



## YOUNG ARCHER

# Tips to help you get ready for your exams

By Muriel Bouvier, maths tutor and cognitive hypnotherapist

Exams are looming, and it is rarely a lot of fun. But there are things you can do to improve the situation.

### Study sessions

While studying, keep all distractions away. Our brains are not good at multitasking and it takes time to re-concentrate on what we were doing. You'll be more efficient if you only deal with one thing (this means keep your screens in another room).

Tackle what you like *least* first. It won't be hanging over you for the rest of the day and helps you feel really good and motivated.

Study for 50 minutes or so, then give yourself a 10-minute break. Repeat. Write your notes by hand. We remember what we've written a lot more.

Test yourself. Reading and re-reading the material doesn't ensure you know your stuff. Can you recall the information?

### Body and mind

Sleep well and eat healthily: it helps your brain work optimally. Avoid too much caffeine (coffee, caffeinated soft drinks

or caffeine tablets) as it stresses the body and increases anxiety.

Banish negative predictions like "I'm going to fail...". If you expect the worst, the worst will happen. Keep positive. Don't believe everything your brain comes up with!

Label difficult feelings 'excitement', rather than 'fear'. The two give you very similar symptoms but one is a lot more positive than the other. Aim high. You may as well.

During the exam, imagine yourself in the place where you do your best in the subject you are being examined. Ask yourself what they'd say to prompt you to come up with the best answers. Breathe slowly for 2 or 3 minutes if you feel overwhelmed.

After the exam, if you haven't done very well, it won't define the rest of your life. There is always time to turn it around. *Read a longer version with more tips: [www.BetterAtMaths.com/blog](http://www.BetterAtMaths.com/blog)*

## Maths puzzler winner

In last month's article about Muriel Bouvier and her maths revision cards, Muriel set a competition with the following question :

*I have four rectangular pieces of paper of length 25cm each. I stick the four pieces together using the 1.5cm sticky ends (both ends), to make a circular loop. What is the radius of the loop (assuming the loop is a perfect circle)?*

The answer is that putting four pieces of paper together loses 1.5cm from each strip (because they over-

lap). So, the total circumference of the loop is  $(25\text{cm} \times 4) - (1.5\text{cm} \times 4) = 94\text{cm}$ . The circumference of a circle is given by the formula: diameter  $\times \pi = 94\text{cm}$  and diameter =  $29.92\text{cm}$ . Radius = diameter  $\div 2 = 14.96\text{cm}$ .

Congratulations to winner Arun Hamilton McMahan, aged 13, from Alexandra Park School.



Jack just loves designing sets! Photo by Seren Noel.

## Designs on a career in the theatre

By Diana Cormack

In 2009 when he was a pupil at Holy Trinity Primary School in East Finchley, Jack Kuntner won an achievement award for creative arts. Ten years later, he is about to graduate with an honours degree in Design for Performance from the Royal Welsh College of Music and Drama, at Cardiff.

The Guardian University Guide recently ranked it as the country's number one drama school for the fourth time. Only a small number of students are accepted on this course, which is eminently suited to Jack's particular talents.

### Building a creative career

He has been designing sets ever since those early days at Holy Trinity and was involved in drama productions and theatrical events later at the Wren Academy and Alexandra Park School. At secondary school

Jack completed the National Youth Theatre stage construction course and increased his knowledge while working on several of their productions.

Latterly he has gained useful work experience in various London and West End productions. Jack finds theatre design a stimulating and creative subject, reflecting his technical and artistic abilities. His particular passion is for model making and the examples his mother showed me at their home in Trinity Road, N2, were really impressive.

So were the photographs of sets he has been involved with, designing for university and other productions in Cardiff and London ranging from Shakespeare to musicals and puppetry to costume design.

Some of Jack's work will be on view along with that of fellow students at the Royal Welsh College of Music and Drama's annual exhibition this month. BALANCE 2019 is showing at the Bargehouse, Oxo Tower Wharf from Friday 28 to Sunday 30 June, from 10.30am to 7pm. Admission is free.

FUN and MUSIC for BABIES and TODDLERS in N2 on **TUESDAYS** and **THURSDAYS** at 10am



with  
LIVE ACCOMPANIMENT  
ON VIOLIN AND GUITAR  
at EAST FINCHLEY BAPTIST CHURCH,  
Creighton Avenue



<https://www.facebook.com/teddybearsmusicclub>  
<https://www.facebook.com/SteppingStonesEastFinchley>  
or text 07836 284538

**All Saints' Church,**  
**Durham Road, East Finchley**  
Church of England

Sunday mass at 10.00 a.m.

Weekday masses as advertised on the website  
(Coffee served after mass on Sunday and Thursday)

Prayer requests are gladly accepted.

The Parish has a *flourishing* social life.

All Saints' also has a strong musical tradition and an enthusiastic choir.

New singers are always welcome.

<http://www.allsaints-eastfinchley.org.uk>

For more information: Please email:  
[saintsabounding@gmail.com](mailto:saintsabounding@gmail.com)



Back of the net: The Christ's College Finchley team celebrate their tournament win. Photo CCF

## Football comeback of the month

Last month was a time of great footballing comebacks. The nation gasped as Liverpool and Spurs both fought back from seemingly impossible goal deficits to win their Champions League semi-finals against Barcelona and Ajax.

And there was the same excitement closer to home when the never-say-die Christ's College Finchley football team came back from being 3-0 down at half time against Harefield Academy to eventually win 5-4 and take home the Middlesex Cup. Well done, lads!