

# THE PINE PINNACLE

## EXAM EDITION

It's that time of the year!

Do you get goosebumps, a sore tummy and sweaty hands when you hear the word 'EXAMS'? If you do, it means you're normal! Exams does not exist to frighten you or make your life miserable. It's simply there to push you in order to ensure that you excel and exceed your own expectations. It's there to test your limits and how much you're capable of. And of course, it's there to test how well you can do... Which is actually why most of us fear it. We're afraid of doing things on our own because we're afraid of failure. We tend to always want to do things in groups so that we can hide behind others. But fear is a choice. If you live in fear you will never grow. So let go of your fears and face your exams with courage. Sometimes an attitude adjustment is all it takes to reach greatness. And failure? A failure is he who doesn't even attempt trying. As long as you give it your all then you're halfway there and failure will never know your name . If you do end up feeling like a failure, know that

it sometimes takes a glimpse of failure to understand the value of success. Never hide behind anyone. You are made of magic and wonders and everything that's amazing. So never be afraid of fighting some battles on your own because that's when your true greatness is enhanced.

- Sihle Jafta 11.2



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# SPIRITUAL ENRICHMENT

Lord,



Thank you for this opportunity to learn new skills and stretch my understanding.

Thank you for guiding me through this time of study into the final exams.

I lay before you all the hopes and fears I have about the outcome.

May you place a peace within me now as I rest and await the results.

Thank you that I am safely held in your love.

Thank you that whatever happens in the future I will live in your goodness and walk with you always.



Amen

## TIME MANAGEMENT = PLANNING = SUCCESS

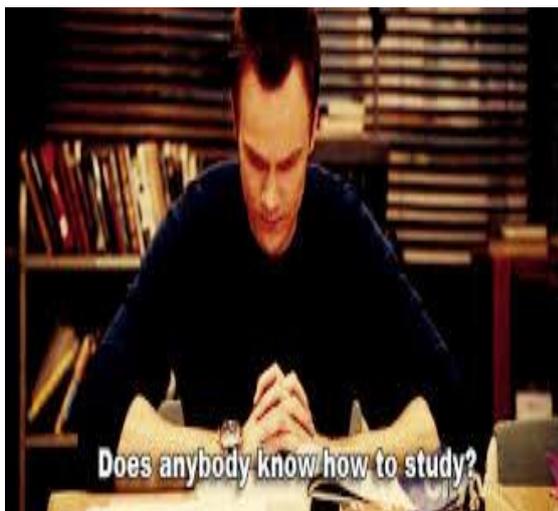
### 1 TIME

#### MANAGEMENT

##### **Plan to study daily, starting today:**

- Draw up a special study schedule.
- 50-minute study blocks and 10-minute breaks work well.
- Select fixed study-times for every day (including a time slot over weekends).
- Study skills and strategies become study habits only if they are **practised regularly**.
- Break up topics into manageable sections. Estimate the time needed, and then double it!

### 2 HOW TO STUDY



- Decide when you work best, e.g. early morning, afternoons, evenings.

- Where do you like to work? Home? Library? School? Community centre?
- Where can you work undisturbed?
- *Set up a place for your studying – table, chair, uncluttered work space, good lighting.*
- Do you work well with others? Do you have a friend who could be your study buddy?
- How do you best remember information? Seeing? Hearing? Through action? People have different preferred learning styles, but use them all.

##### *Make your studying active by using study methods, writing, drawing, summarizing, chanting or teaching your study buddy.*

- Concentrate fully and try not to allow your mind to wander. This improves with practice.
- Avoid last-minute cramming.

##### **Mentally prepare to study (RAVES)**

- Use **Relaxation** techniques to calm your mind.
- **Arrange** goals and priorities for each study block.
- **Visualise** yourself capable of full concentration.
- **Emotional** words for success: effort, enthusiasm, energy, eagerness
- Use positive **Self-talk** to set a positive attitude.

##### **Memory principles**

- **Be selective** when you study. Select **significant** information. You cannot learn every detail.

Make your own notes, focusing on what is most important.

- **Associate** new information with what you already know.

# TIPS FOR SUCCESS

- **Visualise.** Try to create “stories” or “movies” in your mind.
- **Recite.** Use your own words. Explain the information to a friend/family member. Go back and check for accuracy and additional details.

## ABOUT MEMORISING

### **Memorising skills can be learned.**

There are many different skills you can learn to help you remember information. Here are some examples:

- Mind maps
- Cartoons, pictures, labelling
- Rhymes and jingles – use words that rhyme to help you remember important facts.
- Word association, key words, flash cards
- Creating acronyms: e.g. **RICE** stands for **rest, ice, compression** and **elevation** (What to do when somebody is injured)
- Grouping or categorising – organize the information into logical clusters

### **Memory – Use it or lose it!**

Memory strategies require practice and discipline.

#### *Memory Tip 1*

### **Pay attention and listen carefully in class.**

- Make sure you understand the content and concepts. If not, ask the teacher questions.

#### *Memory Tip 2*

### **Make effective notes.**

- In order for information to be stored in long-term memory, it first needs to pass through your short-term or working memory. This stage of memory is limited in the amount of information it can retain. Information you receive in class must be written down or you will forget it.

- When revising from your textbooks, seek out the *important information* and write it down. Organise it logically. Reduce it to key terms or a form that is easy to remember.

#### *Memory Tip 3*

### **Remember these three R's:**

- Repeat, Repeat, Repeat

#### *Memory Tip 4*

### **Use mnemonics.**

- Mnemonics are devices, using arbitrary, easy-to remember associations, to help you remember information.

Examples:

- **sohcahtoa** (used in trigonometry to memorize important information about the sine, cosine, and tangent)
- **roygbiv** (the colours of the rainbow in their correct order – red, orange, yellow, green, blue, indigo and violet)

#### *Memory Tip 5*

### **Generate examples.**

- A very effective way of checking your own understanding is to generate examples of related concepts, situations, relationships, events or case studies. If you cannot do this, it is likely that you do not fully understand this aspect of the syllabus. Ask your teacher for help.

#### *Memory Tip 6*

### **Use visual imagery.**

- Visualization of a concept, situation, relationship or sequence of events can be a very powerful way to learn. Create stories or movies in your mind, or make your own drawings, stick figures or cartoons.

#### *Memory Tip 7*

### **Make associations.**

# TIPS FOR SUCCESS

- Make connections between the new information and something familiar to you.

## *Memory Tip 8*

### **Use rehearsal strategies**

- Practise retrieving information by reciting key ideas, predicting questions, practising problem-solving and testing yourself by using previous exam papers.

### **Applying memory**

Once you have memorized information, rather than just restating that information, you need to be able to use it. You should do the following:

- Analyse the information.
- Identify exactly what the examination question is asking for.
- Make sure that the information is required by the question.
- In some cases, apply the information in a context.
- In some cases, develop a well-reasoned argument.
- Present information logically and coherently.

## 3 EFFECTIVE EXAMINATION WRITING TECHNIQUES

### *Exam Writing Tip 1*

**Arrive early and ready to begin.**

### *Exam Writing Tip 2*

**Read and understand the instructions.**

- Check that you have received the correct question paper.

- ALWAYS carefully read the INSTRUCTIONS at the beginning of the question paper. Many students do not take the time to do this and discover later that they answered the wrong questions. Are you required to answer a certain number of questions or do you have to answer all of them?

Ask for clarification if you are unsure.

### *Exam Writing Tip 3*

**Preview the question paper and allocate your writing time appropriately.**

- Read through the whole examination paper before you begin writing. Note the number of questions and what they are worth. Reading over the questions before you start writing will assist in activating your memory. Decide which questions will be easier to do and which ones will take more time. Identify where you have choices among questions and *within* questions and decide which questions to choose. Allocate time for the answering of each question. Also allow for time to go over your answers and to make corrections. If you think of something as you preview, write it down immediately.

### *Exam Writing Tip 4*

**Tackle each question systematically.**

- Read each question carefully, underlining key words, especially the verbs that tell you what to do.
- Is it a one-part or a two-part question? What are you being asked to do? Identify what you have and what you need. Plan the way you will answer the question and make a few notes on the steps you will take. This will provide you and the person marking the exam with an idea of how you attempted the question. This will

# TIPS FOR SUCCESS

also assist you with finding and correcting your mistakes.

- Some questions may ask you to *apply* your knowledge. Write your answer in the format requested, e.g. an essay, a programme, a review, an interview, a letter, a calculation.

## *Exam Writing Tip 5*

### **Write down something for every question**

- If all you can do is provide a definition, then do so. If you are running out of time, answer in point form, instead of complete sentences. Write down anything you know that is related to the question.

## *Exam Writing Tip 6*

### **Set out your answers clearly.**

- Write legibly so the marker can read it easily. Leave spaces between questions and always start a new *section* on a new page. Make sure you number your answers correctly according to the numbering on the question paper.

## *Exam Writing Tip 7*

**If you feel you are unable to answer a question, don't panic and allow anxiety to affect how you are going to fare in the exam.**

- Ask yourself "What do I need to **know** to answer this question?", and start writing down your thoughts. Avoid negative self-talk – focus on the task instead of yourself.

## *Exam Writing Tip 8*

### **Review and make corrections.**

- Take time to go over your answers. Do not change anything unless you are quite sure it is wrong. Check mathematical answers by performing reverse

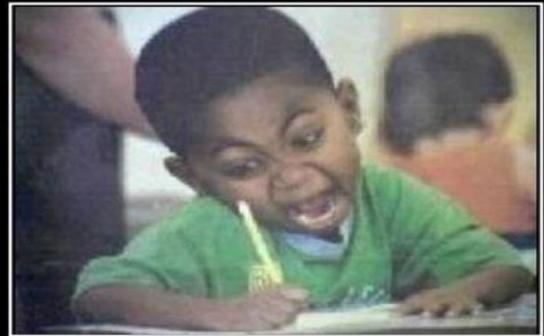
calculations. Look at the processes you used. Make sure you have given everything that was asked for.

## *Exam Writing Tip 9*

### **Stay until the end.**

- Don't leave until the exam invigilators throw you out! Sometimes, it takes a little more time for the information in your memory to "surface". So use all the time allocated to you!

[https://www.westerncape.gov.za/text/2010/4/wced\\_grade\\_12\\_tips\\_for\\_success\\_booklet\\_1.pdf](https://www.westerncape.gov.za/text/2010/4/wced_grade_12_tips_for_success_booklet_1.pdf)



**Last five minutes  
Of exam**

PICTUREQUOTES.COM

Robyn Jacobs 11.1

# STUDY TIMETABLE

## STUDY TIMETABLE

Monday    Tuesday    Wednesday    Thursday    Friday    Saturday    Sunday

3.30						
4.00						
4.30						
5.00						
5.30						
6.00						
6.30						
7.00						
7.30						
8.00						
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9.00						
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*Homework Help for Parents*

A study timetable is a handy, inexpensive tool that can help you get control over your study time. It will give you perspective on what you need to accomplish and the time you have to do it in. If you want to get organized and feel motivated to get your work done to the best of your potential, try putting together a personalized study timetable.

[http://wced.pgwc.gov.za/documents/Matric2013/book/eng/lgs/p.html#BlankStudyTimetable.pdf\\*inf5.html](http://wced.pgwc.gov.za/documents/Matric2013/book/eng/lgs/p.html#BlankStudyTimetable.pdf*inf5.html)

### 1

**Make a list of your responsibilities.** You need to think about and write down all of your responsibilities so that they can properly be factored into the list. By thinking about all of this in advance, before filling in your timetable, you'll make the actual creation of your timetable go more smoothly.

You should consider all of your classes, your job, your chores, sports and exercise, and anything else you do on a regular basis during the times you might be studying.

Don't forget people's birthdays and major holidays.

You're probably not going to think of everything up front, but that's okay—you can add it in later.

### 2

**Collect all class/assignment information.** This will probably mean getting all of your syllabus together and any assignment sheets for papers or projects, and maybe looking online if there's a place for your classes there (like Blackboard or another course management system)

### 3

**Consider optimal times of day for studying.** Spend some time thinking about when you do—or would do—your best studying. Are you morning person or a night person? Thinking about this now will help you do your best to schedule important study time during your peak study hours.

When completing this step, try not to think about your other responsibilities (like your job, etc.); just note your best times as if you had nothing else on your plate.

# TOP ACHIEVERS



## Grade 8

Jesse Douw De Oliveira

Keandra Kelsey Gilbert

Ryan Griffiths

Sinovuyo Luwaca

Jordan Panduva

Aliyah Pillay

Caitlin Segels

Liyema Tutu



## Grade 9

Michael Bosman

Shannon Cairns

Chloe Fourie

Meaghan Gulston

C-Jay Jacks

Maziko Kagoli

Elvira Narasimulu

Kim Nielsen

Caitlynn Van Wyk

Teri Vollenhoven

## Grade 10

Allyson Adams

Martine Alexander

Dominique Ariefdien

Brody Bennet

Bradley Cairns

Jadon Daniels

Kristen Jacobs

Tarah Jansen

Tamzyn Lewis

Katleho Pudumo

## Grade 11

Lee-Anne Bell

Cailyn Fortuin

Robyn Jacobs

Faeqah Khan

Eunseoung Kim

Amber Magerman

Jorja-Jade Ratcliff

Buhle Senaoane

Calsey Swain

Venus Van den Berg



**BE ALLERGIC TO THE AVERAGE!!!**



## Meditation for beginners



Sometimes we all just want to relax. Whether it's after a workout, after an intense study session, or because we want to get rid of the bad energy.



We just want to relax and enjoy peace.



But in order to truly relax, we have to understand our bodies. We need to let our limbs, muscles and every inch of our skin know that we appreciate them. We need to be able to interact with our own bodies from our minds.



Firstly, you need to find a calming environment. Wherever you feel safe and most peaceful (when you're more experienced, you will be able to meditate anywhere because you'd be able to block out distractions). Secondly,



sit down with crossed legs and allow your hands to rest on your knees, your middle finger and thumb touching, pointing upwards. Thirdly, close your eyes and lessen your thoughts. Lessen them until you're ONLY thinking about what you're doing (this should be easier for males because recent studies show that men can think about absolutely nothing, yet still breath).



Once you only see what you're doing, you need to focus on your breathing between your nose and your mouth only until you feel utter peace. It clears the mind, and enables you to enter a happy space. You need to explore your body from the inside, slowly. It's preferable to start from your mind. When you're focused on one particular spot, you need to give



it feedback, whether it's a compliment, or a complaint. For instance, if you have a headache, or a pain in your chest, acknowledge it when you get there and ask your body to remove it. From your brain, you let your mind wander down to your face, your ears, nose and mouth. From there, down your neck and then you choose where to go next. When you get to your fingertips, they'd feel tingly and you'd have a sudden urge to move them, this is a sign that you are in deep meditation. Do not open your eyes until you are done, people often end off with their toes. You then bring your hands up and hold them in prayer position above your head and give a final thank to your whole body.

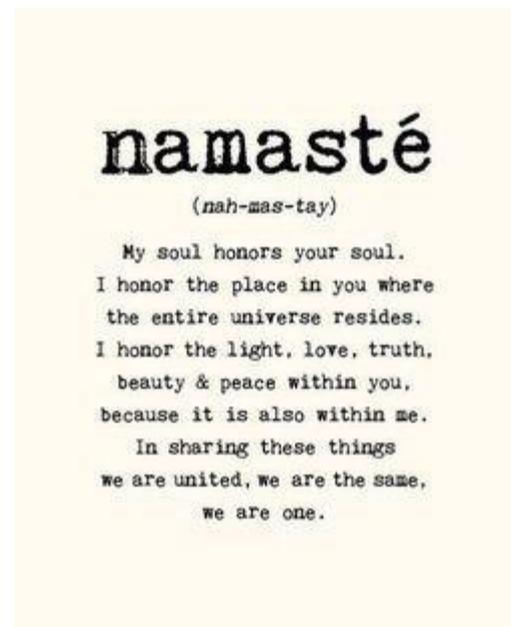


After your meditation you should feel rejuvenated and positive.



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Are you tired of being exhausted during exam? Are you struggling to find stress relievers? Are you easily distracted whilst preparing for exam? **READ THE FOLLOWING!**

Exam is approaching fast and due to the fact that our bodies are put under immense pressure the following will help us lead a physically fit and healthy exam.

## Physical Fitness

We all struggle to find free time while studying but what we don't know is that 15 minutes of cardio exercise will help our bodies immensely during our exam. A survey was conducted on numerous Grade 11 students, where I have asked them which of the following exercises they prefer doing in their break time whilst studying for exam.

The options were:

1. X10 Squats
2. Jogging for 10 minutes
3. X10 Sit ups
4. Skipping for 5 minutes

71 % of the Males preferred sit ups which was the dominant exercise, while the 29% of them chose skipping or jogging.

42% of the Females preferred jogging whilst the 59% of them preferred squats or skipping.

These exercises may sound simple and useless but it is a good energy enhancer. It is said that less complex exercises like

these also contribute to blood flow in your body and extends your concentration capacity. Doing a few exercises a day will surely positively contribute towards your health. It will also increase your stamina levels and help prevent illness.



Here is how to do the 4 exercises mentioned above.

1. Squats
2. Jogging



3. Sit Ups



4. Skipping



# TERM 2 IN PICTURES

CHANTE KLEINHANS 11.1



**BE PHENOMENAL OR BE FORGOTTEN! GOOD LUCK MERIDIAN!  
MAKE US PROUD!!!**