



**trechu  
straen  
arholiadau**

**ChildLine**  
0800 1111 

# Cynlluniwch ymlaen

## Pethau i'w gwneud

- Lluniwch amserlen adolygu i chi eich hun – cynlluniwch hi ymhell cyn i'r arholiadau ddechrau. Dylai eich athro neu athrawes allu eich helpu.
- Gwnewch eich llyfrau, nodiadau a thraethodau'n hawdd eu defnyddio. Defnyddiwch benawdau, pinnau lliwio a chardiau adolygu, a gofynnwch i athrawon a ffrindiau sydd â phrofiad o arholiadau am gynghorion ynglŷn â thechnegau adolygu. Gallech hefyd ystyried prynu canllawiau adolygu.
- Gwnewch nodyn o'r pwytiau pwysig wrth adolygu. Ceisiwch ateb cwestiynau mewn hen bapurau arholiad – esboniwch yr atebion i gwestiynau anodd i rywun arall.
- Mae pawb yn adolygu mewn ffordd wahanol. Canfyddwch y patrwm sy'n eich siwftio chi – ar eich pen eich hun neu gyda ffrind neu riant/gofalwr; yn gynnar yn y bore neu'n hwyr y nos; cyfnodau byr, dwys neu sesiynau hirach; gyda cherddoriaeth neu heb unrhyw sŷn.
- Gofynnwch am help gan eich athro(awes)/mentor dysgu, riant/gofalwr neu ffrind os ydych chi'n teimlo dan straen, neu os oes pethau nad ydych chi'n eu deall.

## Pethau i beidio â'u gwneud

- Peidiwch â gadael yr adolygu tan y munud olaf.
- Peidiwch ag osgoi pynciau nad ydych yn eu hoffi, neu sy'n anodd i chi.
- Peidiwch ag anghofio bod bywyd ar ôl adolygu ac arholiadau.
- Peidiwch â phentyrru gwybodaeth TRWY'R nos cyn arholiad.

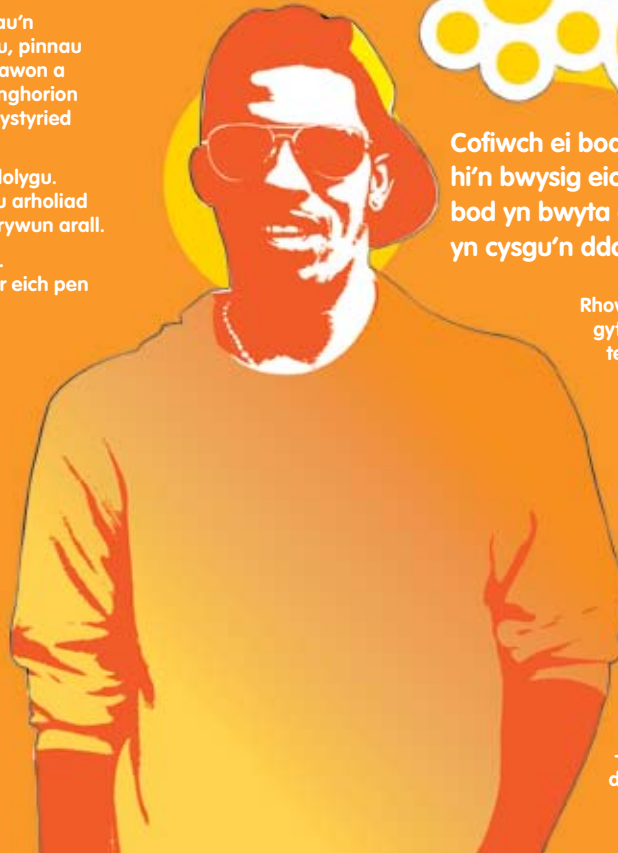
# Edrychwch ar ôl eich

Cofiwch ei bod hi'n bwysig eich bod yn bwyta ac yn cysgu'n dda.

Rhowch eich hun yn gyntaf – mae hwn yn gyfnod pwysig i chi. Ceisiwch drafod â'ch teulu sut y gallent wneud astudio ychydig yn haws i chi – er enghraifft, drwy gytuno ar adegau lle cewch gornel i chi eich hun, pan fyddan nhw'n ceisio bod ychydig yn ddistawach o amgylch y tŷ a phan fyddai'n well gennych chi pe na bai neb yn torri ar eich traws (heblaw i ddod â danteithyn bach i chi weithiau, fel diod neu rywbeth i'w gnoi).

## Peidiwch ag adolygu drwy'r amser

Gwnewch yn siŷ eich bod yn cael amser bob dydd i ymlacio, gan gymryd seibiant i wneud rhywbeth rydych chi'n ei fwynhau - gwyllo'r teledu, gwrando ar gerddoriaeth, darllen llyfr neu fynd allan am dro.



# Paratowch ar gyfer y diwrnod mawr

## Pwyntiau Pwysig

- Bwytwch frecwast da, os gallwch chi.
- Gwnewch yn siŵr eich bod yn gwybod ble mae'r arholiad yn cael ei gynnal a faint o'r gloch mae'n dechrau. Rhowch ddigon o amser i chi eich hun gyrraedd yno.
- Ewch â'r holl gyfarpar sydd ei angen arnoch ar gyfer pob arholiad, gan gynnwys pinnau a phensiliau sbâr.
- Ewch â photel o ddŵr a hancesi poced papur gyda chi.
- Ewch i'r toiled cyn yr arholiad!

**Os ydych chi'n teimlo'n wirioneddol bryderus, anadlwch yn araf ac yn ddwfn tra rydych chi'n disgwyl i'r arholiad ddechrau.**

## Amserwch eich hun

- Darllenwch y cyfarwyddiadau cyn dechrau'r arholiad.
- Gofynnwch i'r athro/awes neu oruchwylydd yr arholiad os oes unrhyw beth yn aneglur.
- Darllenwch drwy'r holl gwestiynau cyn dechrau ysgrifennu, a gwnewch yn siŵr eich bod chi'n gwybod faint yn union o gwestiynau mae'n rhaid i chi eu hateb.
- Os oes dewis, dechreuwch drwy ateb y cwestiwn rydych chi'n credu y gallwch ei ateb orau.
- Os ydych chi'n sownd ar gwestiwn, ewch ymlaen i'r nesaf. Gallwch bob amser ddod yn ôl ato yn nes ymlaen. Os ydych chi'n wirioneddol sownd, rhowch gynnig deallus arno.
- Rhowch amser i chi'ch hun ddarllen a mynd dros eich atebion cyn i'r arholiad orffen.

**Cynlluniwch faint o amser y bydd ei angen arnoch ar gyfer pob cwestiwn.**



# Perfformiwch gystal ag y gallwch

- Gall gwybod eich bod wedi gwneud eich gorau eich helpu i oresgyn teimladau o siomi rhywun.
- Peidiwch â mynd dros yr atebion gyda'ch ffrindiau ar ôl yr arholiad, os mai unig ganlyniad hynny fydd gwneud i chi boeni mwy.
- Ceisiwch roi'r arholiad diwethaf y tu cefn i chi, ac edrych ymlaen at y nesaf. Allwch chi ddim mynd yn ôl i newid pethau.

Chi ydych chi, a'r unig beth y gallwch  
chi ei wneud yw eich gorau ar y diwrnod.

## Ffiw!

Arholiadau drosodd? Canmolwch eich hun - mae'n amser i ymlacio ac anghofio amdany'n nhw.

### Os gwnaethoch chi'n dda - llongyfarchiadau!

Ond cofiwch, mae bywyd ar ôl canlyniadau arholiad. Dydd graddau siomedig ddim yn ddiwedd y byd, er ei bod hi'n teimlo felly ar y pryd. Fe allech chi benderfynu ail-sefyll, a beth bynnag, bydd llawer mwy o gyfleoedd eraill i chi fynegi eich hun a llwyddo yn nes ymlaen mewn bywyd.



# Help a chyngor

Yn ystod arholiadau, neu ar eu hôl, os ydych chi'n teimlo nad ydych chi'n gallu ymdopi â'r pwysau neu'n teimlo dan straen, chwiliwch am rywun i siarad â chi. Peidiwch â chadw popeth i chi'ch hun! Ceisiwch siarad â'ch athrawon, eich ffrindiau neu'r mudiad isod.

## ChildLine

Llinell ffôn ar gyfer plant a phobl ifanc, am ddim, 24 awr y dydd, a gallant drafod unrhyw beth sy'n eu poeni.

- Rhif ffôn: 0800 1111 (24 awr)
- Ffôn testun: 0800 400 222 (Ar agor rhwng 9.30am a 9.30pm, o ddydd Llun i ddydd Gwener, a rhwng 9.30am a 8pm dros y penwythnos)
- Gwefan: [www.childline.org.uk](http://www.childline.org.uk)

## Gall rhieni a gofalwyr helpu hefyd

Gofynnwch i'ch rhieni neu ofalwyr roi anogaeth a chefnogaeth i chi, ac i beidio â rhoi pwysau arnoch chi. Trefnwch gyda nhw pryd y cewch chi amser tawel i chi eich hun, a lle yn y tŷ i astudio heb neb yn tarfu arnoch chi. Peidiwch ag anghofio siarad â nhw os ydych chi'n poeni – peidiwch â chadw popeth i chi eich hun.

**Mae arholiadau'n bwysig – ond nid dyna'r unig allwedd i ddyfodol llwyddiannus.**

Mae ChildLine yn wasanaeth a ddarperir gan yr NSPCC. Yn yr Alban, darperir gwasanaeth ChildLine drwy CHILDREN 1<sup>st</sup> ar ran yr NSPCC.

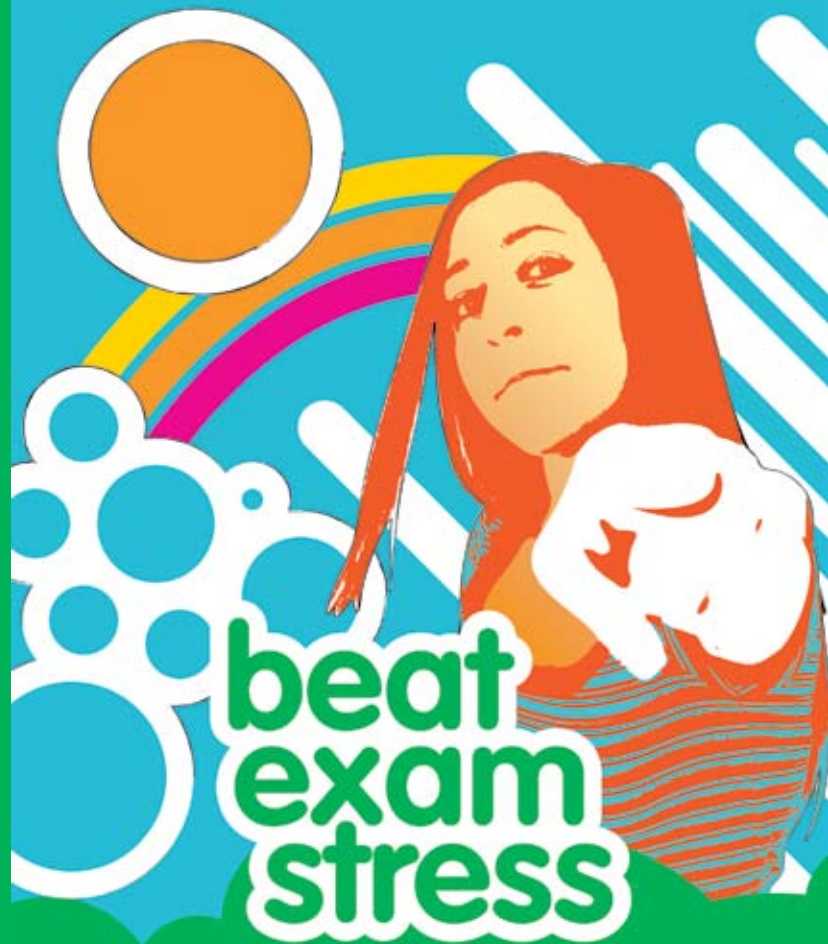
Rhifau cofrestru elusen yr NSPCC yw 216401 a SC037717. Rhif cofrestru elusen CHILDREN 1<sup>st</sup> yn yr Alban yw SC016092. Cod storfa NS/268

Cyhoeddiadau NSPCC, Weston House  
42 Curtain Road, Llundain EC2A 3NH  
Rhif ffôn: 020 7825 7422

E-bost: [publications@nspcc.org.uk](mailto:publications@nspcc.org.uk)

**NSPCC** 

Dim mwy o greu/onddeb i blant. DIM.  
Cruelty to children must stop. FULL STOP.



**ChildLine**  
0800 1111 

# Plan ahead

## Do

- Have your own revision timetable – start planning well before exams begin. Your teacher should be able to help.
- Make your books, notes and essays user-friendly. Use headings, highlighting and revision cards, and get tips on other revision techniques from teachers and friends with experience of exams. You could also consider buying revision guides.
- Take notes of the important points when revising. Try to answer the questions of past exam papers – explain answers to tricky questions to someone else.
- Everyone revises differently. Find out what routine suits you best - alone or with a friend or parent/carer; early morning or late at night; short, sharp bursts or longer sessions; with music or without noise.
- Ask for help from your teacher/learning mentor, parent/carer or a friend if there are things you don't understand.

## Don't

- Don't leave revision to the last minute.
- Don't avoid revising subjects you don't like or find difficult.
- Don't forget that there is life beyond revision and exams.
- Don't cram ALL night before an exam.



# Pamper yourself

**Remember it's important to eat and sleep well.**

Put yourself first – this is an important time for you. Try to talk to your family about how they can make studying a little easier for you – for example, by agreeing times when you can have your own space, when they will try to be a little quieter around the house and when you'd rather not be disturbed (except perhaps for the occasional treat, such as a drink or snack).

## Don't revise all the time

Make sure you give yourself time each day to relax, taking breaks to do something you enjoy – watch TV, listen to music, read a book or go out for a walk.

# Prepare for the big day

## Check

- Have a good breakfast if you can.
- Make sure you know where the exam is being held and what time it starts. Give yourself plenty of time to get there.
- Take all the equipment you need for each exam, including extra pens and pencils.
- Take in a bottle of water and tissues.
- Go to the loo beforehand!

If you feel really anxious, breathe slowly and deeply while waiting for the exam to start.

## Pace yourself

- Read the instructions before starting the exam.
- Ask the teacher or exam supervisor if anything is unclear.
- Read through all the questions before starting writing, and make sure you are clear how many questions you are required to answer.
- If there is a choice, start by answering the question you feel you can answer best.
- If you are stuck on a question, go on to the next. You can always come back to it later. If you are really stuck, try to have an intelligent guess anyway.
- Leave time to read through and check your answers before the exam finishes.

Plan how much time you'll need for each question.





# Perform as well as you can

- Knowing that you've done your best may help you overcome feelings of letting anyone down.
- Don't go through the answers afterwards with your friends if it is only going to make you more worried.
- Try to put the last exam out of your mind and look ahead to the next one. You can't go back and change things.

You're you, so you can only do the best you can on the day.

## Phew!

Exams over? Pat yourself on the back – it's time to relax and forget about them.

## If you did well – congratulations!

But remember, there's life beyond exam results. Disappointing grades are not the end of the world, even if it does feel that way at the time. You might decide to resit, and in any case, there will be lots of other opportunities to express yourself and succeed later on in life.

# Help and advice

During or after the exams, if you feel that you can't cope with the pressure or are feeling stressed, find someone to talk to. Don't bottle it up! Try to talk to your teachers, friends, or the following organisation.

## ChildLine

For children and young people to call free, 24 hours a day, to talk about anything that is worrying them.

- Phone: 0800 1111 (24 hours)
- Textphone: 0800 400 222 (Open 9.30am to 9.30pm, Monday to Friday and 9.30am to 8pm at weekends)
- Website: [www.childline.org.uk](http://www.childline.org.uk)

## Parents and carers can help too

Ask your parents or carers to give you encouragement and support, and not to put pressure on you. Arrange with them when you can have your own quiet time and space in the house to study without being disturbed. Don't forget to talk to them if you are worried – don't bottle things up inside.

## Exams are important – but they are not the only key to a successful future.

ChildLine is a service provided by the NSPCC.  
In Scotland the ChildLine service is delivered by CHILDREN 1<sup>ST</sup> on behalf of the NSPCC.

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