

Summary tips

- Identify what the question is asking for

Using your own words as far as possible, summarize the **impact of test anxiety** on students, teachers, and the school, as well as **strategies to manage test anxiety**.

(i) impact of test anxiety

(ii) strategies to manage test anxiety

- Follow the passage chronologically OR group answers according to (i) and (ii)
- Use connectors

Addition	Comparison	Cause and result
Furthermore	However	Hence
Also	Conversely	Therefore

Summary approaches

Method 1 (1): Replicate	Method (2): Replace**	Method (3): Rewrite (avoid)
<ul style="list-style-type: none">- Lift all 8 content points- Use connectors to sound more coherent	<ul style="list-style-type: none">- Paraphrase adjectives (eg beautiful, small, wide etc)	<ul style="list-style-type: none">- Rewrite the summary for it to sound cohesive

** try not to paraphrase nouns/ paraphrase everything, might change the meaning

NOTE

- It is better to leave most of the points intact; paraphrase 1-2 words every 2 points
- Aim for a high content score, default language score is 3/7
- Avoid copying examples or elaborations
- Tailor points to the question (subject + verb = point)
- Change figurative language to simple English

There are several challenges that researchers need to overcome. At any depth in the sea, the weight of the water above pushes on any object below it. To descend to greater depths, submarines and equipment must be able to handle the enormous pressures of water. No light reaches deeper than 1000 metres, hence the deep underwater world is pitch-dark. The water is

completely devoid of light, making it difficult to collect samples. Navigation is difficult underwater, where there are no landmarks to serve as reference points and global positioning system (GPS) to guide the way. The threat of attack by marine animals also makes deep sea exploration perilous. Animals who are able to defend themselves as well as attack others exist in the sea and many species are still unknown to humans.

Metals can be easily corroded, especially in marine environments where the level of sodium chloride is high. Hence, vehicles and equipment used for underwater exploration struggle with this issue. Communication is difficult in water because acoustic waves, which are less efficient, are used. Above ground, radio waves transmit data near the speed of light but in the ocean, signals must pass through water and thus travel much slower. Rovers and vehicles without drivers create maps, measure temperatures and take photographs of huge areas of sea floor. Hence, they are expected to work reliably for thousands of hours without maintenance support. To power such vehicles for a long time, there must be enough stable power supplies.

Vocab:

Devoid - entirely lacking

Perilous - full of danger or risk

Using your own words as far as possible, summarise the factors which make deep sea exploration difficult.

Deep sea exploration is challenging because...

From passage	In own words
the weight of the water above pushes on any object below it. x	
To descend to greater depths, submarines and equipment must be able to handle the enormous pressures of water.	submarines and equipment must endure the enormous water pressure
Navigation is difficult underwater, where there are no landmarks to serve as reference points and global positioning system (GPS) to guide the way	absence of landmarks and global positioning to aid/ help navigation
The water is completely devoid of light, making it difficult to collect samples.	complete darkness
threat of attack by marine animals also makes deep sea exploration perilous.	possibility of being attacked by marine animals

Metals can be easily corroded, especially in marine environments where the level of sodium chloride is high. Hence, vehicles and equipment used for underwater exploration struggle with this issue.	manage the issue/ problem of corrosion of vehicles and equipment
Communication is difficult in water because acoustic waves,	slow transmissions of signal in water, making communication hard
work reliably for thousands of hours without maintenance support.	ensure stable operations of vehicles and equipment for many hours
To power such vehicles for a long time, there must be enough stable power supplies.	provide adequate and reliable power supplies

One explanation for why we dream is that the brain produces random images during sleep and tricks sleepers into believing that they are having real experiences. A likely origin of the word 'dream' is, appropriately, the Sanskrit word meaning 'deception' - but this fails to explain why dreams appear to be so necessary. Two contradictory theories have been proposed. In the first, dreams are seen as a way of allowing the brain to maintain and reinforce experiences of the day, meaning that material studied just before bedtime will be retained most effectively. The second theory suggests that dreaming allows us to rid the brain of unnecessary information, just as a computer can delete unwanted information.

Dreams have been considered significant ever since 2000 BC, when the Ancient Egyptians produced a papyrus document containing rules for the interpretation of dreams. This document suggested that a whole dream could be considered in terms of opposites. For example, a happy dream could predict unhappiness. Furthermore, the individual images could be interpreted through association, so that if, for example, you dreamt of a shoe, a journey was imminent.

It was the Ancient Greeks who suggested that there might be a connection between dreams and physical health, which was the first time that the interpretation of dreams did not merely predict future events. The Greeks created a number of shrines where sick people could be taken to be cured. Here, the patients would be given potions to make them sleep and, when they woke up, their dreams would be analysed by a priest as a guide to diagnosis and healing.

Vocab:

Contradictory - logically opposite, inconsistent
 Interpret - explain the meaning of
 Association - a mental connection linking things

Using your own words as far as possible, summarise the various theories as to why we dream, and the way dreams have been interpreted and used over the centuries.

One possible answer as to why we dream is that...

From the passage	In your own words
brain produces random images during sleep	brain generates random images during sleep
tricks sleepers into believing that they are having real experiences.	deceives sleepers into believing/ thinking that they are having genuine experiences
dreams are seen as a way of allowing the brain to maintain	dreams are viewed as a way of allowing the brain to maintain
reinforce experiences of the day,	and strengthen experiences of the day.
material studied just before bedtime will be retained most effectively. x	
allows us to rid the brain of unnecessary information,	rid the brain of redundant information redundant - no longer useful
The Ancient Egyptians.. suggested that a whole dream could be considered in terms of opposites	an entire dream could be considered in terms of opposites
the individual images could be interpreted through association,	-
the Ancient Greeks who suggested that there might be a connection between dreams and physical health	there might be a link between dreams and physical health

Tips

- Consider the full passage
- Be familiar with common errors

Steps:

1. Read through the passage

2. During the first read, circle any potential errors in pencil
3. Read the passage again
4. Confirm the errors in pen (change if necessary)

Common errors

(i) Tenses

- past vs present vs past perfect

We all wore red and white clothes and **sit** down in our seats.

(ii) Subject- Verb Agreement

- singular vs plural

This **allow** those waiting for a flight to visit many beautiful places such as the rooftop Cactus Garden and the large Koi Pond.

(iii) Pronouns

- he, she, they, them, it
- who, which, whom, that

Although no one was hurt in this incident, about 70 shark attacks take place every year worldwide, some of **whom** are fatal.

(iv) Connectors

- and, so, however, despite, although, though

Raffles sent thousands of stuffed animal skins, skeletons and plants back to England **so** also kept some animals as pets himself.

(v) Prepositions

- in, on, above, under, at

I am good **in** Math.

(vi) Articles

- a vs an vs the

He is **an** European citizen.

University

Unicorn

European 'you' -> a

Umbrella -> an

For many people, it is their kick start to the day. Moreover, a new study has found that

1. drinking certain types of coffee could also helped you to live longer. Researchers studied
2. the elderly inhabitants of Greek Island Ikaria, which boast the highest rates of longevity
3. on the world. They found that a cup of boiled Greek coffee could hold the key to good
4. cardiovascular health, according to a new study publishing in SAGE journal 'Vascular
5. Medicine'. However, those who drink normal coffee, like those favoured in the UK, did
6. not display the same good health, the study found. Study author Dr Gerasimos, **by** the

7. University of Athens Medical School, said: "Boiled Greek type coffee, which are rich in
8. polyphenols and antioxidants and contains only a moderate amount of caffeine, seemed
9. to gather benefits compared to other coffee beverages." Ikarians are twice as likely **of**
10. live past the age of 90 than in any part **in** Europe. Health checks and questionnaires
are used to get details on participants' medical health, lifestyles and coffee drinking habits.

- 1.help
2. who
3. in
4. published
5. drank
6. from
- 7.is
- 8.seems
9. to
10. of