

ENGLISH LANGUAGE PAPER 2 DATA FILE

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1. Andy's first draft of the questionnaire with Ms. Young's comments

Questionnaire *Spelling*

Introduce yourself

We are doing a survey on learning. Answer the following questions.

Be more polite.

Name:

Age:

Form:

Sex:

Address:

*Change to
email*

Mobile:

*I suggest
you delete this.*

What kind of learner are you? *missing word*

~~What are your hobbies?~~ *Why not ask about favourite subjects?*

Do you know what is right-brain learning? *word order*

Have you heard of Brainworks? *Ask about the new club instead*

Are you interested to improve your learning? (*prep + word form*)

Would you like to a movement class?

missing verb

Ending?

A nice closing sentence with thanks.

2. E-mail from Ms. Young to Andy

To: andylim@kgss.edu.hk
From: ctyoung@kgss.edu.hk
Date: Friday 02 May 2008

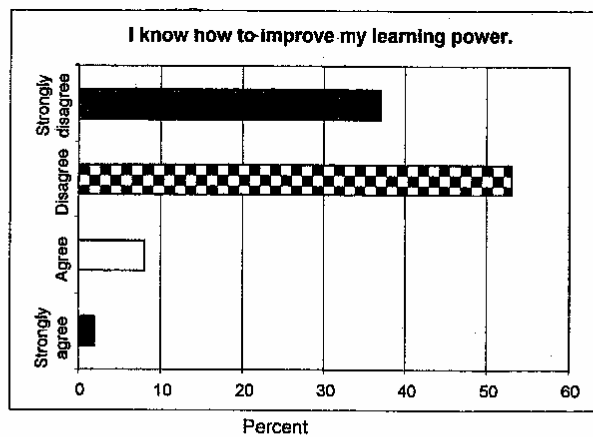
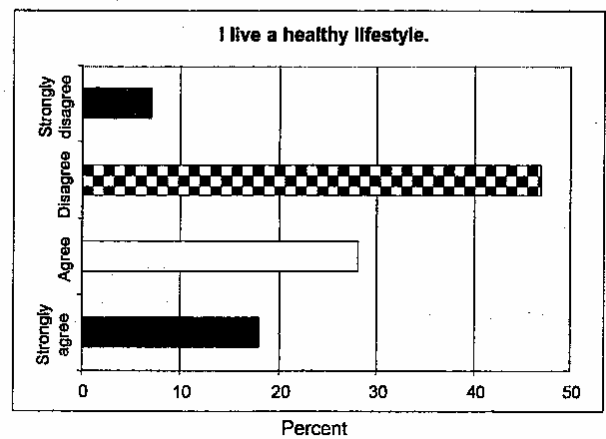
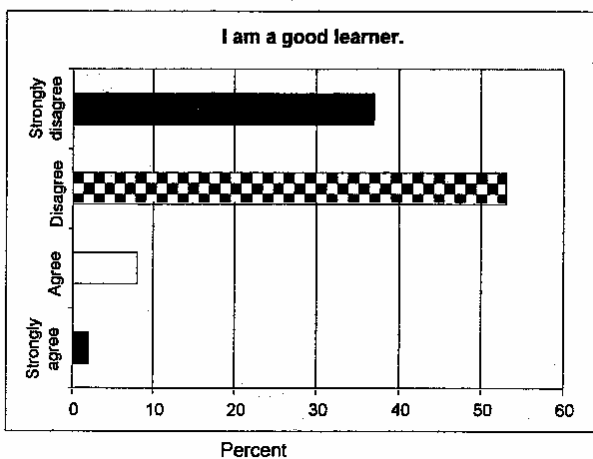
Andy,

Just to confirm that it's OK to use the library for The Brain Power Club. It sounds like you've got some good ideas for your leaflet, maybe even too many. I think you need to keep some focus - perhaps just include tips on how to use your brain, and forget about other things like food and exercise. You can talk about those in the article for the magazine. Be concise. You could do that simply by not repeating activities of the same nature. For example, when you talk about how to keep your brain alert, you can just give a couple of examples instead of copying whole paragraphs from the newspaper cuttings.

Don't forget to finish the leaflet by encouraging people to try the new ideas. The librarian has arranged to buy six copies of *Train Your Brain* for our members. Why don't you also include this in the leaflet?

Ms. Young

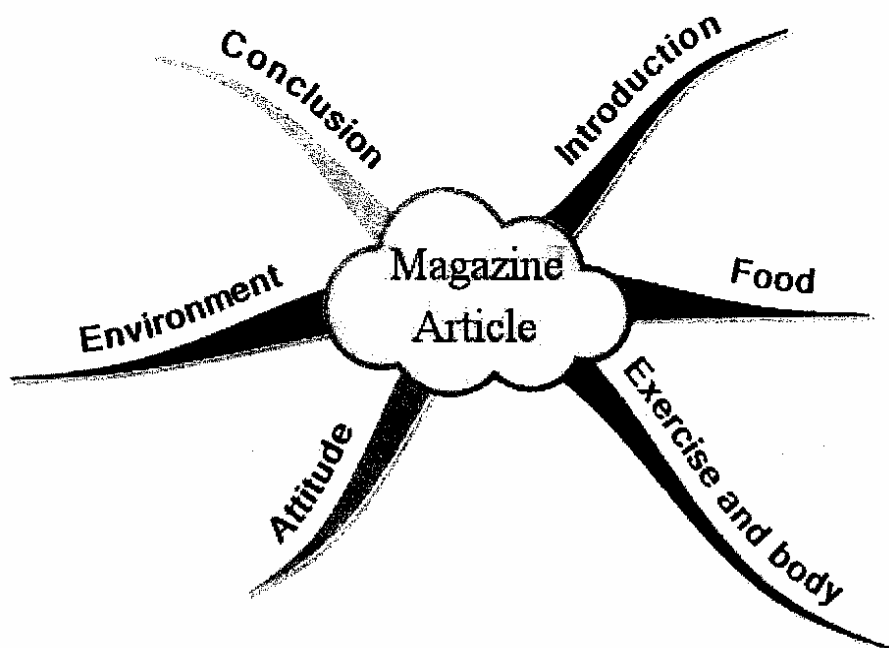
3. Results of a school survey



4. Andy's notes for the leaflet

Title
Introduction
Tips
*
*
*
The Brain Power Club

5. Andy's notes for the article for the school magazine



6. Letter page from the Junior Post

Well, we asked for your ideas on how to increase your learning power, and lots of you wrote in with good suggestions. Here are some of the winning ideas.

My tip for increasing learning power is movement. If the movement is rhythmic, like dancing or marching, it helps build patterns in the brain.

Listening to music is helpful, but moving at the same time is even more helpful. It's also important to sit up straight. If you slouch in your chair it really does affect your thinking. Use both sides of your body – if you are right-handed, try doing things with your left hand.

I have just spent six months really working on building my brain and I have to say, it works. I tried a number of things. I kept a journal and wrote in it every day. That really helped to get me thinking about what I'd been doing. I practised remembering by looking at old photos and talking about them, and I developed my creativity by trying to imagine new ways to use everyday things, or inventing new things. Sometimes it was hard, but I kept going. I also tried to eat food that helps build the brain, such as nuts, bananas and eggs. And I avoided artificial colourings in food. I really feel that my thinking is much clearer now.

One thing that really works for me is using aromatherapy oils. Just smelling the scent of lemon, mint or basil can help your brain to focus. Simply put a few drops of oil in some hot water as you are studying and it will fill the room with scent. Another thing is to make sure that you eat right, especially breakfast. Without breakfast, your brain just doesn't have the fuel it needs to get working.

Students should take part in debates if they want to increase their learning power. It makes them think critically about issues. They should also practise concentrating on one thing for a few minutes every day. This will teach them not to be distracted.

7. Excerpt from the back cover of the book *Train your Brain*



Train Your Brain

Just like your muscles, your brain needs exercise to grow and this book provides a wealth of activities to give it a good workout: do one of our puzzles every day to keep your brain in top condition.

8. Newspaper article from the Hong Kong Post

You Can Change Your Brain

For many years, scientists believed that once a person reached the age of around 21, the brain was fully developed and would not change from then on. However, recent studies have shown that this is not the case. The brain retains its ability to grow and develop throughout our entire lives, and even a few days of doing something new can literally change our brains.

Tom Peters of the San Francisco Brain Research Institute points out that if we want to keep our brains working well, one key factor is novelty. "The brain responds to something different. To keep it alert, we can start a new hobby, study a new subject, learn a new skill or a new language. Even something as simple as taking a different route to work or ordering something different for lunch can make a difference."

Susan Smith, of the Department of Psychology at Nottingham University, stresses the importance of attitude. "One study showed that people who believed they were smarter actually performed better. To help us believe in ourselves, we should look for evidence of our successes, not focus on failure. It's also important to stay flexible. People who are open to new ideas and willing to change their minds are more likely to keep their minds in good condition as they get older."

Research has also shown the benefits of reducing stress for better brain function. "A few minutes of deep breathing before taking a test can refresh your brain and make all the difference," says Smith. Peters agrees: "We all need to learn to relax, and to laugh more." Paying attention to your surroundings can have an effect too. Studies have shown that people can concentrate better if the walls are painted pale green or yellow or if they have something green or yellow to look at. And no-one thinks well if they are overheated - keep your room temperature cool, but not cold.

Of course, to really keep your brain in shape, you need to use it, and Peters has a number of suggestions for how to do this too. Try to consciously look for connections between the different things you learn. Stay curious about the world around you - practise asking "Why?" like a small child does. Keep your memory working by learning a poem or a song every week. Play games, any kind of games - card games, board games, even video games have been shown to improve brain functioning.

The mind and body are closely connected. Exercise in many ways optimises your brain for learning. Exercise improves circulation throughout the body, including the brain. Exercise also boosts metabolism, decreases stress and improves mood and attention. Getting 10-15 minutes of exercise every day has been shown to increase brain power by 80%, while eating too much sugar or too much fat has a negative effect on brain performance. It's important to rest too, and not try to keep working all the time. Not getting enough sleep can decrease your performance on mental tasks by 35%. We need around 7-8 hours every night.

It's never too late to start changing your brain. Follow these simple steps and you can ensure your brain keeps working well throughout your whole life.

This is the last page of the Data File