

ISE I Reading and writing exam

Questions 21-25 video transcript

00.06 Hello, I'm Tom Ottway and I offer academic support for Trinity. I'm going to help you prepare for the ISE I exams.

00.15 Right now, I'll be showing you how to answer questions 21-25 of the Multi text reading, in ISE I.

00.29 Questions 21-25 ask you to choose the five statements from A to H below that are true according to the information given in the texts above, you will need to write the letters of the true statements on the lines below. So the gaps are 21, 22, 23, 24 and 25.

00.57 Basically, you need to find five true statements and you also need to find three false statements.

01.08 You will write the five true ones on the lines and the other ones you can cross out or note that they are wrong.

01.18 The first step for you is to read through A, B, C, D, E, F, G and H and underline the words which you think are important. Do this now please. Pause the video and underline the words.

01.39 OK, how did you do?

01.42 I'm going to show you which words I think are important. In A, you've got 'increase' 'without' and 'gym'.

01.58 In B, you've got 'exhausted and 'better not to exercise' so there's a negative

02.10 C: 'exercise', 'remember things better'

02.24 D: 'all kinds of exercise' everything has the same effect on your learning

02.37 E: 'less stressed' so exercise helps you be less stressed

02.44 F: 'quality' of your 'sleep', 'is better' so when you exercise during the day, sleep is better

02.57 G: If you exercise regularly it isn't important how much TV you watch – well the whole sentence is important. But 'how much' and 'not important how much you watch'. What do you think is the answer to this question? Do you think it matter how much TV you watch? Think about it and ask your brain to look for the answer.

03.31 H: 'Should', 'half an hour', 'swimming'. So we're looking for half an hour and the word swimming, just a tip for you, can you think of another way of saying 'half an hour' maybe in minutes? And swimming, not just swimming but sports such as swimming.

03.57 Now I want you to pause the video and try doing questions 21-25.

04.10 OK let's have a look at the answers. How did you get on?

04.14 First of all, let's look at the colours on the page, the blue shows why the answer is true. The purple are the key words that we already looked at. The orange shows why the answer is false or wrong.

04.43 Let's look at 21. The answer was A, this means it's a true sentence. So A says 'you can increase energy levels without going to the gym everyday'.

04.57 Why is this correct? Well, let's have a look in text A. Remember the blue is showing you why the answer is true, so this sentence here tells us, 'even a single 15 minute walk can increase your energy'. So the words were looking for are 'increase' which is here and in the question.

05.29 Number 22: you can see we've already gone to C. So B, let's look at B because B is false. If you feel exhausted it's better not to exercise. So B is wrong. Why? If we look again in A at the orange the sentence says 'whilst it may seem as if moving about when you feel exhausted is the quickest way to feeling more exhausted, the opposite is true, try it you won't be disappointed.

06.09 So its saying that when you're tired, it's better to do exercise, it makes you less tired. So C we know is correct. Let's look at C. Exercise can help you remember things better. This is true.

06.26 So the word remember is important and we're looking in Text B. It's not exactly the same but remember is matched here with the word 'memory'. So now we can read the sentence carefully, we've found the key word: 'However, exercise is one of the best things you can do for your brain, in terms of memory and learning'. So that's why C is true.

06.57 We can also see that E is correct. E 'Exercise makes you feel less stressed'. Key word is 'stressed' and for E we are looking in text C. This one is not so obvious, not so easy. Let's read that carefully, the key word is exercise but of course this word is in all of the texts.

07.24 Let's read that sentence in blue, 'exercise improves your mood. It's great for decreasing stress' (here's the key word for you here). And it says it 'leaves you feeling happier and more relaxed'. So again the key word has shown you where to read.

07.49 You will notice that D is false. And I'll tell you why here, and this is something that you can learn in the exam. 'All kinds of exercise have the same effect on your learning', this is a very general statement. It means that every, single type of exercise has exactly the same effect on your learning. Is this likely? Probably not. So, you could actually guess at this one and get it right.

08.31 We know probably this is an incorrect sentence, but let's just check this. Where can we find it? You can't because the texts do not mention this, and there's nothing in orange to show you it just is not mentioned

08.51 OK, the next one we've got is F. The quality of your sleep is better when you do exercise during the day and the answer for F is in text C again. And the key word of course is 'sleep'. So we'll look for sleep and read this really carefully: 'Physical exercise can improve your sleep. Regular exercise can help you fall asleep more easily and also gives you a deeper sleep' and this is the important word: 'however' and what comes next is important 'however don't exercise too close to bedtime or you may find it difficult to sleep'.

09.47 So this is true your sleep is better when you exercise during the day.

09.54 G: you might notice also is false. It says here, 'if you exercise regularly, it isn't important how much TV you watch'. If there anything to tell us that this is wrong? For G? Here: text D this time there is an answer. It says, 'avoid (meaning don't do) long hours on TV or the computer'. Again, if you already answered question 16-20 you've seen this information already.

10.33 And finally, nearly there! H: this is a true statement. 'You should do half an hour or more of sports such as swimming'. Now, I was trying to get you to think about half an hour another way of saying this is 30 minutes. So the answer is here, in text D. 'At least 30 minutes of exercise that raises your heartbeat'. This is what you should do.

11.09 So, that's questions 21-25 I hope you did well and I hope I've given you some more advice on how to answer questions 21-25.

11.24 Remember, there are five true statements and three false ones.

11.30 So it's a good idea to take a pen on your paper when you do the exam and just cross out the wrong ones which would be B, D and G.

11.42 So, let's just finish by thinking about the things we have learned in this tutorial. First of all, you need to underline or circle the key information in questions 21 to 25. Then look for those key words again in the texts and let your eye move quickly. Do read those short texts very, very quickly, especially text D, again we had lots of answers try and find the key information and then read that sentence carefully and make sure you know why it is true or false.