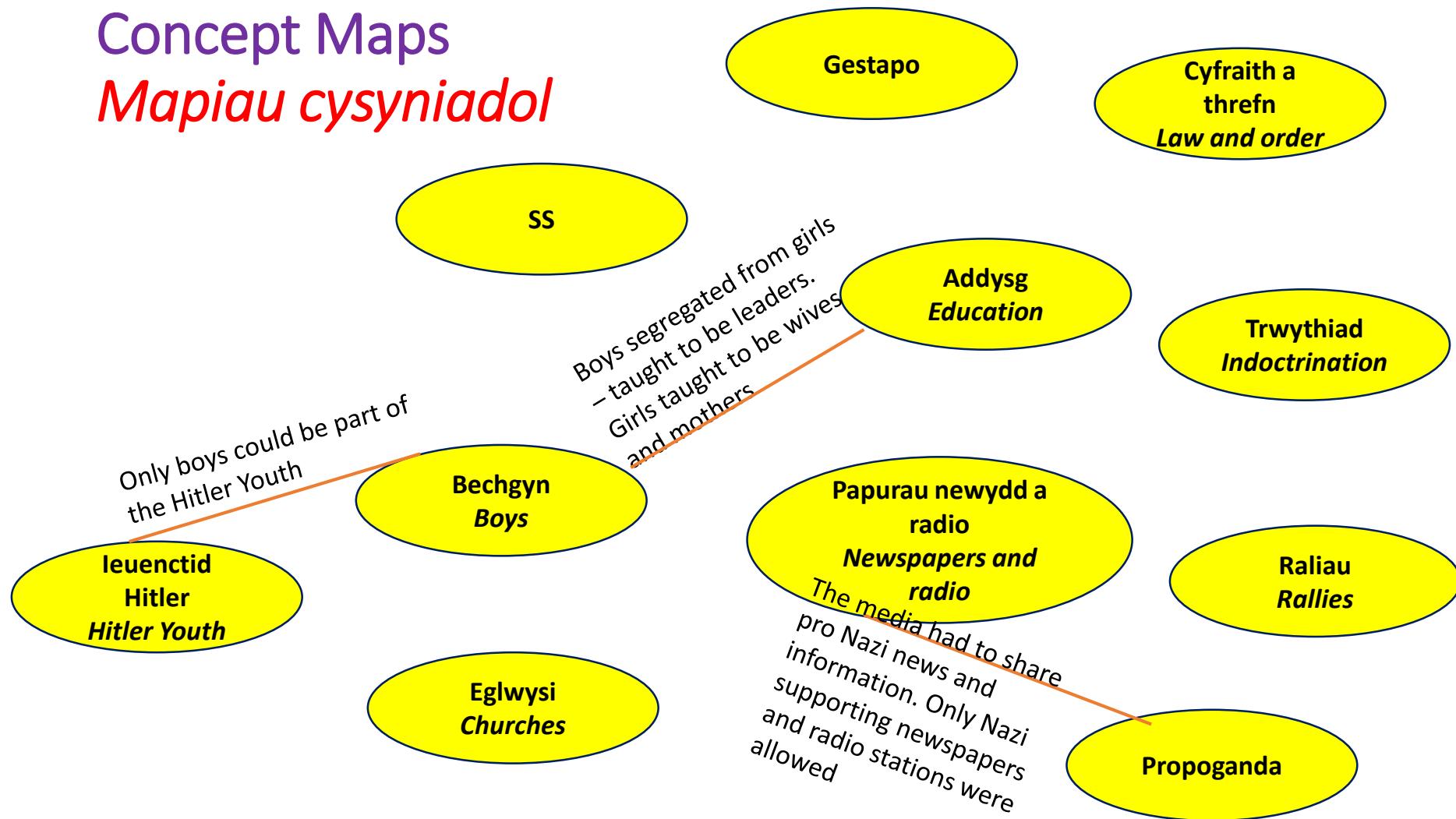
Concept Maps

Mapiau cysyniadol



Concept Maps

Mapiau cysyniadol



Gwefannau defnyddiol

Useful websites

- BBC Bitesize (Revision website)

<https://www.bbc.co.uk/bitesize>

- S-cool (Revision website)

<https://s-cool.co.uk/>

- Slideshare.net (Youtube for powerpoints)

<https://www.slideshare.net/>

- Quizlet (many revision games/and you may make your own games)

<https://quizlet.com/>

- TES (Educational resources for teachers)

<https://www.tes.com/teaching-resources/hub/secondary>

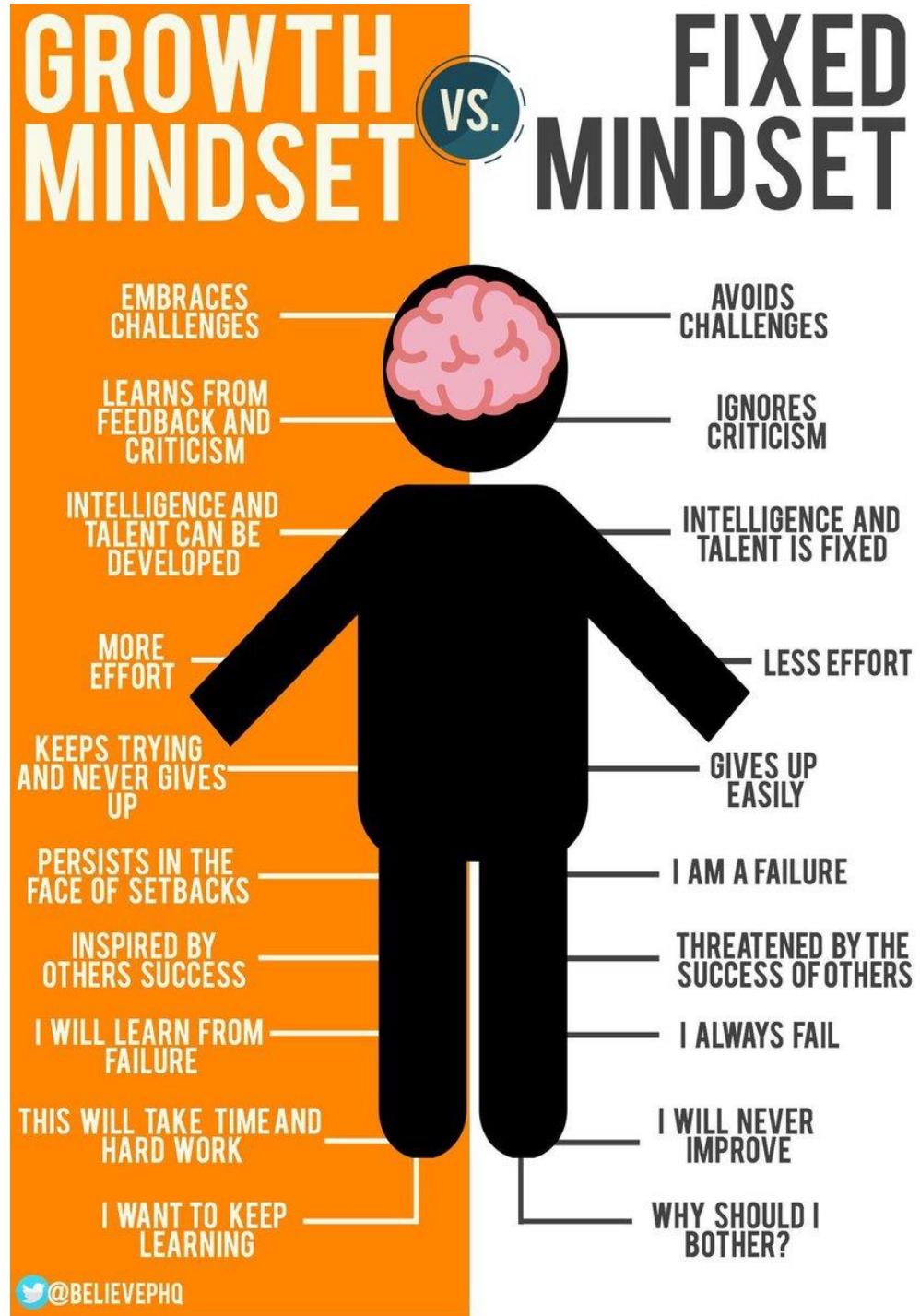
- Gojimo (past papers/questions)

<http://www.gojimo.com/>

- HwbCymru

<https://hwb.gov.wales/repository/tree?sort=created&language=cy>

<https://hwb.gov.wales/repository/tree?sort=created&language=en>



Meddylfryd twf

Growth mindset



- Resilient/ Gwydn
- See's mistakes as a way of learning/ Gweld camgymeriadau fel ffordd o ddysgu
- Will embrace a challenge/ Cofleidio sialens
- Will strive to improve/ Ymdrechu i wella
- See's effort as a path to success/ Gweld ymdrech fel y llwybr i lwyddiant

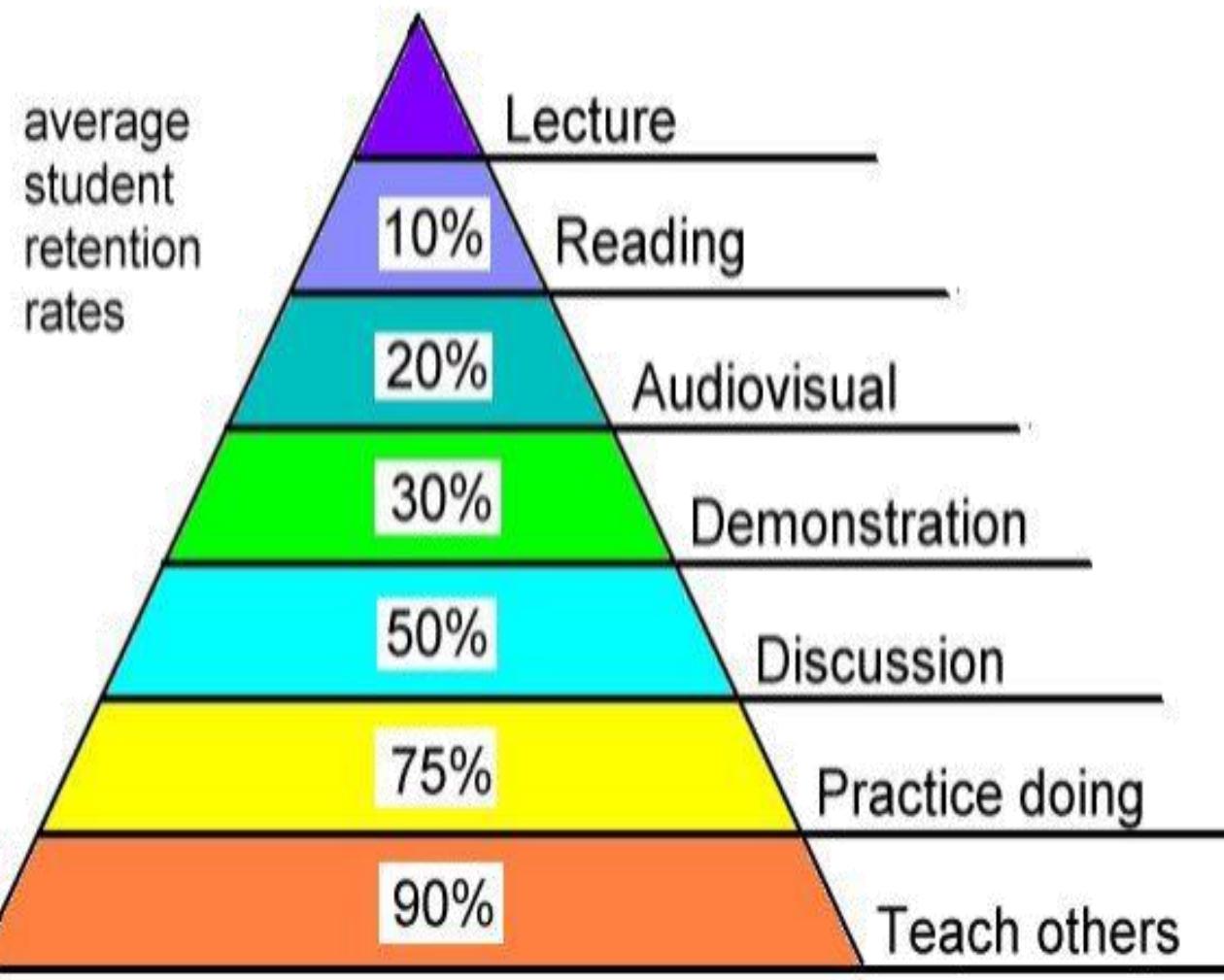
Meddylfryd gosodedig

Fixed mindset

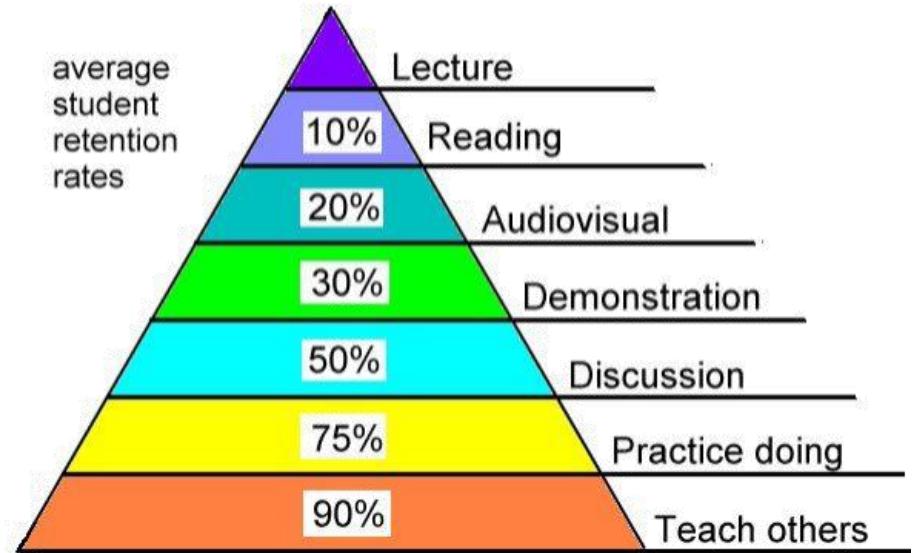


- They give up easily/ Rhoi fyny yn hawdd
- Afraid of making mistakes/ Ofn gwneud camgymeriadau
- Doesn't want to be seen as failing/ Ddim eisiau cael eu gweld yn methu
- Will always look for an easy option/ Bob amser yn chwilio am ffordd hawdd
- Will avoid challenges/ Osgoi sialensau
- Will settle for mediocre work - The classic 'C' is good enough/ Setlo am waith cyffredin

Learning Pyramid



Learning Pyramid



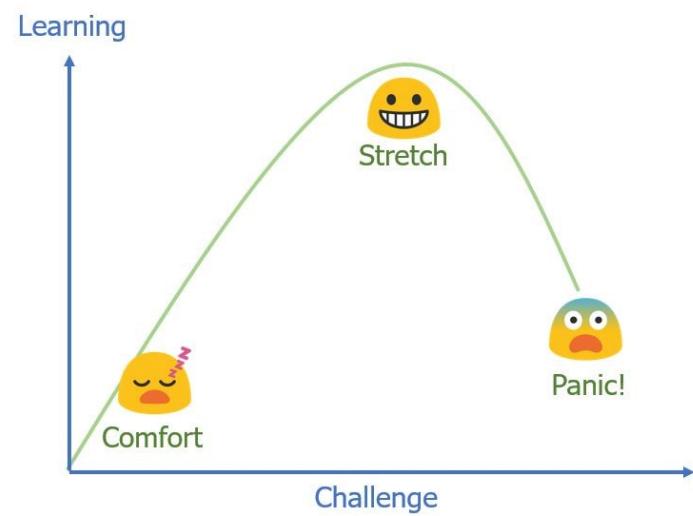
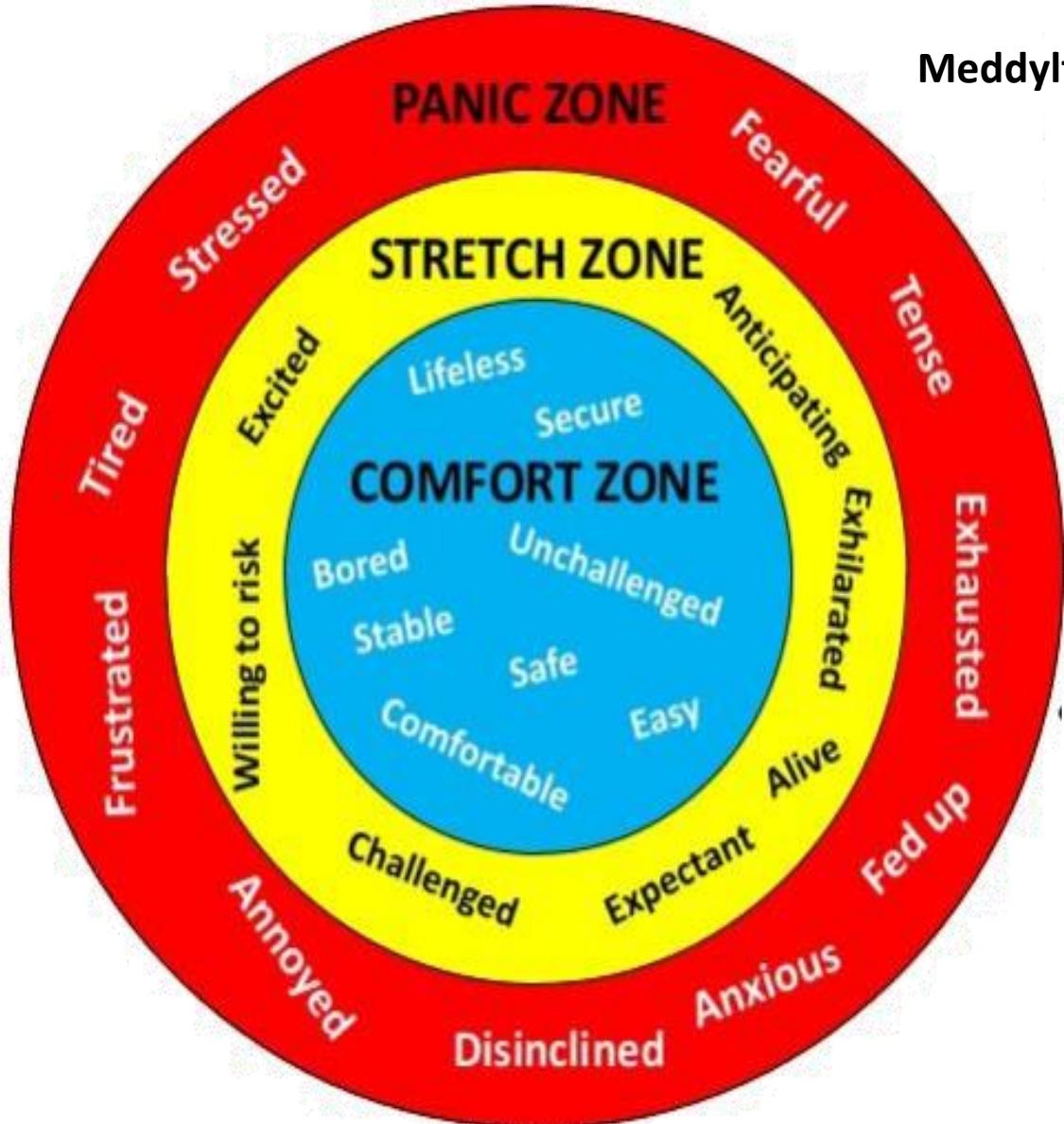
Beth am?

- Adolygu mewn grwp (os yw'n cael ei wneud yn iawn)
- Dysgu rhywbeth am y gwaith i rhywun gartref

What about?

- Revising in a group (if done right)
- Teach something about the work to someone at home

Meddylfryd Adolygu/ Revision Mindset





Cofiwch - Mae gwneud camgymeriadau yn ffordd o ddysgu

Remember - Making mistakes is a way of learning

Canmol ymdrech, nid gallu

Praise effort, not ability

Beth am roi cynnig ar

What about having a go at...

Beth am geisio strategaeth wahanol

What about trying a different strategy

Canmol y gallu i ddyfalbarhau

Praise perseverance

“When you fall you have 2 options! You either stay down or get back up and work harder!”

Will Smith

THE POWER OF

YET



I can't do this...*yet*.
This doesn't work...*yet*.
I don't know...*yet*.
It doesn't make sense...*yet*.
I don't get it...*yet*.
I'm not good at this...*yet*.

Arferion drwg, beth sydd ddim yn helpu?

Mae'n demtasiwn pan yn teimlo dan straen neu yn bryderus i droi at strategaethau ymdopi drwg. Gall rhain gynnwys:

- Ysmygu
- Yfed gormod o alcohol
- Defnyddio cyffuriau
- Defnyddio symblyddion megis caffein
- Bwyta gormod neu fwyta prydau afiach
- Dim digon o ymarfer corff
- Gor weithio a dim digon o egwyl
- Diffyg cwsg



Bad habits, what doesn't help?

It is tempting when feeling stressed or anxious to resort to unhelpful coping strategies. Unhelpful coping strategies might include:

- Smoking
- Drinking too much alcohol
- Using drugs
- Using stimulants such as caffeine
- Eating too much or eating unhealthy meals/snacks
- Insufficient exercise
- Over working and not taking breaks
- Not getting enough sleep



5 Ffordd at Les

Mae tystiolaeth yn awgrymu fod 5 cam y gall pob un o honom gymryd i wella ein lles meddyliol.

1. Daliwch ati i ddysgu- Gwnewch rywbeth newydd, byddwch yn agored i newid.

Ceisiwch: ddod i wybod rhywbeth newydd am eich ffrind. Gorffennwch groesair neu Sudoku. Dysgwch sgil newydd.

2. Cymerwch sylw- byddwch yn ymwybodol o'r byd o'ch cwmpas.

Ceisiwch: mwynhewch yr amgylchedd o'ch cwmpas.

3. Cadwch yn heini- Find a physical activity that suits your level of mobility and fitness.

Ceisiwch: Ewch am dro yn ystod eich amser hamdden.

4. Cysylltwch- gyda ffrindiau a theulu.

Ceisiwch: sgwrsio wyneb yn wyneb gyda rhywun yn hytrach nag anfon neges destun.

5. Rhowch- Mae gwaith ymchwil wedi dangos bod ymgymryd â gweithred o garedigrwydd unwaith yr wythnos am gyfnod o 6 wythnos yn llesol.

Ceisiwch: gwirfoddoli

5 Ways to Wellbeing

Evidence suggests there are five steps we can all take to improve our mental wellbeing

1. Keep Learning- Do something new; be open to change.

Try: Finding out something new about a friend. Doing a crossword or Sudoku. Learn a new skill.

2. Take notice- Be aware of the world around you.

Try: Taking some time to enjoy the environment around you.

3. Keep active- Find a physical activity that suits your level of mobility and fitness.

Try: Going for a walk during your free time.

4. Connect- With family and friends.

Try: Talking to someone instead of sending them a text.

5. Give-Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Try: Volunteer.

