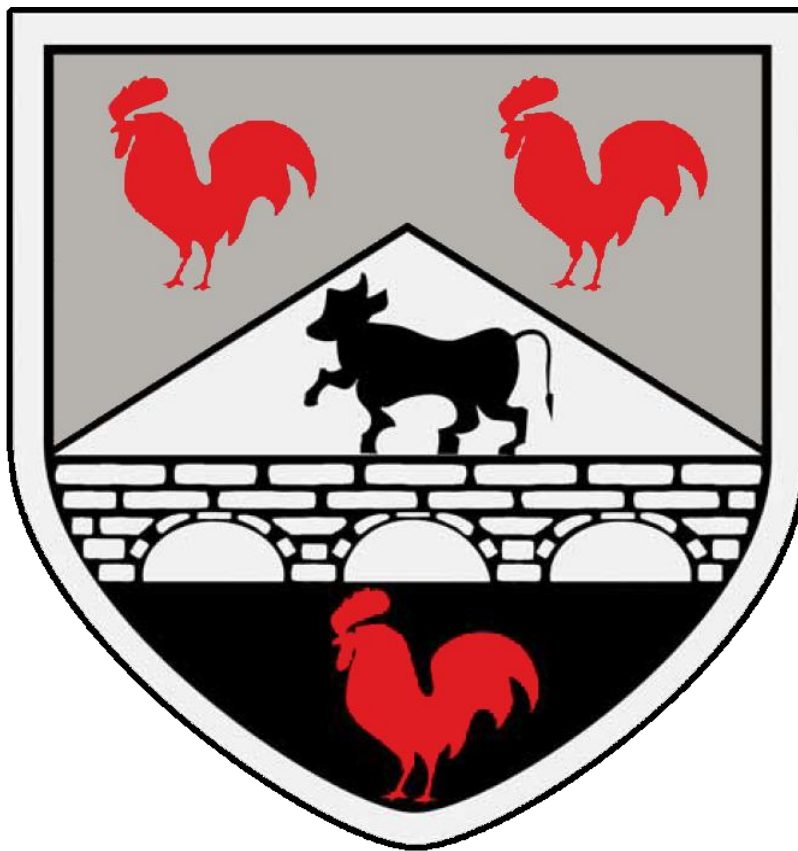




Cowbridge Comprehensive School Student Magazine

# PRINT



- April 2019 -

Have a suggestion for PRINT?

Email us at [print@cowbridgecs.co.uk](mailto:print@cowbridgecs.co.uk)



## Editor's Note ~

Dear Readers,

Welcome to the sixth edition of PRINT, Cowbridge Comprehensive School's student magazine. As exams are coming up, this time we'll be helping you to get through this period of stress with an article giving you advice on how to set about revision in Holly Nicholls', *Revise Wise*, and Caitlin Lewis' article, *The Logic Behind Luck*, will help you to change your mindset to be a little luckier. We also have an article celebrating the double glazing if you need something to take your mind off exams in Louis Connolly-Davis', *The Unparalleled Magnificence of Double Glazing*. As always, we have our blog piece; a cheerful poem, *Magic Mayhem*, and of course, our charity piece on the Syrian American Medical Society. Unfortunately, this will be our last edition until after exams. Fear not: we'll be back.

From all of us at PRINT, we hope you can find something useful to read this month and enjoy our April Edition. And, once again, we'd like to say a huge thank you to the support of staff, students, and readers that we've received in the last few months.



**Have something you want published?**

**Send it to us at [print@cowbridgecs.co.uk](mailto:print@cowbridgecs.co.uk)**



# REVISE WISE

*And so the time has come... exam season.*

*Do not be afraid, oh fearful ones, for I come bearing some easy tips and tricks to make this ride a little smoother.*

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## **1. Specifications**

If you have not already done so, print off your specifications. These can be found on the WJEC website and are the key to finding your feet for first-time revisers. These will become your subject checklists (you can copy them out into plain English so they're easier to understand) from which all of your notes need to come. You need to know it all and nothing more. So, put these somewhere safe - at the front of a file, on your bedroom wall - and refer to them when you're completing any notes for that subject.

## **2. Learning style**

Take some time to establish your learning style as this is very important when it comes to revision technique. Think back to all of the end of topic tests you've done in Science and EP. How did you prepare for the ones that went well? Did you create mind maps or song lyrics to help you remember quotes? Did you write down the equations over and over again until they stuck? I recommend you take a multitude of online tests to find out where your strengths are and follow their advice on how to structure your notes. Once you've made up your mind, use your class notes and the subject specification to make your own material to learn from.



### ***3. Revision Plan***

Once you've made all of the notes you need for your upcoming exams, it's time to make a plan. I recommend you start this by noting down the date and time of all of your exams and ranking their importance. If your first maths exam is worth 80% of your overall grade and your second is worth only 20%, you know where you need to focus first. Likewise, use your specifications like a checklist to ensure you've learnt all of the most important content first; there's no point in trying to run before you can walk. That way, if you're pushed for time the night before an exam, you can be sure that you've got the foundation knowledge to get you that pass grade.

This is also the time to set time allocations to your subjects; prioritise the subjects you struggle with most or have the heaviest workload. Schedule time to study and time to rest; if you spend 4 hours working and 6 hours 'rewarding yourself', you've gone wrong with your timetabling. Start off with regular small periods of study to ease yourself into it, and build up your workload the closer exam season gets.

### ***4. Lifestyle***

During exam season, revision isn't the only important thing. Scheduling in time to relax and have fun is a necessity, otherwise, you'll be too tired when exams come-a-knocking. Eight hours a day of sleep is a must, as well as regular rest and exercise. If you treat your body right, you can rely on your brain to maintain it's hard work. Don't be too hard on yourself; if you don't get as much done as you'd hoped or planned, you're only human and can't be perfect. As long as you put the effort in, your grades will reflect your potential. Remember that if you're struggling to keep on top of the workload, your teachers are there and willing to help you figure out a plan, as well as make sure your knowledge is sound within their subjects.

***Keep calm and have faith. You got this.***



# The Logic Behind Luck

C. E. Lisk-Lewis

Luck is a mentality. That is an undeniable truth that we all have a tendency to forget at times. Some days are tedious and it's very easy to attribute a bad day to bad luck. However, I'm afraid, it's unlikely that an unfortunate series of events can be ascribed purely to chance. Usually, 'bad luck' is a result of our own thought processes. Fear not for this is an ailment easily amended!

I'm sure at one point you've stumbled upon the whole 'glass half full' argument: Glass half full? Optimist. Glass half empty? Pessimist. In three words, you've managed to summarise your entire worldview. It's easy enough to allow such a notion to dictate your next actions but it is, in fact, your perspective that alters how you choose to regard certain events rather than luck, or at least, what you perceive to be luck. So, luck is arguably a form of perception.

Friday the thirteenth is a day shrouded in superstition, it's almost inevitable an apocalypse will commence and we'll be forced to flee from hoards of bloodthirsty zombies. On this particular day of significance, we will actively seek signs that things are bound to go awry merely because -in our minds- they ought to; any other day we'd likely ignore these small, irrelevant details but when we actively seek them, invariably we shall find them.

But luck is more complicated than a glass of water or a day of the week, it is undeniable that there are some features of our existence that we have little to no control over. Yet throughout history, humankind has conjured stories to explain that which we could not comprehend and through stories, we slowly begin to eliminate our options until we find that which is the reality. And the truth behind luck is not different - so how do we become luckier and take advantage of a nonexistent... advantage?

Derren Brown (whom you should definitely look up if you are unfamiliar with him) once compared good luck with the ability to seize opportunities. In order to increase your luck, you must simply begin to indulge in the everyday opportunities that present themselves to you. In order to happen upon prosperity, you must make an active



effort to be more outgoing and broaden your future prospects. Gary Player, a South African golfer, once said: “the more I practice, the luckier I get.”

The blunt fact is that usually, those optimists who seem to regard that glass as half full will probably be luckier just because optimists tend to also be opportunists.

It is not always possible to be in a constant state of positivity and buoyancy for unavoidably, things shall not always go our way but it is the ability to strive past misfortune that truly defines the level of luck that you will encounter. Alas, luck will not always willingly approach us so we must be the ones to pursue it. If you dismiss your ability to find fortune, then you will inevitably become the victim of a self-fulfilling prophecy of your own crafting.

Afterall, fortune favours the brave.





# Unparalleled Magnificence of Double Glazing

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## LOUIS CONNOLLY

For the vast majority of people, the phrase ‘double glazing’ doesn’t inflict a sense of awe and wonder. Some may be reminded of repetitive, uninteresting TV adverts, whereas those with more imagination and less admiration of this type of window may instead dream longingly of a donut topped with two layers of icing. Yes, it’s true that double glazing isn’t exactly a captivating topic, but it is without doubt an underappreciated invention.

In ancient times, long before the invention of double glazing, windows were simply holes dug out of walls to allow light to enter a building. This window barbarism only ended in approximately 100 AD with the Roman invention of glass panes. Despite this, glass windows were still the reserve of society's elite for many centuries to follow. In Asia, windows were often made of oiled paper, whereas windows in Europe were made from fine strips of animal horn; and we called ourselves civilised! This all changed in the early 17th century, which brought with it the ordinary man’s window. For the first time in history it became common practice to build houses with glass windows.

Eventually the basic window design was dramatically improved through the addition of a second pane of glass. This is now known as ‘double glazing’. This second pane reduces heat loss through windows by acting as added insulation, but there are more benefits to this practice than you might first think. Double glazed windows increase house prices considerably, and so are often sought by property developers. Most importantly, however, is the muffling quality awarded by the additional barrier separating you from the outside world. This quietyens exterior noises, whether they are traffic, construction work, or simply the daily hubbub of inner-city life.

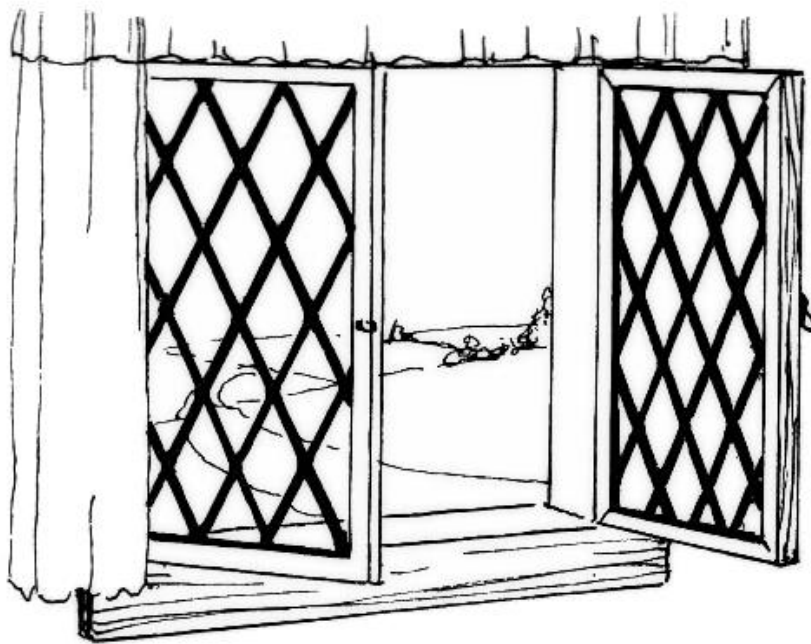
This information has apparently evaded 10 Downing Street, however, and it has shamefully refused to report whether the house has double glazing



due to 'security concerns', though I suspect the real reason is out of risk of humiliation and embarrassment over the Prime Minister's current single glazed windows.

Double glazing comes with its own challenges as well. Having twice as many panes of glass means that it is more expensive to replace these windows, and something as simple as a warp in a window frame can allow moisture to enter the cavity between the panes and then steam up, leading to a rather frustrating situation in which the window becomes translucent.

Ultimately it is up to you to decide if double glazing is right for your home. It provides many advantages over single paned windows, but the higher cost may reduce the attractiveness of double glazing. As for triple glazing, however? Well, that's just overkill.







## **DEPARTMENT INTERVIEW QUESTIONS**

# **PSYCHOLOGY**

### ***What do you look for in a star pupil?***

To answer this question I am going to describe one of my star pupils. They are consistent in their studies, continually researching and asking questions. They are interested in all the topics that we study. A star psychology student should be able to apply their knowledge and understanding from their studies to any given behaviour e.g. addiction, memory and criminal acts. They keep their class notes and file up to date, whilst also continually completing work to a high standard.

### ***What is something students would be surprised about in your department?***

They would be surprised that John Travolta is part of the Psychology department.

### ***What is the best thing about your department?***

I would like to think the best thing about this department is that it is well organised for the teaching and learning experience for every student.

### ***What's unique about your department?***

The unique aspect about the department is that the students and myself love our room, E2D. It is known to many as the relaxed penthouse suite in E Block.



## ***Why should a student take your subject at A Level?***

***Psychology is a science***, which concerns itself with the interesting and scientific study of both human and animal behaviour, and therefore interrelates with other disciplines such as philosophy, biology and sociology. In the minds of most though, psychology is connected with the treatment of mental disorders (clinical psychology) or assisting the resolution of relationship problems (Counselling Psychology). However, the areas of investigation for psychologists are vast and varied as illustrated by the many specialised fields of psychology open for study, such as: Health Psychology, Neuropsychology, Occupational Psychology, Educational Psychology, Forensic Psychology, Clinical Psychology, Sports and Exercise Psychology, Counselling Psychology, Teaching and Research in Psychology. ***Psychology is also the study of the mind through behaviour.*** The mind is something intangible that exists within our brain. An unseen process of enzymes, chemicals and electric current moving within the structure of our neural networks dictates why we feel, think and behave the way we do. But why is it that some people suffer from stress and mental illness? Why do some people fear snakes, yet a few think they are cuddly? Psychology looks at questions like this in the study of the human mind and behaviour.

**Therefore, a student should take this subject, as it is a science with cutting edge research that has real world applications on issues in everyday life, ranging from things like artificial intelligence to social change.**





# *Magic Mayhem!*

 *Amelie Lewis*

*My apologies for what occurred,  
Was unplanned and accidental  
The whole story is quite absurd,  
And you'd think I was mental:*

*I beckoned your son onto the stage,  
And sat him down into a chair,  
But to my surprise and your outrage,  
When I turned he wasn't there.*

*I scratched my head and wondered,  
What on earth had gone wrong,  
And as i thought and pondered,  
An onlooker burst into song:*



*"The poor boy has disappeared,  
From fault of a magic act,  
This is exactly what I feared,  
The wizard should be sacked!"*



For this month's issue, I want to shine a light on a charity which is not very well known to most of us. The Syrian American Medical Society is a charity that does exactly what it says on the tin: it is a global medical organization which is working in Syria and its neighboring countries to help provide relief in times of crisis. Since being in Syria, the foundation has given over 55,000 vaccinations to children younger than five; provided psychosocial care for the children in the war-torn country who suffer from horrible memories of death, violence, gunshots, and blood; as well as supporting over 35 reproductive clinics with getting advice for pregnant mothers, parental support and family planning care. We have all had a glimpse of what is happening in Syria. We are regularly flooded with images and debates around the war, but sometimes I feel as though we forget that there are innocent people in the country who have done nothing wrong, except try to survive. There are mothers there who have lost their children, children who may never see their siblings again and fathers who are having their worlds torn apart. SAMS is on a mission, not to add to the violence, but help those who have been affected by it. If you want to help then please visit their page:

[www.sams-usa.net](http://www.sams-usa.net)