

# TIS RECORD

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## At TIS,

we believe that integrity, or the lack of it, defines the individual and their reputation. We strive to display it as our badge of honour.

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## Exeats

- Exeat requests must be completed online at: <https://www.tis.edu.gh/forms/>
- All exeat requests must be received at least 72 hours ahead of time. **An exeat will be refused if a student has any outstanding work.**

## Thought for the Week

**Barty Lesson #1:** You have choices. You can stop when it's enough, even if it's what you're famous for. Opportunity costs are real and being at the top of any field requires that you forgo a lot of other things – birthday parties, lazy sleep-ins, childhoods, sensible recovery time and much more. Knowing when you are maxed out is crucial to achieving long-term physical and mental health.

**Barty Lesson #2:** Recognise the opportunity costs. You get one life (that we know of), and no matter how much money you make, you can't buy back time.



## It's Game On!

Yesterday, the 2022 IB DP final examinations commenced.

First up was Physics, followed by Business Management. Today, our Business Management students are completing their second paper.

DP exams will recommence next Wednesday and continue all the way until 20 May, after which the smiles should appear for our G12 students.

Now is the time our DP exam candidates need to demonstrate their balance (looking after their health by eating properly and getting adequate sleep) and their focus (by shunning all distractions. Yes, shut down all social media over this period.) We wish our G12 students well during this exam



"My definition of integrity is a set of beliefs, values, and actions that others can depend on."

-Steve Bollar

## SAT & ACT

- Best advice: students who are required to complete SAT and/or ACT requirements should do so by the end of Grade 11. Leave it until G12 and you have created a personal time-management monster.
- Please follow instructions and details provided in the weekly Counsellors' Corner section of the TIS Bulletin.

## Visiting Protocols

For visits during the remainder of this semester, parents will be required to book their visit online. Please go to: <https://www.schoolinterviews.com.au/code/35tdn>

Complete your details and click *next* to select your day and time. Then click next to receive a confirmation of your booking.

If you do not receive confirmation of the date and time, then you have not completed your booking.

Weekend times will usually go from 11.00am- 5.00pm on Saturdays, Sundays and public holidays (with no visits scheduled between 12.00 - 1.00pm.) Sessions are 60 minutes.

Book early to avoid disappointment.

Thank you for your cooperation.

period and pray they perform to their ability and expectations.

Our MYP exam candidates will commence their eAssessments on 9 May and they are fine-tuning their final preparations. Balance and focus will also bring them success.

## Squash Champions

TIS is proud to boast having two squash courts which are as rare as hen's teeth in Ghana. After several attempts over the past five years, the TIS Squash Championships were recently conducted.

Congratulations to the 2022 TIS squash champions:

Girls: 1. Aseye Torkornoo (Yellow). 2. Ewuradjoa Obeng-Nkansah (Green) 3. Victoria Su (Blue)

Boys: 1. Kevin Owusu-Afriyie (Red) 2. Malcolm Ashun (Yellow). 3. Emmanuel Essel (Red)

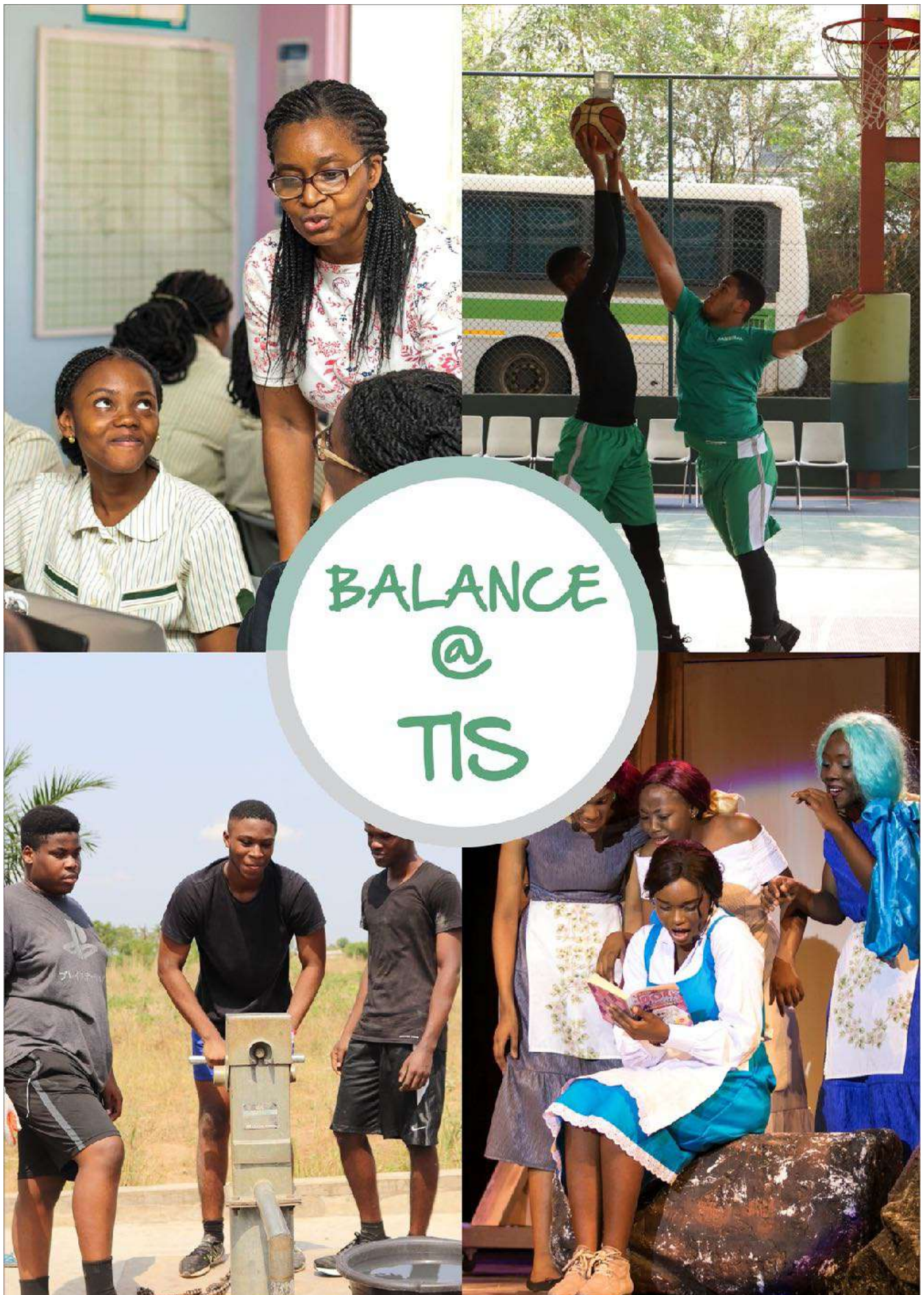
I appreciate your support. Stay healthy.

Eid Mubarak.

Dr Ken Darvall (Principal)











**TEMA INTERNATIONAL SCHOOL**



## **Graduation & Achievers' Day Ceremony 2022**

# **LOADING**



**28 May 2022 @ 10:00 am**

**LIVE STREAMING**



**Tema International School**



**TISGhana**

## 21 Communication Skills Every High School Student Should Have

Below is the list of 21 Communication Skills that every high school student should have before beginning college or a career.

1. **COMPOSE** an email that elicits a clear response.
2. **UNDERSTAND** the difference between personal and professional communications and can **CRAFT** clear communications for a variety of audiences.
3. **TROUBLESHOOT** sending large attachments and a variety of file types.
4. **SET** norms and expectations within any group setting.
5. **ARTICULATE** their ideas comfortably and show empathy for other students' perspectives and points of view.
6. **DETERMINE** their own signature strengths and advocate for specific roles.
7. **ASSESS** the effectiveness of their own (and their peers') participation and involvement within the group.
8. **CREATE** an agenda and maintain a project timeline.
9. **ORGANIZE** content so it is interesting, informative, and memorable for their peers.
10. Effectively **SELECT**, **LOCATE**, and **INTEGRATE** images and icons as visual cues that complement their content.
11. **SELECT** the best application to deliver their content.
12. **PUBLISH** and provide purposeful content for a variety of authentic audiences.
13. **LOCATE** and **UTILIZE** appropriately licensed images.
14. **PROTECT** their own work and images using a variety of methods and tools.
15. **CREATE** and **MAINTAIN** a digital portfolio and resume.
16. **REFLECT** on individual learning artifacts as well as their process of learning.
17. **PROVIDE** effective formative feedback to their peers and their work.
18. **BE AWARE** that social media is only one aspect of a person's life and can oftentimes be distorted.
19. **LEVERAGE** social media to share authentic learning artifacts.
20. **UTILIZE** curation as a way to digest and distill information.
21. **SELECT** appropriate tools (both analogue and digital) and processes for curation and distillation of content.

Source: <https://corwin-connect.com/2021/11/21-communication-skills-every-high-school-student-should-have/>



# TEMA INTERNATIONAL SCHOOL



## Primary School Campus Admissions Open For 2022/2023 Academic Year

**Flexible admission screenings and interviews**



### Entry Points in 2022

#### Preschool

Kinder 1 (3-4 years)  
Kinder 2 (4-5 years)  
Kinder 3 (5-6 years)

#### Junior Primary

Grade 1 (5.5 - 7 years)  
Grade 2 (6.5 - 8 years)  
Grade 3 (7.5 - 9 years)

#### Senior Primary

Grade 4 (8.5 - 10 years)  
Grade 5 (9.5 years-11 years)  
Grade 6 (10.5 - 12 years)

All admission applications will be online via Open Apply:  
<https://tis.openapply.com>

A social readiness screening will be required, as part of the admission process, along with a compulsory interview with parents.

**TIS is an IB World School, authorised to offer PYP, MYP and DP.**

To learn more  
scan this.

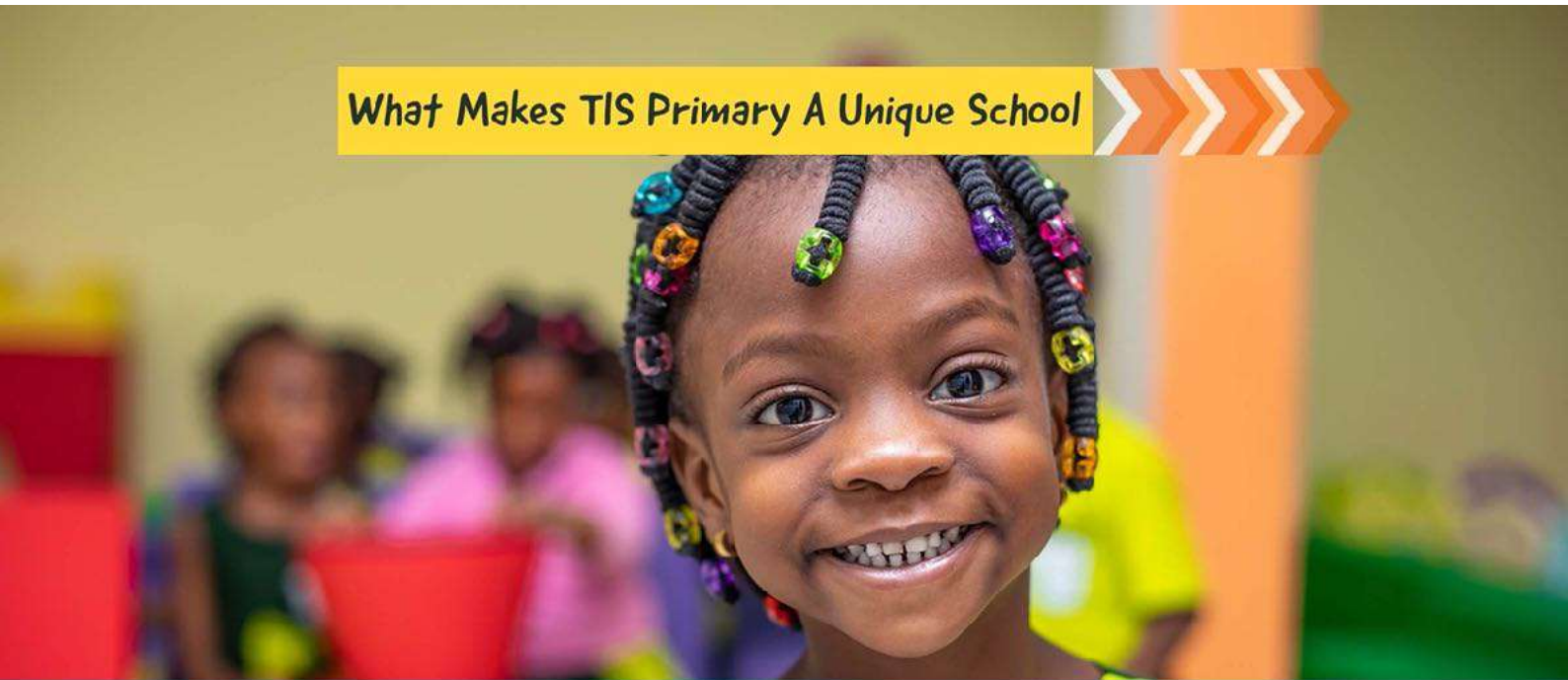


To enrol scan  
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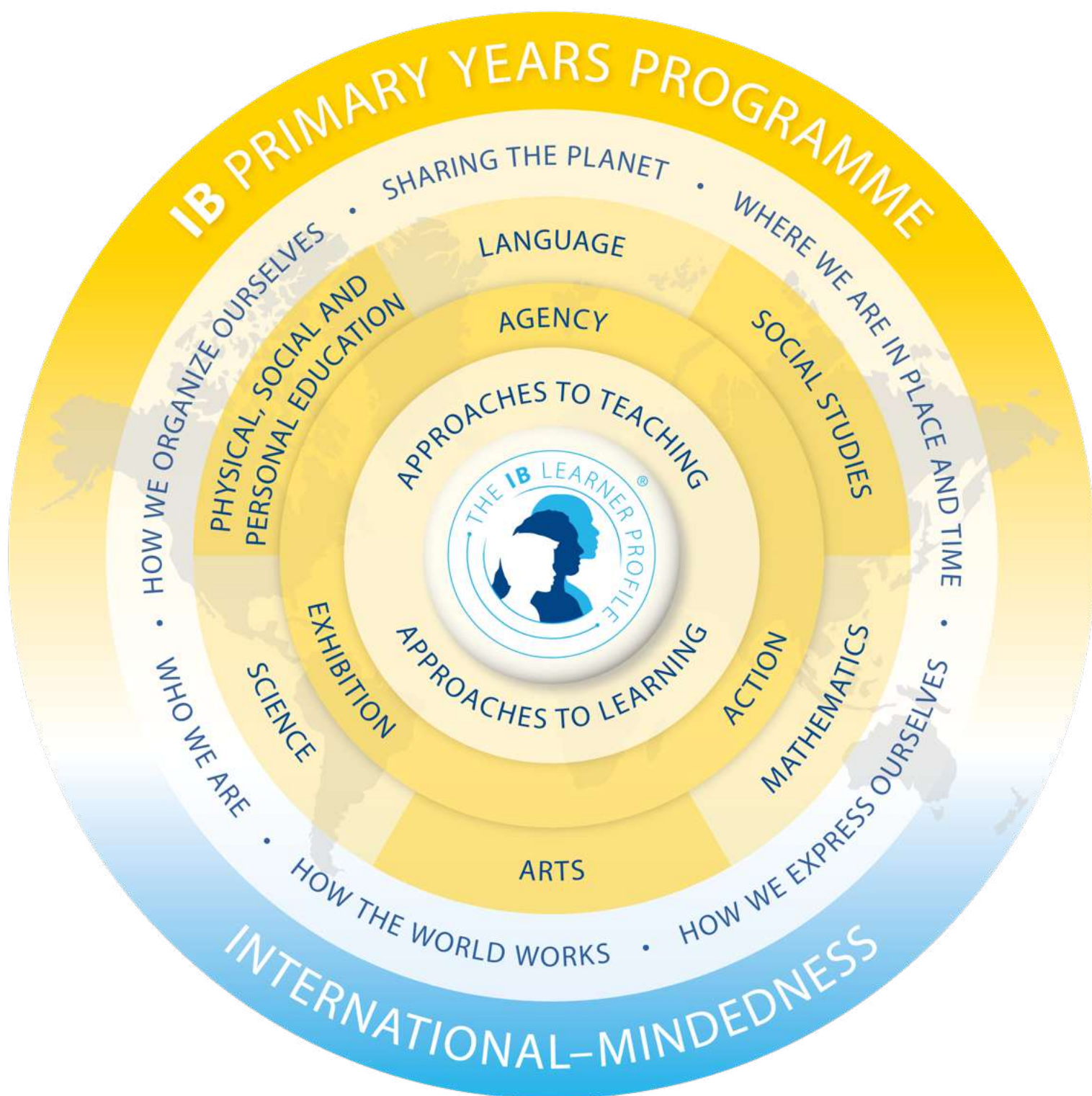


## What Makes TIS Primary A Unique School



TIS Primary is a unique school because: it is a family school; we have qualified teachers; I have good friends, we have great facilities; we are good communicators; and we are open-minded.

Amewusika Tay





## EVOLUTION OF FRENCH AND MANDARIN AT TIS PRIMARY SCHOOL

Mandarin is the most widely spoken form of Chinese. It is a language that contains two important elements to consider when learning, the Pinyin and Characters. Thus, it is a language which has a completely different orthography. The Pinyin is used to read the characters, for example. 你好 Nǐ hǎo.

At TIS Primary School, the benefits of having even a rudimentary knowledge of Mandarin have become apparent. Students and teachers have gradually explored the two concepts of Pinyin and Characters that enable them to speak and write this tonal language that seemed very strange or difficult for a few English speakers during its introduction in class. Nevertheless, students are embracing this language well through numerous activities and keep looking forward to enriching their expressions.

### Writing Mandarin Characters





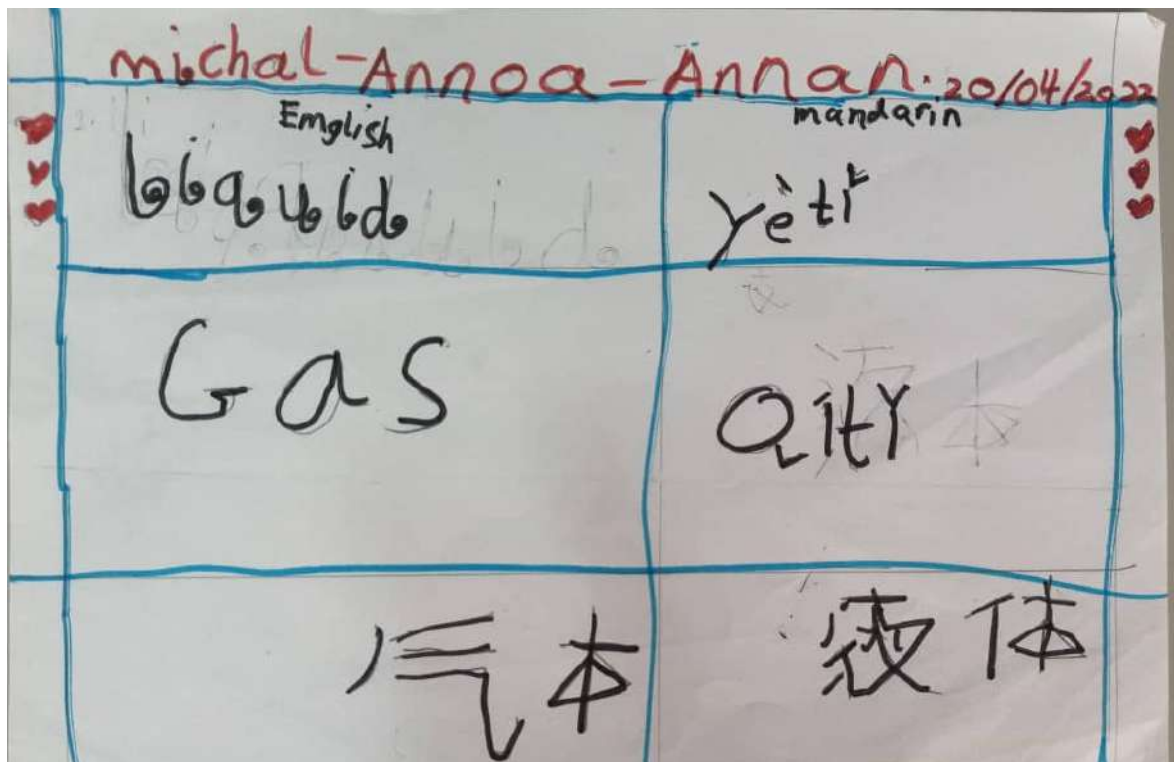
Here, we can see our learners inquiring into how they can write the characters from their devices and practicing how to write them. Below, is the final result of student work on the research they conducted.



I have learnt about how to say and write liquid and gas in Mandarin.

*Victoria Tettey Amlalo (Grade 2)*





I have learnt about how to say and write solid, liquid, and gas in Mandarin.

*Michal Annan (Grade 2)*

In the Early Years, the focus is on how students express themselves in the various languages through play; however, the unit is not left out of the learning process. They identify the focus of the unit and learn about the key words in the unit. Here students are learning to express how water is used every day in both Mandarin and French.

### Learning A Song On Uses Of Water In Mandarin And French





We had fun learning our unit song in Mandarin and French. At the beginning it was challenging singing the song in Mandarin and French, now it is all fun singing the song and also understanding what we are singing. (Kinder 3)

French is the official language of 29 countries and one of the languages in our school that also contributes in making our students open-minded through their learning process. Students enjoy learning and expressing themselves in *La langue de Molière* (The language of Molière, a famous writer in the French language).

### Days Of The Week In French



### Students Working On Their Posters With Shared Reflections





My work was about what animals eat and I was focusing on birds. So, I chose the bird, raven, which is un corbeau. I really enjoyed adding French to my poster. But I had to research the French name for the raven.

*Ama Darko (Grade 5)*



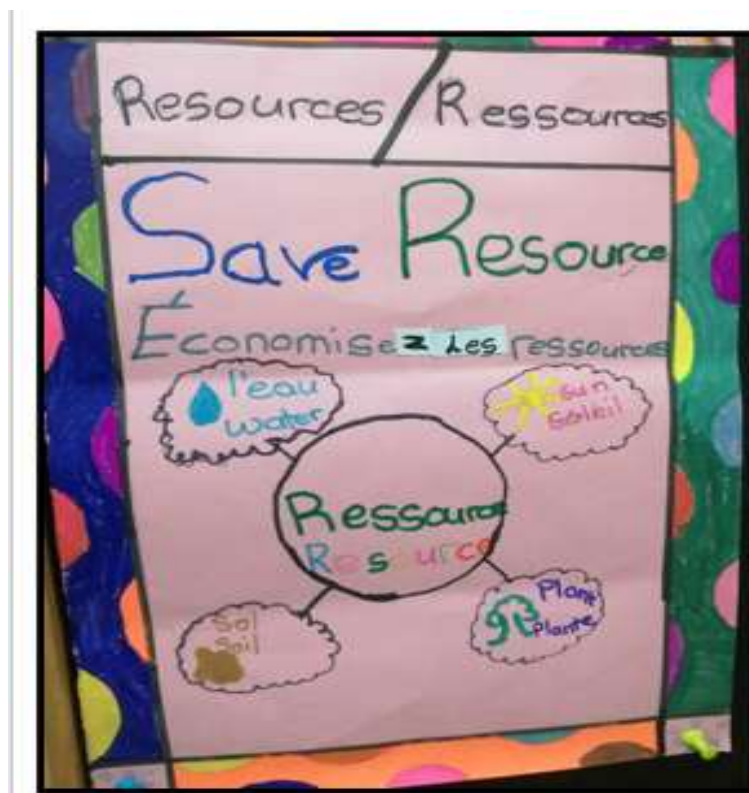
I experienced a lot of fun making a Mandarin poster with characters. It was a bit challenging, but I succeeded in making it. It says "jié yuē yòng shuǐ" meaning "Conserve water".

*Maame Yaa (Grade 5)*



Our poster is about good homes and bad homes, so our images are about air pollution, animal deaths, human displacement and good air. We wrote about air pollution. It's not that hard to do, as long as you know what you're going to do.

*Cherry Guo (Grade 6)*





My poster is about saving resources so in my French poster I did a poster about saving resources. I got the translation from google translate and I got the info on my paper and designed it.

*Sybil Amekugee (Grade 6)*

### **Student Reflections**

When I came to the school I was nervous to learn Mandarin. I thought it would be so hard, but when I started learning it, it was not too hard. I just had to practise drawing the characters and pronouncing them, then it was not difficult again.

Katie (Grade 6)

On my arrival at the school, I was surprised that they teach Mandarin here. So, I was looking forward to exploring it. There is so much fun in learning Mandarin, but it is also difficult to write the characters and to pronounce the pinyin. However, it is a fun subject.

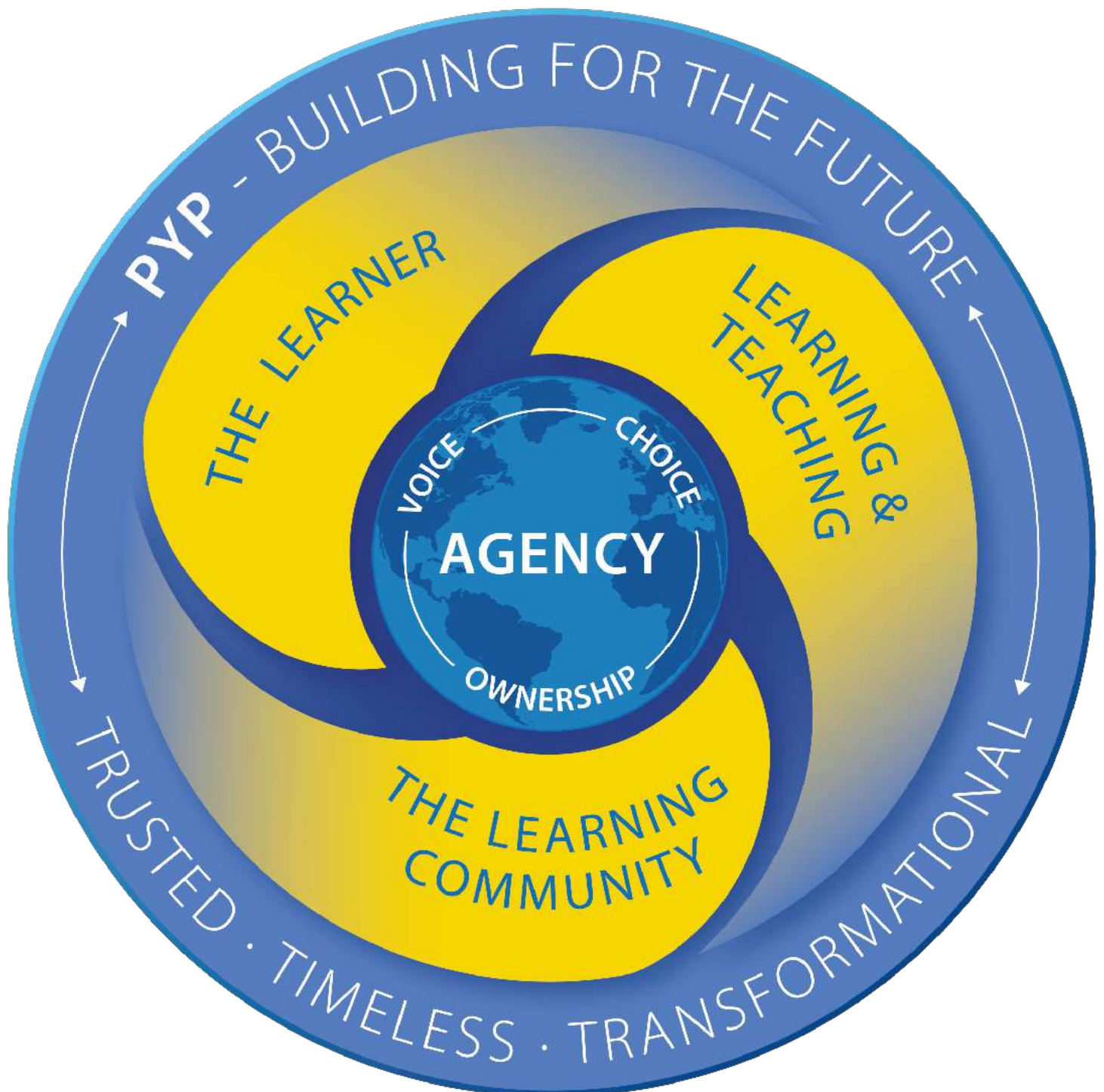
Emaan (Grade 6)

I think French language is very difficult for me, however, the French class is great fun and I find it very interesting. Also, I am very happy that I can learn a new language for myself. Every week I learn new words that enrich my French vocabulary and our French class keeps being different.

*Cherry Guo (Grade 6)*

I think that French is ,a very funny subject. The first time I joined the French class, I thought it would be boring but it was rather very enjoyable.

*Raymond (Grade 4)*







TEMA INTERNATIONAL SCHOOL

# ACADEMICS



At TIS, we believe that the academics, as one of the four pillars for student balance and ensuing success, provide a theoretical lens for inquiry, critical thinking and conceptual understanding, as well as the opportunity to demonstrate our knowledge and understanding across many areas of learning.



EDUCATION FOR A BETTER WORLD

## Tema International School

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November '21						
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December '21						
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March '22						
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April '22						
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May '22						
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June '22						
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July '22						
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31						

School Closed/ Holidays

Teacher in-Service Day (no school for students)

Main Campus Event

First and Last Day of School (Main Campus)

Primary Campus Event

First and Last Day of School (Primary Campus)

SAT Test

ACT Test



**Public Holidays**

21/9/21	Kwame Nkrumah Memorial Day
2/12/21	Farmers' Day
7/1/22	Constitution Day
7/3/22	Independence Day
15/4/22	Good Friday
18/4/22	Easter Monday
2/5/22	Labour Day
3/5/22	Eid Al Fitr (TBC)

**S1 Internal Dates: Main Campus**

1/8/21	2021 MYP Results Released; 2021 MYP Enquiries Upon Results Open
2/8/21	Senior executive staff resume
9/8/21	Teachers resume
15/8/21	Student Council executive return
18/8/21	Newbies arrive
22/8/21	Continuing students resume
23/8/21	Secondary School classes commence
26/8/21	School Performance auditions (G7-9); 4.15pm
27/8/21	TIS Junior Soccer Championships
28/8/21	SAT
29/8/21	School Performance auditions (G10-12); 2.00pm
3/9/21	TIS Senior Soccer Championships
11/9/21	ACT
18/9/21	TIS Handball Championships
23/9/21	G12 TOK Exhibition;
25/9/21	TIS Volleyball Championships
2/10/21	SAT
3/10/21	TIS Founders' Day: Main Campus admissions open for 2022/2023
4/10/21	TIS Holiday (TIS Founders' Day)
8/10/21	Inter-Colour Language Comp;
9/10/21	ACT
14-16/10/21	TISMUN
14-18/10/21	Wellbeing days
26/10/21	G12 EE Cafe
25/10/21	G9/G11 Changes to Subject Selections close
13/11/21	Annual Performance
15-19/11/21	G10 end of semester exams
22-30/11/21	DP end of semester exams
27/11/21	TIS swimming championships (3.00 – 5.30pm)
30/11/21	Akorlikope handover
1/12/21	General Inspection.
2/12/21	Last day for first semester: Students may depart from 2.00pm.
4/12/21	SAT
5-8/12/21	Dukies' Expedition
11/12/21	ACT

**S2**

5-6/1/22	Staff training days (5: MYP; 6: DP)
9/1/22	Students return to hostels; applications for 2022 SC positions close
10/1/22	Second semester commences
11-17/1/22	Alumni Week
21/1/22	SC Manifest Readings
24/1/22	2022 Student Council elections by voting (7.00am-4.00pm)
24-28/1/22	IDU Days; G12 EE; G11 EE (24-25), 11/12 CAS Dukies Reflection Day (26)
29/1/22	TIS Athletic Championships
30/1/22	Thanksgiving Service and Student Leadership Induction Ceremony
11/2/22	TIS Badminton Championships; TIS Junior Tennis Championships
17/2/22	G11 TOK Exhibition
18-19/2/22	TIS Basketball Championships; TIS Senior Tennis Championships
21-25/2/22	MYP Mock eAssessments
26/2/22	General Inspection
4/3/22	Deadline for uploading Projects for Virtual Exhibition
7/3/22	MYP Community and Personal Projects Virtual Exhibition
8-18/3/22	DP Mock Exams
11/3/22	TIS Squash Championships
12/3/22	SAT
14/3/22	Pi Day
28-29/3/22	Wellbeing days
28/3/22	Mock reports (G10&12) published
2/4/22	ACT
6/4/22	G12 Exam Readiness Workshop
15/4/22	Good Friday (PH)
18/4/22	Easter Monday (PH)
21-27/4/22	G9 eAssessments
22/4/22	G11 EE Cafe
6/5/22	G9 (2022/2023) subject selections commence
7/5/22	SAT
9 – 22/5/22	MYP eAssessments
29/4 – 20/5/22	DP Final Exams
9-18/5/22	G11 semester exams
25/5/22	Hostel Clean Up
26/5/22	Last day for all students.
27/5/22	G12 students return to campus. Last day of semester for Primary School Campus.
28/5/22	2022 Graduation and Achievers' Day
30/5-2/6/22	Dukies Award Expedition
3/6/22	Last day for teachers; S2 reports published
11/6/22	ACT



## Primary School Campus

### Public Holidays

21/9/21	Kwame Nkrumah Memorial Day
2/12/21	Farmers' Day
7/1/22	Constitution Day
7/3/22	Independence Day
15/4/22	Good Friday
18/4/22	Easter Monday
2/5/22	Labour Day
3/5/22	Eid Al Fitr (TBC)

### **S1**     *Internal Dates*

9/8/21	Teachers resume
30/8/21	First semester commences
3/9/21	Meet the Teacher Info Sessions
23/9/21	International Day of Sign Language
27-9//21-1/10/21	Student-led interviews
4/10/21	TIS Holiday (TIS Founders' Day)
18/10/21	Wellbeing Day
12/11/21	End of UOI #2 Celebrations
2/12/21	End of UOI #3 Celebrations; Last day for first semester

### **S2**

5-6/1/22	Staff training days (Concept-Based Curriculum)
10/1/22	Second semester commences
18/2/22	End of UOI #4 Celebrations
25/3/22	End of UOI #5 Celebrations
28-29/3/22	Wellbeing days
1/4/21	Primary School Campus admissions open for 2022/2023
20/5/22	PYP Exhibition (10.00am)
26/5/22	End of UOI #6 Celebrations
26/5/22	K3 and G6 Graduation
26/5/22	End of semester

## COUNSELLORS' CORNER



Examinations take you to the next level. Dearest candidates, do not panic you've got the power, intelligence, and the capabilities to do great! Just relax and study better. Best wishes!

**DEAR DP2s**, please note that **CANADIAN AND U.S. VISA APPLICATIONS TAKE A LONGER PERIOD OF TIME TO PROCESS. SOMETIMES EVEN 6 MONTHS OR MORE FOR CANADA, FOR INSTANCE. PAY YOUR ENROLMENT DEPOSIT TO SECURE YOUR SPOT AT YOUR UNIVERSITY BEFORE MAY 1<sup>ST</sup> (THIS SUNDAY) AND START THE VISA APPLICATION PROCESS NOW.**

See previous Bulletin and ManageBac for more details on the visa application process. Need expert help on visa applications? Contact the Counsellors to connect you to experts.

### Examinations Tips



- ✓ Understand the demands of the question before you answer.
- ✓ Understand the key terms of the question.
- ✓ Think through the question deeply and jot down the salient points before you begin for coherency, consistency, and clarity of answers.
- ✓ Write clearly and avoid ambiguity.
- ✓ When you are done answering the questions if time is left read through your answers thoroughly dot your I's and cross your t's.



## Grade 8 Lesson Plan: Anger Management



### The Nature of Anger

Students from culturally diverse environments, need to understand their personalities, be mindful when communicating with others, and understand what triggers anger either internally or externally. This is because when they do not manage their emotions and actions the consequences can negatively affect their overall well-being. Having anger issues? Please talk to Dr. Assan and the Wellbeing Team.

### What is Anger?

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, a specialized Ph.D., a psychologist in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as well as your energy hormones, adrenaline, and noradrenaline.

Click:

<https://www.apa.org/topics/anger/control#:~:text=The%20three%20main%20approaches%20are,them%20met%2C%20without%20hurting%20others>

[https://www.youtube.com/watch?v=8\\_FMxPo4xDM](https://www.youtube.com/watch?v=8_FMxPo4xDM)

### To Control Anger, Helpful Quotes Worth Reflecting On



- ✓ *Whatever is begun in anger ends in shame. "Benjamin Franklin.*
- ✓ *Holding on to anger is like drinking poison and expecting the other person to die. "Buddha.*
- ✓ *One of the best lessons you can learn in life is to master how to remain calm. Buddha*
- ✓ *Don't hold to anger, hurt, or pain. They steal your energy and keep you from love. "Leo Buscaglia.*
- ✓ *Free your hearts of anxiety, pain, and anger, to have peace within your heart and soul. Lailah Gifty Akita.*
- ✓ *The smarter you get, the more you realize anger is not worth it. Maxime Lagacé.*

### Enjoy Reading Some Reflections from the Grade 8 Class

*"During our most recent guidance class, we talked about anger management. As soon as I saw the topic I could tell that the class was going to be interesting. We learnt multiple things that could make someone angry such as name-calling. We also learnt about ways to control anger, I remember the story that was shared during class. We were told that a boy was about to stab someone all because he called him a name. That story told me that I have to be very mindful of the things that I say to people. The main thing that I took away from the class was that I have to learn how to control my anger, as well as the things I say that could make someone angry". **Ayomikun Ojuolape***

*"During the last guidance class, we learnt about anger management, in this lesson we learnt what anger is, how we can control our anger, and also quotes about anger. Anger is a feeling you have, where all you can think about is hurting or injuring a person. Ways we can control our anger is by calming ourselves down by counting to 10, if the person is still annoying you, count to ten again, and calm down. We can also express how we feel to the person, by talking to them and showing them that this is not right and I don't like it, maybe this will have an effect on the person and they will stop. Finally, you could submerge this rage and talk to someone like the counsellor, after that you could forget whatever happened, and not hold on*

*to it because holding on to a grudge is not good, and you won't be able to pay attention to the smallest things and even your studies". Enam Gborglah*

*"In today's class, we talked about anger management. We discussed all the factors that could cause us to get angry and how to deal with those factors. We were taught that to control the anger inside you, you can think about whatever the person did or said positively. We learnt 3 things you can apply to your life to help control your anger. These are by calmly expressing your anger. For example, talking about it calmly without harsh words, suppressing your anger meaning that you internalize the anger but don't keep it in your heart, and lastly calming your anger like using a stress ball. We must learn not to project our anger on others". Maame Osei-Amoako*



All too soon the ever tenacious, creative and intelligent DP2s', are ready to engage their new world. Goodbye lesson to DP1s highlighted mainly on student success and the holistic university applications process from a selected number of DP2 students.

Here are a few pointers from our 7 DP2 student speakers namely; Naa Anang-la, Joshua Mefful, Michelle Zedomi, David Safo, Gracious Ogyiri Asare, Steve Adjei, Marie-Marcella Nwokolo. **Well done to JEREMIAH DJOKOTO-GLIGUI (DP1) for presenting a detailed, thoughtful reflection on this important class. Keep up the good work!**

- ✓ Take university applications seriously and show respect to your counsellors.
- ✓ Applying to universities, do a detailed research, make sure you like your schools.
- ✓ For great scholarships your grades, extracurricular and personality very important!



- ✓ For international students, for your application to stand out start the process early.
- ✓ Make time to read each university's requirements in detail and decide on a best fit.
- ✓ NOT ALL SCHOOLS GIVE FINANCIAL AID TO STUDENTS, so always check and be sure you know your parents' budget and choose suitable schools accordingly.

*"Marcella and Michelle spoke about the UK. They talked about navigating through the UCAS platform where we could apply to the universities of our choice. They also said that the UK is very expensive and so we should consider our parents Budget when we are applying to schools in the UK. Michelle specifically said we should watch out for the schools in London since the cost of living in London is quite high compared to other cities in the UK. Marcella advised us not to limit ourselves when applying to colleges because we will never know what God can do for us. In addition she advised us to apply to schools based on our grades and not apply to schools that are not in our reach. They spoke about the Personal Statement and what is required of us with the essay as well.*

*Next, we go on to Gracious, David Safo and Naa Adjeley who educated us on the processes involved in applying to the United States of America. Adjeley spoke from the standpoint of an International student seeking financial aid and said that we should avoid the UC schools, i.e, UC Berkeley, UCLA and others because they don't really consider international students when giving out financial aid. She also pointed out to us to study for SATs well and to write our college essays well because they actually give us a push whenever we're applying for schools in the US. She told us to apply to schools early in order to not risk not getting financial aid or getting waitlisted or even worse, rejected. Naa Adjeley advised us to know what we're looking for in a college and to do in depth research into what schools could offer us. David Safo spoke to us concerning the number of supplements concerning various schools and he said to watch out for schools with a lot of supplements. He said we should avoid these kinds of schools if they are not at the top of our preference list because they tend to waste our time, knowing very well that the IB is a rigorous course and as such a lot of effort must be put into doing Ees Ias and studying at the same time. To conclude with the US Gracious talked about FAFSA from the standpoint of a US citizen and how applying to the US makes them more liable to receive financial aid.*

*Joshua spoke about applications to Canada and how we should apply to limited schools when applying to Canada because on the OUAC platform, you pay application fees in accordance to the number of schools you're applying for in Canadian dollars and so we should apply based on our grades and to schools we think we can actually get into.*

*Last but not least is Steve who spoke about university applications in Ghana. He spoke mainly on Ashesi because that was the university he applied to. He said you apply through an application portal on the schools website. Create an account with your details and fill in whatever is asked of you. For the Ashesi application, there is a compulsory interview and he advised us to try not to contradict ourselves during the interview. He also told us not to apply for scholarships at Ashesi because considering our background it will be a waste of our time if we really do not need it."*

*~Jeremiah Djokoto-Gligui~*

*"Our Guidance meeting with the DP2s was a very insightful experience. We got to hear about their experiences completing their college applications. They advised us on how to make the application process less stressful and cheaper. Apart from that they also informed us about*

*certain scholarships and opportunities that could help us in the future. Overall, it was an eye-opening experience and I am very grateful". ~Ohemaa Asibuo~*

*"The talk which the Grade 12's had with us was very captivating and engaging. They took us through the essential parts of their application process. They advised that we apply early for our schools, and try our best to meet all the requirements and deadlines. It was very insightful and I will adhere to all the pieces of advice which they gave". ~Nina Issah~*



DP1 PARENTS' VIRTUAL FINANCIAL AID ONE-ON-ONE SESSIONS WITH THE UNIVERSITY GUIDES IS ONGOING. KINDLY SIGN UP NOW WITH YOUR WARD'S COUNSELLOR!



## University of Ghana Application is opened

### How to apply:

- [Ghanaian Applicant](#)
- [International Applicants and Ghanaians Applying from Abroad](#)

### 13. GHANAIAAN APPLICANTS

University of Ghana online application E-VOUCHERS can be obtained by Ghanaian applicants for GH¢200.00 at the following banks: Access Bank, Ecobank, Republic Bank, Agricultural Development Bank, Ghana Commercial Bank, Zenith Bank, Universal Merchant Bank, Consolidated Bank Ghana (CBG), Prudential Bank and Fidelity Bank.

The E-VOUCHERS can also be purchased through the **USSD code \*887\*18#** on all mobile telecommunication networks. [Click here for more information on the USSD Payment](#)

Ghanaian applicants in the following categories are expected to apply using the E-VOUCHER:

Click: <https://admission.ug.edu.gh/applying/content/how-apply-ghanaian-applicants>

- ✓ **DP2s, please note that Ghanaian University applications are open for most private universities- Ashesi University, Academic City University, Lancaster University Ghana, Webster University Ghana, Accra College of Medicine, Family Health Medical School et cetera. Be sure to complete all pending applications.**

## IMMERSE SUMMER PROGRAMME- OXFORD UNIVERSITY UK; (ONLINE AND IN-PERSON OPTIONS AVAILABLE). A FEW SLOTS STILL AVAILABLE. REGISTER NOW!

<https://www.immerse.education/oxford-summer-school/>

With 15 subjects available, students will have the opportunity to experience life as an Oxford undergraduate and enhance their academic potential with the guidance of our expert tutors. Did you know that Oxford is the highest ranked university in the UK? Higher than Cambridge!

If you are not already aware, we are also running a series of **FREE** webinars for students starting this Wednesday. More details on the Webinars will be place on Managebac.

**important**

### DATES AND INFORMATION



### 2021-2022 TEST DATES

**See current and New SAT dates and Deadlines for Registration below:**

TEST DATE	REGISTRATION AND PAYMENT DEADLINE	GLOBAL DEADLINE
7 May 2022	22 Marc. 2022	7 April 2022

- ✓ DP1s don't wait until the eleventh hour to register. Register now to avoid any disappointments!

<https://collegereadiness.collegeboard.org/sat/register/international>

- ✓ SAT Registration Fees (To complete registration online full payment with credit card only. Visit [www.collegeboard.org](http://www.collegeboard.org))



- ✓ SAT without essay \$98 – Online payment only with visa/credit card.
- ✓ **NEW;** ACCEPTABLE IDs ARE NOW THE VALID UNEXPIRED PASSPORT IN ADDITION TO GHANA'S NATIONAL IDENTIFICATION CARD (GHANA CARD), AS OF AUGUST 2021 ONWARDS.

<https://collegereadiness.collegeboard.org/sat/register/international/policies>



### 2021-2022 TEST DATES (COMPUTER-BASED TESTING ONLY!)

- ✓ ACT Registration Fees (Online payments only: Visit [www.actstudent.org](http://www.actstudent.org)):



- ✓ ACT plus writing – TBD, without writing- U.S.\$171.50 (TIS Test Centre Code: 870390, but inform counsellor first).

**\*To complete registration, payment must be made online in full with a credit card. ACT April DEADLINE coming up. STEM students have an edge when they take the ACT.**



**CURRENT & NEW TEST DATES FOR ACT 2021-2022. DON'T MISS OUT ON ANY OF THE DATES**

TEST DATE	REGISTRATION AND PAYMENT DEADLINE	GLOBAL DEADLINE
11 June 2022	29 April 2022	13 May 2022

### *Dearest Exam Candidates*



*We love you & we are praying for you!  
Go For Gold!*



# TEMA INTERNATIONAL SCHOOL

# CULTURE



At TIS, we believe that culture as one of the four pillars for student balance and ensuing success, develops and enhances the creative, artistic and performing skills and talents in each student.




EDUCATION FOR A BETTER WORLD









**"IN A WORLD THAT IS  
CONSTANTLY MOVING  
FORWARD,  
IF YOU ARE STANDING  
STILL,  
YOU ARE FALLING  
BEHIND"**

**GEORGE COUROS**

**#INNOVATORSMINDSET**

## How to Study Intensely (Without Getting Burned Out)

I've done a number of intensive learning projects, sometimes studying for up to twelve hours a day. The risk of going too hard and crashing is always present during projects of this intensity, so I've discovered some strategies for preventing burnout.

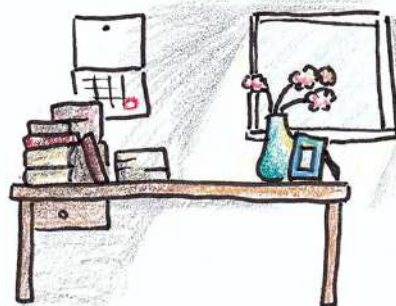
These strategies are critical when studying isn't your full-time job. While a five-hour-per-week project may not sound like much, it can be overwhelming when added to your existing obligations at work and home. People who study after work need to be extra careful about burnout because they have so little spare capacity if they do crash.

Here are five tips for staying focused without burning out.

### Tip #1: Cleanly Separate Studying from Life

The worst situation is to be in a state of perpetual semi-studying. This happens when people don't have fixed studying schedules and instead feel like they should "always" be studying.

Since always studying is impossible, people sneak non-studying activities—like playing on their phone or watching television—into their learning time. Then, when they are inevitably unproductive, they feel like they have to study more hours. The end result is burnout.

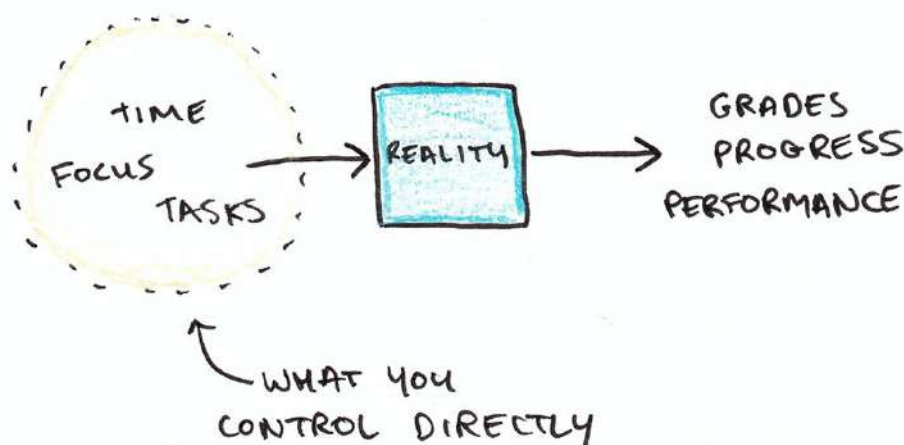


One strategy is to have a clean separation between the hours you're studying and the hours you are not. At peak intensity during the MIT Challenge, for instance, I put in about twelve hours per day. Even so, I always finished by 7 pm, and I never studied on the weekend.

### Tip #2: Focus on the Input, Not the Output

Much of burnout is not the actual work, but your emotional reaction to it. Studying all day will probably never be as relaxing as watching movies or hanging out with friends. But it can be a fun, meaningful challenge that you feel good after.

However, for many, studying isn't just effortful. It's painful. They become paralysed by anxiety about failing their test. They feel frustrated by the material or just plain bored.

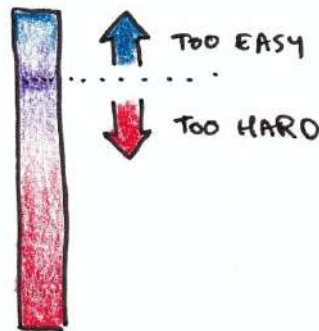


One thing I've found helpful for dealing with these emotional reactions to shifting your focus onto the work. You can make this explicit. "Work on this assignment, without interruption for 30 minutes" is an achievable task. But "finish writing this essay" can create stress when you encounter writer's block.

### **Tip #3: Adjust to the Sweet Spot of 85% Success**

We learn best when we're successful most of the time, but occasionally challenged. If we fail consistently, not only do we get frustrated, we learn less. The problem isn't just emotional. Machine learning algorithms [also seem to train best](#) when their success rate is around 85%. Our frustration isn't irrational, but a sense that our learning is perhaps not so efficient.





There are plenty of ways you can adjust your success rate. One is to make the task easier. If you're failing to do problem sets, switch to doing them open-book. If you don't understand a key concept, try the [Feynman Technique](#). If you're struggling to memorize something, make a mnemonic.

It's much easier to maintain motivation throughout your studies if you can get to a smooth rate of successful trials (wherever the bar for "success" is set).

#### **Tip #4: Never Cut Sleep**

Late-night cramming is a perennial student favorite, but it's the worst possible strategy you can employ when learning.

Sleep plays a crucial role in memory consolidation. Cutting sleep while studying is like cutting your feet right before a footrace. You might think the extra studying time will help, but it only hurts you.

#### **Tip #5: Exercise regularly**

Exercise is another learning booster. While cutting exercise in a short-term crunch is sometimes unavoidable, maintaining good exercise habits are among the few things that [reliably improve cognitive functioning](#). Ironically, physical training, not "brain training" games you play on your phone, may be the only kind of [brain training that actually exists](#).

Scott Young  
20/4/22

ReachOut

# Checklist for DISTURBING CONTENT

<p><b>Work out whether the content is right for your child.</b> It might be around their age or just their personality, but trust your gut and put boundaries in place.</p>		<p><b>Read up on the issues it explores.</b> If you show that you are comfortable and knowledgeable with the issues it explores your kids are more likely to open up to you during a tough time.</p>	
<p><b>Stay up to date with pop culture.</b> You may not care about the Bieber's or Beyonce's of this world but following sites like <a href="https://www.pedestrian.tv">Pedestrian.tv</a> and <a href="https://www.news.com.au">news.com.au</a> will help you stay ahead of the game.</p>		<p><b>Make sure they know that not everything they see is how it appears.</b> Have a frank conversation about not taking everything on the internet at face value.</p>	
<p><b>Tell them that they don't have to watch something if they don't want to.</b> <a href="#">Brainstorm ways they can say no to their peers</a> and feel confident making their own decisions.</p>		<p><b>Encourage them to practice self-care.</b> If they are going to watch something make sure they've got an arsenal of things to pick them back up afterwards.</p>	
<p><b>Offer to watch it with them.</b> That way you can talk through anything tough as it comes up. This can be useful even if they've already seen the content.</p>		<p><b>Let them know where to go for help.</b> Ask them who they would feel comfortable talking to and connect them with services like <a href="https://www.reachout.com">ReachOut</a> or <a href="https://www.kidshelpline.com.au">Kids Helpline</a>.</p>	



# Oxford Scholastica ACADEMY

**Drawing on our years of experience running world-class summer schools, our online courses combine Oxford's spirit of excellence with the very best in future-focused learning.**

At Oxford Scholastica Academy, our two-week online courses are for **bright, motivated students aged 12-18 from across the globe who are keen to get a head start on their futures** - all while experiencing the inspiring and rigorous teaching for which Oxford is famed.

Whether you dream of becoming a doctor, would like to explore Computer Science & Coding or want to learn more about Psychology, we'll have the perfect course for you.

In small classes and under the guidance of your expert tutor, you'll get **a taste of university-style learning, make friends from all over the world, and leave us ready to take charge of your future.**

“

"This week was the best. **It was truly a one of a kind experience.** I've never been more excited for a class! Thank you Oxford Scholastica Online!"

- Inchara, Politics & Debate, May 2020

**94%**

of students said they had greater certainty over their future academic and career choices

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## Tema International School Partners with the Oxford Scholastica Academy

Tema International School is very pleased to announce it has become one of the first schools to become an Oxford Scholastica Partner School. Dr Darvall has arranged for the school to join a growing number of schools around the world.

[Oxford Scholastica](#)'s mission is to inspire students to discover, explore and prepare for their futures at an earlier stage, giving them the edge to enable them to succeed, have purpose and make a difference, and they partner with leading schools who share those values.

As an Oxford Scholastica Partner School, Tema International School students get priority access to Oxford Scholastica's popular online:

- **Courses** - offering a taste of university learning, stretching students beyond the curriculum and giving them the edge with their university applications
- **Internships** - work experience with real organisations
- **Conferences** - giving real-life insight into careers and courses such as Medicine, Business, Engineering etc.

Tema International School's commitment to providing an excellent and diverse education for all makes this partnership a natural fit, and Oxford Scholastica looks forward to welcoming Tema International School students.

Tema International School students are entitled to a **15% discount** on Oxford Scholastica's online programmes with the code TEMAINTERNATIONALSCHOOL-15 - please note, this is just for Tema International School students. There are also some bursaries available for students who meet certain criteria - please contact Dr Darvall for more information.

You can read more about the opportunities on offer on the Oxford Scholastica website at [www.oxfordscholastica.com](http://www.oxfordscholastica.com), or speak with Dr Darvall.



# **TIS INTEGRITY Code**

**“TIS, as a family school that provides unique experiences,  
embodies a spirit of integrity and respect for others  
which are central to the personal,  
academic and ethical development of each member.**

**As a TIS family member,  
I promise to uphold and demonstrate its values,  
and protect the reputation of the school.  
I make this pledge in the spirit of honour and trust.”**



