

# 4E5N Year Head Briefing

30<sup>th</sup> June 2017

# School Values + Cohort Expectation

- Respect
- Resilience
- Responsibility
- Care

**Be The STAR!**

# What now?

- Revision
  - CONTENT knowledge
  - PRACTICES
  - EXAM SKILLS (Thinking & Answering, Graph Plotting)
  - PLAN
  - **ARE YOU ADOPTING THE RIGHT METHOD?**
  - **Have you started???**

# What now?

- **ATTITUDE**
- Strong Sense of **URGENCY**
- Worry and Stress – Everyone's in the same boat, just take action & **DO YOUR BEST!**
- Know **what you don't know!**
- Be **SELF-DISCIPLINED!**

# What now?

- **Meditate & Pray**

- ❖ Clear your mind!
- ❖ Stay Focused!
- ❖ Unload worries
- ❖ Plan for tomorrow

**SELF-DISCIPLINE!!!**

# 7-steps to Self-Discipline

Adapted from Mark Tyrrell

- 1) Don't wait to 'feel like it'**
- 2) Finish what you start (as a point of honour)**
- 3) Dump the excuses**
- 4) Sorry, it's non-negotiable**
- 5) Publish your deadline**
- 6) Ignore the naysayers**
- 7) Don't get hijacked by trivia**

# Upcoming Events

- Oral Examinations
- Prelims
- Release of June MT Exam Results
- QSE
- Teachers' Day
- Graduation Ceremony cum Farewell Mass
- O Levels
- Graduation Dinner



The background image shows a person in a red shirt and dark pants climbing a steep, rocky cliff face. The cliff is covered in some sparse vegetation. In the foreground, there is a body of water, likely a lake or a wide river, with a small boat visible near the base of the cliff. The sky is a clear, bright blue. The overall scene conveys a sense of adventure and achievement.

**IF YOU WANT SOMETHING  
YOU'VE NEVER HAD  
THEN YOU'VE GOT TO DO  
SOMETHING YOU'VE NEVER DONE**