



From Emmanuel's Desk

Road map to success – The Island of Catch up

Half of the first term is now gone, see how time flies! Some of your content will have been covered, and my question to you at this junction is: are you up to date with your work? Many students find themselves in a place called 'the island of catch up' where you have a pile of work yet to be done. While some struggle, yet manage to escape, others remain perpetually stuck, feeling overwhelmed and under pressure. The latter can negatively affect knowledge retention and, fundamentally, results.

However, it is never too late to get back on track. Take stock of what you've completed so far, and assess where you are with each of your subjects. Make a schedule, and stay committed to it. Be at peace with the fact that you may have to put in some extra effort to catch up, but if you remain committed to your plan, you will get there!

Do not put off what you have to do now, or adopt an, "I don't care", attitude towards your studies. Always put forward your best effort. Where you need help, please ask for it. Procrastination and complacency are dragnets (traps) that lead to the 'island of catch up', avoid them at all costs!

You can do it, yes you can!

Career Spotlight

We speak to working professionals about their roles, highlighting the lessons learned along the way and the possibilities that lay ahead after education. Here is one:



Hi, my name is Catie, and I'm a freelance sports commentator, presenter, voice over artist, public speaking coach and podcaster, living in Switzerland.

There is **no such thing as a typical day** for me. Some days I'm at home researching the sporting event I'm covering, its history and geography, former winners *etc.* or I'm studying all about the elite athletes taking part *i.e.* their backgrounds, achievements, past competitions *etc.*

The days are usually long, and I spend time outdoors covering events, working closely with a production team including camera operators, sound engineers, video editors and a director. I mostly work with people whose first language is not English, so I often work in French behind the scenes and then in English once I am presenting or commentating. I interview athletes so I have to be personable and put them at ease, ask interesting questions, listen to the answer and keep the flow of the conversation going.

What has helped you get to this point in your career?

My first job was in admin at a magnet company in Edinburgh. I found my way into events, and spent 10 years in corporate event management, managing huge teams of staff and working insanely long hours. I helped set up a ski school, then launched a small events management company, but it was while my children were small that I started working as a radio presenter. This had always been my childhood dream job! Through this opportunity I became a race announcer at a ski mountaineering event, which led to my career in presenting.

I have **a degree in French** and know how to translate into English efficiently and well. I am fascinated by languages, and also speak a little bit of Italian, and can get by in Spanish and German when absolutely necessary!

I was good at English at school. This helps me to write scripts and translate them, and this has also helped with my understanding of grammar when learning other languages.

I love meeting people. I am naturally nosy by nature which is a great attribute when interviewing people as part of your job!

After I finished university, I went **travelling** around the world by myself for 16 months, so I am not too overwhelmed by the amount of travelling or the different cultures I visit for work.

Words of advice

At school my reports said, "if Catie would just stop talking and concentrate, she'd do much better". Funnily enough, I hated talking in a presentation setting or to camera - it made me ill with nerves! Today, I am most proud of having forged a career using the one thing I was always good at - talking. I now have the enormous privilege of coaching others to speak publicly, giving them confidence to present.

It can sometimes take many years and experiences to get to where you want, but put in the hard work - keep practicing, increase your knowledge, get feedback, learn from it and persevere!

"I feel like everything I have done and learned to this point, has led me here"

Motivational Moments

"Each delay adds weight to the burden of unfinished tasks; lighten your load by starting now."

Remez Sasson

Announcement

Coming soon

HH Marketplace

Our one-stop online shop bringing together study aids from Higher Heights, alongside products from renowned educational suppliers. Look out for more information in the coming months



KNOWLEDGE ZONE

Wordsearch

E N B A C T E R I A O V D N P
D K U M F S M M R R B R Y B R
F K O C J X U A G D R B W J O
L L E C L T V A C C I N E A T
W N M Q A E N V I R U S I M E
L T O T T E U S S I T R R E I
R E I I L E E S N F D K M T N
A O S L S N N O M N Y Y M S N
N S E O O U I E O C Z R H Y U
D B Q R C T F H G N M P G S R
N R U V U U C F E M K B Z O Z
R E A L R O L E I M H A R C E
N P O L T L C G D D T M K E T
N V U I C H L O R O P H Y L L
E F M N O I T A R I P S E R T

Can you find all the words in this puzzle?

Bacteria
Cell
Chlorophyll
Diffusion
DNA
Ecosystem
Enzyme
Evolution
Gene
Glucose
Lipid
Mitochondria
Mutation
Neurones
Nucleus
Organelle
Protein
Respiration
Tissue
Vaccine
Virus

Which word does not appear in the wordsearch?



What am I?

"I'm found in the air, but I'm not a breeze;
I'm crucial for life, in plants and in trees.
Too much of me makes the Earth warm,
Yet without me, life cannot form"

Our Vision

To create a virtual learning environment that fosters growth, confidence, and success as we challenge, motivate and help our students to achieve their set objectives.

Our Mission

To provide a comprehensive range of products and services designed to support both students and tutors in their educational journey.

Our Core Values

- ★ Excellence
- ★ Integrity
- ★ Responsibility
- ★ Critical & Creative thinking
- ★ Collaboration



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