

Pecyn Adolygu i Rieni a Gwarchodwyr



Revision Guide for Parents and Carers



Mae ymrwymiad ac ymglymiad rhieni yn addysg eu plant yn hynod o bwysig er mwyn penderfynu llwyddiant academaidd plentyn. Nid yw hyn yn golygu y bo rhaid i chi fod yn arbenigwr ar bob pwnc, nag aberthu eich cyfrifoldebau gorchmynnol; yr unig beth sydd angen i chi wneud yw cefnogi eich plentyn gydag adolygu, gyda phresenoldeb a gyda pharatoadau arholiadau yn barod ar gyfer eu harholiadau allanol yn ystod tymor yr haf.

Parental engagement and involvement in your child's learning is extremely important in determining your child's academic success. This doesn't mean that you have to be an expert on each subject or give up your other demanding responsibilities; you just need to support your child with revision, attendance and exam preparation in the build up to their external exams this summer.

Pam annog eich plentyn i adolygu?

Why encourage your child to revise?

- Fe allwch chi helpu lleihau panig a chynyddu eu hyder/You can help to reduce panic and increase their confidence levels
- Fe allwch chi eu hannog i gadw ffocws ac i weithio'n fwy effeithiol/You can encourage them to remain focussed and work more effectively
- Fe allwch chi eu helpu darganfod cryfderau a meysydd sy'n broblem/You can help them identify strengths and problem areas
- Fe allwch chi eu helpu i reoli eu hamser ym mwy effeithiol/You can help them manage their time more effectively

Mae eich cymorth, anogaeth a'ch diddordeb chi yn gallu gwneud gwahaniaeth mawr yng nghymhelliant eich plentyn, a'i gallu i ymdopi a galwadau academaidd cyfnod yr arholiadau a'r gallu i gadw trefn.

Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.



Beth yw Adolygu?

What is Revision?

Edrych yn ôl dros eich gwaith yn gyson er mwyn/It means actively looking back over your work on an on-going basis to:

- Atgyfnerthu eich addysgu - er mwyn gallu cofio gwybodaeth/To reinforce your learning – so it stays remembered
- Eich atgoffa o'r wybodaeth rydych wedi anghofio o bosib/To remind you of things you might have forgotten
- Dangos i chi beth nad ydych yn ei wybod/To show what you don't know
- Gwirio eich bod yn deal pob dim/To check that you have understood everything

Mae'n hanfodol fod disgyblion yn gweithio ac yn adolygu'n gyson o hyn ymlaen hyd nes diwedd yr arholiadau er mwyn cyflawni eu gorau. Mae adolygu munud olaf yn ddull aneffeithiol iawn a nifer bach iawn o ddisgyblion sy'n perfformio'n dda wedi gwneud hyn.

It is vital that the students are working and revising methodically and consistently from now until the end of the exams in order to perform at their best. 'Cramming' their revision in the last few days is very ineffective and few students perform well having left their revision to the last minute.

Rydym wedi llwytho nifer helaeth o ddeunyddiau adolygu i wefan yr ysgol er mwyn cefnogi disgyblion gyda adolygu. Byddwn yn gwerthfawrogi eich cefnogaeth i annog eich plentyn i ddefnyddio'r adnoddau er mwyn paratoi yn drwyadl ar gyfer arholiadau'r dyfodol.

We have uploaded a number of resources to the school webpage to aid pupils with revision. We appreciate your support in encouraging your child to use these resources to prepare thoroughly, as it will stand them in good stead for their future examinations.



AMSERLEN ADOLYGU

REVISION TIMETABLE

Gall adolygu ar gyfer arholiadau swnio fel rhywbeth anferth a rhywbeth llethol. Dylid rhannu'r pynciau a'r testunau ar gyfer yr wythnos yn ddarnau llai o faint.

Revising for AS Level and A Level can sound too immense and overwhelming. Instead, break down the subjects and topics for each week.

Cynorthwywch drwy greu amserlen adolygu am yr wythnos a ganlyn/Help your child plan out their revision timetable for the week ahead:

- Rhannwch y pynciau a'r testunau ar gyfer bob wythnos yn ddarnau llai o faint; dim mwy na dau'r diwrnod yn ystod diwrnodau'r wythnos/Break down the subjects and topics for each week; no more than two a day on weekdays
- Helpwch nhw adnabod eu cryfderau a'u gwendidau ymhob testun ar gyfer pob pwnc/Help them identify their strengths and weaknesses for each topic for every subject
- Dylai'r amserlen ffocysu'n fwy ar y testunau lle maent yn teimlo'n llai hyderus/The timetable should pay particular focus to the topics in which they feel less confident

	Pwnc a Thestun Penodol i'w Hadolygu/ Subject and Specific Topic to Revise	Pwnc a Thestun Penodol i'w Hadolygu/ Subject and Specific Topic to Revise
Dydd Llun/Monday		
Dydd Mawrth/Tuesday		
Dydd Mercher/Wednesday		
Dydd Iau/Thursday		
Dydd Gwener/Friday		
Dydd Sadwrn/Saturday		
Dydd Sul/Sunday		



Darparwch y deunyddiau cywir sy'n helpu gydag adolygu/

Help provide the right resources for your child to revise actively:

- Nodiadau 'Post-it'/Post-it notes
- Cardiau Fflach neu Gardiau Astudio/Flash or Study cards
- Beiro, pren mesur, papur, siswrn a glud/Pen, ruler, paper, scissors & glue
- Mynediad i'r rhyngwrdd os yw hynny'n bosib/Internet access if you have it
- Geiriadur/Dictionary
- Uwchleuydd/Highlighter pens
- Pensiliau lliw/Coloured pens
- Llyfrynau adolygu, CD's adolygu a 'podcasts'/Revision guides, revision CDs and podcasts.

Mae amgylchedd y cartref yn chwarae rôl allweddol mewn dysgu effeithiol ac adolygu/The Home environment plays a key role in effective learning and revision:

- Sicrhewch fod gan eich plentyn rhywle tawel i astudio ac adolygu/Ensure your child has a quiet place to study/revise
- Gofynnwch iddynt roi eu ffôn symudol i chi tra eu bod yn gweithio - wrth adolygu dylid ffocysu'n llwyr ar y dasg dan sylw/Ask them to hand over their phone whilst they are working – whilst revising, they must be absolutely focussed on the task at hand
- Mae nifer o'n disgyblion yn gyfarwydd â threulio nosweithiau allan o'r cartref gyda'i ffrindiau neu'n mynychu clybiau - dylid lleihau â'r rhain wrth i'r arholiadau agosáu/Many of our students are used to spending evenings outside the home with their friends or engaging in clubs – these should now be reduced in the run up to the exams
- Dylid lleihau â chyfrifoldebau gwaith hefyd er mwyn sicrhau fod eich plentyn yn ffocysu'n llwyr ar adolygu/Work commitments should also be cut back to a minimum to enable your child to focus solely on revision
- Siaradwch yn gyson gyda'ch plentyn ynghylch sut maent yn teimlo a chysurwch nhw yn ystod cyfnodau o straen a phryder - rhwch wybod i'r ysgol os ydych yn dioddef gyda'r fath yma o broblemau yn y cartref/Keep talking to your child about how they are feeling and reassure them during periods of stress or anxiety – please let us know at the school if you are struggling with these issues at home
- Cynigwch anogaeth a chymhelliant/Offer words of encouragement and motivation

*** Cynlluniwch sesiynau adolygu sy'n para 40 munud neu awr ar y mwyaf - bydd yn annhebygol dysgu mwy o wybodaeth os fydd y sesiynau'n hirach. Anogwch eich plentyn i gymryd egwyl yn gyson/Plan for 40 minute sessions or an hour at most – any longer and it is likely that nothing more will sink in. Encourage your child to take regular breaks***



Nid oes rhaid i chi fod yn arbenigwr ym mhob pwnc er mwyn gofyn cwestiynau a helpu gydag adolygu/You do not need to be a subject expert in order to ask questions and support your child with their revision:

- Gadewch iddynt fod yn athro i chi - gofynnwch iddynt esbonio testun penodol; un o'r ffyrdd gorau o ddysgu yw drwy esbonio neu addysgu pwnc i rywun arall/Let them be the teacher – ask your child to explain a particular topic to you; one of the best ways of learning is having to explain or teach a topic to someone else
- Edrychwch trwy eu llyfrau a gofynnwch gwestiynau yn seiliedig ar y cynnwys - nid oes rhaid i chi wybod yr atebion!/Look through their books and ask questions based on the content – you don't need to know the answers!
- Gofynnwch gwestiynau penodol, er enghraifft yn hytrach na gofyn 'Be wnaethoch chi yn Ffrangeg heddiw?', edrychwch ar dudalen yn y llyfr a'i ddefnyddio i ofyn cwestiynau/Ask your child specific questions, for example, not 'What did you do in French today?', rather, look at a page in their book/folder and use it to ask questions.
- Gofynnwch a ydynt yn ymwybodol o beth fydd yn cael ei asesu yn yr arholiad/Ask them if they know what they will be assessed on in the exam
- Anogwch ddefnyddio o amrywiaeth o ddulliau a thechnegau adolygu. Trafodwch y rhain er mwyn gweld p'un sy'n gweithio/Encourage your child to use a variety of revision methods and techniques. Discuss their revision methods with them and which ones work best for them

Adolygu gyda ffrind/Revising with a friend:

- Mae nifer o ddisgyblion yn gweld fod hyn yn gweithio'n dda; maent yn gallu gofyn cwestiynau i'w gilydd a chael ateb yn syth yn ogystal â gallu dysgu wrth ei gilydd/Many students find this works for them; it has the advantage of being able to ask each other questions and getting immediate answers as well as learning from each other

Man Adolygu yn yr ysgol/Study Area at school:

- Mae llyfrgell yr ysgol ar agor bob diwrnod rhwng 8 y bore a 4 y prynhawn, yn ogystal â nifer o ystafelloedd cyfrifiadur yn ystod egwyl a'r awr ginio/The students have access to the school library, which is open every day between 8am and 4pm, as well as additional computer rooms during morning and lunch break.

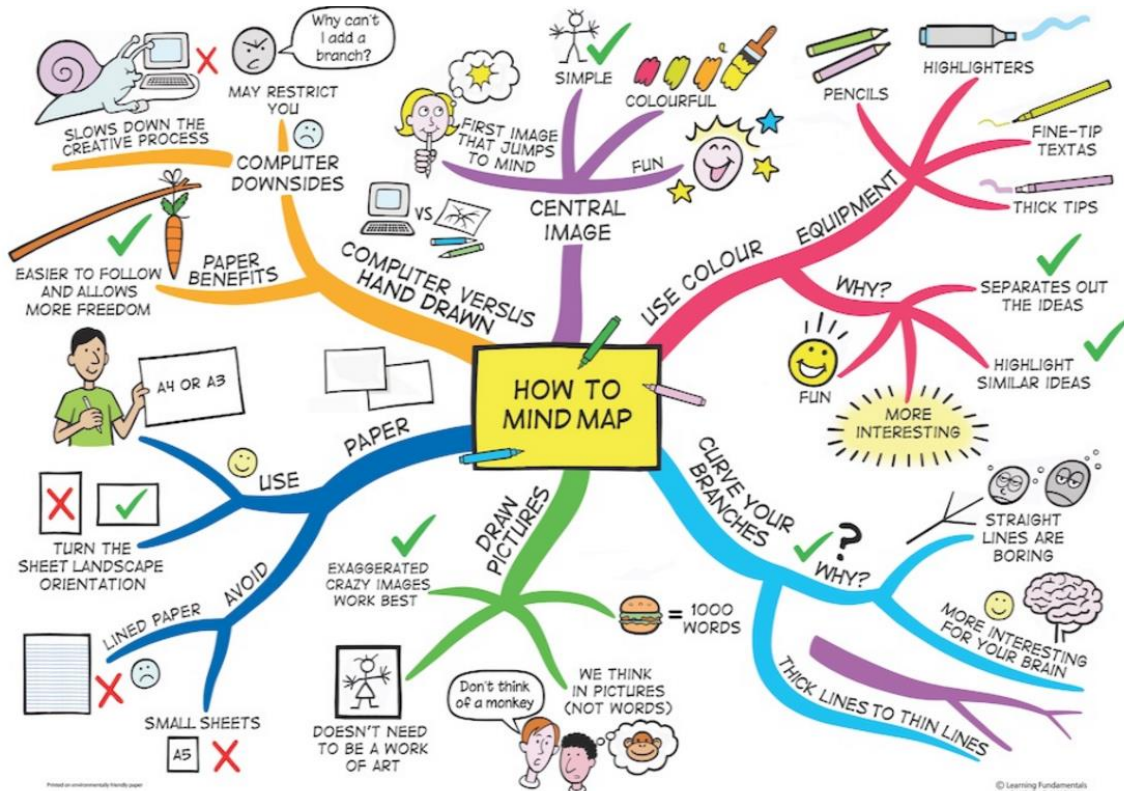


TECHNEGAU ADOLYGU AR GYFER GWAHANOL FATHAU O ARDDULL DYSGU/REVISION TECHNIQUES FOR DIFFERENT LEARNING STYLES

Gweledol: (pobl sy'n dysgu'n well drwy ddulliau gweledol - lliw, lluniau, siartiau, diagramau)

Visual: (people who learn best visually – colour, pictures, charts, diagrams)

- Defnyddio nodiadau 'post-it' a'i gosod ar y wal/Use post its and stick on wall
- Crynhoi nodiadau ar ddarnau o garden/Summarise notes onto card
- Uwch-oleuo neu roi cylch am wybodaeth bwysig/Highlight or circle important information
- Defnyddio'r dull 'goleuadau traffig' er mwyn dangos gwelliant wrth adolygu/Use a traffic light system to indicate progress in learning and action
- Dylunio diagramau, lluniau, mapiau meddwl, collage/Draw diagrams, pictures, mind maps, collage
- Arddangos gei riau allweddol ar draws yr ystafell/Keywords displayed around the room





Clybodol: (pobl sy'n dysgu drwy glywed - trafodaethau, recordiadau tâp)

Auditory: (people who learn best through what they hear – discussion, tape recordings)

- Dyfeisiwch odlau, cofyddiaeth (mae enghraifft ar gyfer gerddoriaeth i'w weld ar waelod y dudalen)/Make up rhymes, mnemonics (an example for music is shown below)
- Profwch eich hun neu ffrindiau/Test yourself or friends
- Byddwch yn athro - addysgwch ryw beth rydych yn adolygu i rywun arall/Be the teacher – teach someone else something you're revising
- Defnyddio cerddoriaeth er mwyn egnoli, ymlacio, dychmygu ac adolygu/Music for energising, relaxing, visualising and reviewing.



Cinesthetig: (pobl sy'n dysgu drwy 'gwneud' - gweithgareddau ymarferol, drama)

Kinaesthetic: (people who learn best through 'doing' – practical activities, drama)

- Creu Pwynt Pŵer/Make your own PowerPoint
- Creu cardiau adolygu/Create your own revision cards
- Actio/Act topics out!
- Chwarae gêm adolygu/Play a revision game
- Gweithgareddau dylunio ac adeiladu/Design and build activities
- Ystumiau neu symudiadau sy'n arddangos cysyniad/Gestures or movements to demonstrate a concept

Technegau Adolygu/Revision Techniques

bbc.co.uk/schools/parents (cyngor ar sut i helpu/advice on helping your child)

topmarks.co.uk (porth i wefannau adolygu ar gyfer amrywiaeth o bynciau/a gateway to revision sites for every subject)



Cyrff Arholi/Exam boards:

www.aqa.org.uk

www.edexcel.org.uk

www.ocr.org.uk

www.wjec.co.uk

AC YN OLAF/AND FINALLY.....

Sicrhewch fod eich plentyn yn gwybod/Make sure that your child knows:

- Diwrnod ac amser cychwyn yr arholiad/What day the exam is on and what time it starts
- Hyd yr arholiad/How long the exam is
- Pa fath o destunau fydd yn codi yn yr arholiad/What is being tested in each exam

Yn ystod yr arholiadau, ceisiwch sicrhau/During the exams, try to ensure that:

- Fod eich plentyn yn cael ddigonedd o gwsg, yn enwedig y noson cyn yr arholiad/Your child gets enough sleep, especially the night before exams
- Fod eich plentyn yn bwyta'n synhwyrol - bwyta brecwast ar fore'r arholiad/Your child is eating sensibly – especially breakfast on exam days
- Fod gan eich plentyn yr adnoddau sydd eu hangen: - beiro a phensiliau siarp, dilewyr, cyfrifiannell, onglydd, pren mesur ac oriawr (nid oes hawl mynd â ffôn symudol i mewn i'r arholiad)/Your child has all the equipment required: - pens and sharp pencils, erasers, a calculator, a protractor, a ruler and a watch (mobile phones are not allowed in the exams)

Cofiwch, gall y ffordd byddwch chi'n ymdrin â'r misoedd nesaf gael effaith mawr ar ddyfodol eich plentyn. Mae arbrofion yn dangos fod cyswllt amlwg rhwng ymrwymiad uchel gan rieni a gwell canlyniadau arholiad. Beth ydych chi'n fodlon gwneud er mwyn sicrhau fod gan eich plentyn y cyfle gorau o lwyddo yn yr arholiadau?

Remember, how you approach the next few months can have a real impact on your child's future. Studies show that high parental engagement is linked with better exam results than for children whose parents show no interest.

What will you do to give your child the best chance of achieving success?