Exams?

SISQ aims to develop learners who are fulfilled, inspired and prepared.

Certificates

Attitudes	
Distinction	High Distinction
Aida Ibrahim	Afaf Ourya
Aisha Alsulaiti	Areez Ur Rehman
Amena Ellahouny	Isaura De Jong
Amna Al Marri	
Aruba Hamid	
Chaymae Faouzi	
Dana Al Mannai	
Gonzalo Fernandez Botella	
Hessa Al-Kuwari	
Jean Litaudon	
Khadija Tomerak	
Mael Leboulanger	
Mesfer Al Hajri	
Micah Blignaut	
Michel Ghosn	
Mohamed Abdelwahab	
Mohammed Al Said	
Rachel Dsouza	
Riordan Bradley	
Safiyah Khaji	
Seongwon Shin	
Shania Mehenni	
Stefan Vladica	
Talal Al Marri	
Yasmin Khalil	
Zaid Ghabboun	
Zayd Khalaf	

Certificates

Academic	
Distinction	High Distinction
Amena Ellahouny	Afaf Ourya
Aruba Hamid	Aida Ibrahim
Dana Al Mannai	Areez Ur Rehman
Hessa Al-Kuwari	Chaymae Faouzi
Isaura De Jong	Gonzalo Fernandez Botella
Mael Leboulanger	Khadija Tomerak
Mariam Khalaili	Mohammed Al Said
Michel Ghosn	Muhammad Ibrahim Khattak
Mohamed Abdelwahab	Stefan Vladica
Rachel Dsouza	
Riordan Bradley	
Safiyah Khaji	
Sarah Alkhiyami	
Seongwon Shin	
Shania Mehenni	
Talal Al Marri	
Zaid Hasan	
Zayd Khalaf	

Exams?

SISQ aims to develop learners who are fulfilled, inspired and prepared.

Why Exams

Fulfilled? Inspired? Prepared?



- Skill
- Real World Experience
- Cal Newport - Deep Work

Why Exams

Fulfilled? Inspired? Prepared?



- Skill
- Real World Experience
- Cal Newport - Deep Work

Something you CAN enjoy!



- Take control
- Give it perspective
- Prepare

How to prepare

Weeks before TIPS:

- Revise content
- Practise skills
- Accept inevitability

How to prepare

Weeks before TIPS:

- Revise content - mnemonics, charts, infographics - everywhere
- Practise skills - papers,
- Avoid easy revision
- Accept inevitability
- Sleep

Day before:

- Final read through
- Prepare Uniform - Smart
- Sleep

How to prepare

Weeks before TIPS:

- Revise content - mnemonics, charts, infographics - everywhere
- Practise skills - papers,
- Avoid easy revision
- Accept inevitability
- Sleep

Day before:

- Final read through
- Prepare Uniform - Smart
- Sleep

Before

- Dress
- Breakfast
- Calm - no ‘exam risk’

How to prepare

Weeks before TIPS:

- Revise content - mnemonics, charts, infographics - everywhere
- Practise skills - papers,
- Avoid easy revision
- Accept inevitability
- Sleep

Day before:

- Final read through
- Prepare Uniform - Smart
- Sleep

Before

- Dress
- Breakfast
- Calm - no ‘exam risk’

During

- Take Control
- Face board and desk only
- Use all the time

How to prepare

Weeks before TIPS:

- Revise content - mnemonics, charts, infographics - everywhere
- Practise skills - papers,
- Avoid easy revision
- Accept inevitability
- Sleep

Day before:

- Final read through
- Prepare Uniform - Smart
- Sleep

Before

- Dress
- Breakfast
- Calm - no ‘exam risk’

During

- Take Control
- Face board and desk only
- Use all the time

After

- Calm - no ‘exam ‘risk’

Questions



Signs that we are entering post-pandemic?

Good

Not so Good

Signs that we are entering post-pandemic?

Good

Not so Good

What does this mean?

Restoring Agency

This is something - that is important across our lives.

Reflection is about how to change, how to adapt and how to grow.

But we need to not just reflect but to enact.

- Lent
- Holy Month of Ramadan

Resilience -

What is it we most value that we want to keep?

Relinquishment -

What is it we must let go of?

Restoration -

What have we most lost that we want to get back?

Resilience

Relinquishment



Restoration