

Read the following text carefully, and then in your ANSWER BOOKLET answer all the questions that follow. Your answer should be based on the text.

How to revise for exams

A: Do you know if it's too late to start revising now?

No, it's never too late to start revising! The first thing I would do is to draw up a revision timetable.

B: Do you mind telling me how I should draw up a timetable?

Look at all the subjects you have to do, and work out when you are going to work on each **one**. It's a good idea to change the order of the subjects in your timetable for each day. Try doing a little English, followed by some Maths, then Biology, and so on. This way, by changing the focus of your revision, you keep your mind fresh.

C: Do you know whether it's best to get up early, or to revise late at night?

The earlier you start in the morning, the more beneficial your revision will be, because that's when you feel most awake and your memory is at **its** best. I'd also recommend studying for 30-minute periods, and then taking a break.

It's been proved that concentration starts to decrease after half an hour, so frequent breaks will help the brain to recover and concentration to return.

D: Could you explain what you mean by frequent breaks?

By a break, I mean any change of activity from studying. **It** could be something as simple as just getting up from your desk and listening to some music, or walking around for ten minutes.

E: Could you tell me how much exercise I need?

Physical activity is very important, of course, especially when you are studying. Exercise will make a huge difference to the way you feel. The physical activity will increase your heart rate and, in turn, that will increase your blood circulation. **It** also sends more oxygen to the brain, which makes you revise more efficiently!

F: Do you mind giving me some advice about diet?

Nutrition is very important. You should try to eat as much fresh fruit and vegetables as you can. It's essential not to become dehydrated, so drink lots of water.

نموذج 1

1. The author states two steps for drawing a revision timetable. Write down these two steps.
 - **Looking at all the subjects you have to do,**
 - **working out when you are going to work on each one**
2. The author specifies two benefits of frequent breaks. Write them down.
 - **They will help the brain to recover**
 - **They will help concentration to return.**
3. Quote the sentence which explains the reason why students should change the order of subjects in their timetable for each day.
 - **This way, by changing the focus of your revision, you keep your mind fresh.**

4. Find a word in the text which means " **having lost too much water from your body**". (**dehydrated**)
5. What does the underlined word " **one** " refer to? (**subjects**)
6. Students should eat as much fresh fruit and vegetables as they can ,especially when they are studying. Think of this statements and , in two sentences ,write down your point of view.

I agree that that students should eat as much fresh fruit and vegetables as they possible as they can ,especially when they are studying because they make them more energetic and they refresh their minds during revision time.

7. Physical activity has its own positive impact on our health. Suggest three positive impacts on our health to show how far do you agree with this statement.

Physical activity reduces risks of dangerous diseases

It reduces pressure and stress

It keeps people fit.

It helps them to be awake and alert.

نموذج 2

1. The author states some benefits of physical activity when you are studying. Write down two of these benefits from the article.
 - **It will increase your heart rate and, in turn, that will increase your blood circulation.**
 - **It sends more oxygen to the brain, which makes you revise more efficiently.**
2. The author states some examples of frequent breaks during student's revision . Write down two of these examples.
 - **Getting up from your desk and listening to some music.**
 - **walking around for ten minutes.**
3. Quote the sentence which explains the reason why students should start their revision earlier in the morning.

The earlier you start in the morning, the more beneficial your revision will be, because that's when you feel most awake and your memory is at its best.
4. Find a word in the text which means " **the movement of blood around the body when it is pumped by the heart** ". (**circulation**)
5. What does the underlined word " **it** " refer to? (**change of activity**)
6. Some students find it difficult to fall asleep the night before the exam. Think of this statements and , in two sentences ,write down your point of view.

- I agree that some students find it difficult to fall asleep the night before the exam because they feel stressful . It is important to feel relax and go bed early so that you can do well in the exam.

7. It is a good idea to use coloured pens to highlight parts of a text as you read in order to help you remember facts. Suggest three possible ways to study and to revise for exams effectively.

Studying early in the morning.

Taking frequent breaks.

Doing exercises and eating healthy food.

نموذج 3

1. The author states that students should start their revision earlier in the morning for two reasons. Write down these two reasons.

-because that's when you (1)feel most awake (2) your memory is at its best.

The author mentions three study subjects . Write down two of these subjects.

- English - Maths

2. Quote the sentence which explains the first thing students should do to start revising.

- The first thing I would do is to draw up a revision timetable.

3. Find a word in the text which means "**the process of getting the right kind of food for good health and growth.(nutrition)**

4. What does the underlined word "**it**" refer to? (**physical activity**)

5. Some students find it difficult to fall asleep the night before the exam. Think of this statements and , in two sentences ,write down your point of view.

I agree that some students find it difficult to fall asleep the night before the exam because they feel stressful . It is important to feel relax and go bed early so that they can do well in the exam.

نموذج 4

1. The author specifies two kinds of food students should eat during their revision . Write them down.

a. -Fresh fruit -Fresh vegetables

2. The author states many recommendations that are related to the revision for exams. Write down two of these recommendations from the article.

- drawing up a revision timetable.

- starting your revision earlier in the morning.

- studying for 30-minute periods.

- taking a break.

-Eating as much fresh fruit and vegetables.

-Doing exercises.(physical activity)

3. Quote the sentence which explains the positive effects of frequent breaks on the brain.

- It's been proved that concentration starts to decrease after half an hour, so frequent breaks will help the brain to recover and concentration to return.

4. Find a word in the text which means "**the kind of food that a person or animal eats each day.(diet)**"

5. What does the underlined word "**its**" refer to? (**your memory**)

6. The night before an exam , it is advisable to go to sleep early . Think of this statements and , in two sentences ,write down your point of view.

I agree that the night before an exam students should go to bed early because they will find it harder on the day of an exam to recall things they have learnt even though the information is there in their memory, it will be easier to retrieve if they are wide awake and well-rested.

7. There are several ways to help students to remember things. Suggest three possible ways to improve students' memory.

-Using coloured pens to highlight certain parts of a text.

-Drawing diagrams to help you to remember a process.

-writing difficult words or facts on pieces of paper and sticking them on the walls.