



# High Performance

## VOLUME 1 HIS SCHOLARS

**ACADEMIC  
INNOVATION & DIGITAL  
SPORT  
CREATIVE & PERFORMING ARTS**

In this article we will hear from a selection of our HIS scholars. They will share their hopes and dreams and what motivates them to achieve.

# SCHOLARS INTERVIEWS

WE AIM TO INSPIRE AND MOTIVATE YOU THE READER, TO BE THE BEST VERSION OF YOURSELF AND TO REACH FOR THE STARS. WE GET UNDERNEATH WHAT MOTIVATES AND INSPIRES OUR SCHOLARS' TO ACHIEVE. WE UNCOVER THEIR RESILIENCE, HOW THEY RESPOND TO FAILURE AND DEAL WITH SETBACKS. THEY SHARE THEIR ASPIRATIONS AND GOALS AS WELL AS HOW THEY INTEND TO MAKE THEIR DREAMS COME TRUE.

## SOHAILA YOSRY



### Studying A Levels in Post 16

Physics  
Chemistry  
Maths



### What is your number 1 talent?

Maths is my number one strength and passion.

### How did you find your talent?

I have always enjoyed maths since I was young. I am always curious and like to challenge myself to find solutions to complex mathematical problems. This interest and curiosity motivated me to want to know more than I necessarily needed by reading around the subject too and learn more as a whole.

### How are you supported to maximise your potential and utilize your talent?

I feel supported by my teachers and parents. The HIS maths department have helped me a lot guiding me towards book suggestions and they are always approachable whenever I have questions about a topic. This support has helped me follow my interest and passion, where I regularly research famous mathematicians like Andrew Wiles, James Crowll and geologist Charles Darwin. I am inspired by their ambition and resilience to keep striving to solve problems which have helped shape society.

### What motivates you?

I am motivated by curiosity and a love of learning. I do not like to limit myself as no matter what starting point or ability level I am at, I believe in myself and strive to improve.

### What do you do to try and master your talent?

To master my talents, I like to read, continuously practice, ask questions and challenge the narrative, watch YouTube tutorials and research further mathematics.

### **What is your biggest achievement to date?**

My biggest achievement to date is becoming an academic scholar. Looking back to my younger self I am proud of what I have achieved and where I am at on my journey and how I got here. It wasn't easy but my resilience and determination to overcome obstacles has helped shape me as a person. I hope my story can help to inspire others to always challenge themselves and not to put limits on themselves.

### **How do you approach life?**

With persistence and determination to reach and achieve my goals. I like this quote by Calvin Coolidge,

"Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent."

We only live once and I want to continually improve, learn and develop my talents and hopefully follow them into my future career.

### **How do you cope with failure?**

I have a positive 'can do' approach to life with this saying ringing in my head – Try your best and leave the rest.

My approach to failure is to question myself, what went wrong and how can it be improved. Think of a different method and keep trying.

### **How do you cope with success?**

I like to enjoy the moment, be proud of my achievement and motivated by my capability. Then I look for further goals.

### **Do you have a goal?**

To focus on what I need to achieve, to become a chemical engineer. I hope to study in a top International University and continue my math's research. No matter what setbacks you face in life always have the faith in yourself and keep moving forward towards your goals.

### **Where do you see yourself in 5 years?**

I am aiming towards completing a Master's Degree and pursuing a career in engineering.

### **What are your long term aspirations?**

To live a happy life and have a successful career doing something I love.

### **What do you want your HIS legacy to look like?**

To leave a lasting impression on the students at HIS and to encourage them to pursue their passion. I would like to be remembered for my persistence and curiosity to explore and learn above and beyond the expectations.

### **Do you have any interests and hobbies?**

I like to play the piano and sports for enjoyment and my health and wellbeing.



## ANISA BLEOCA Y9

Swimming has taught me some important lessons in life, such as hard work, resilience, humility, ambition, and determination. All these values, applied daily, have helped me become a better and more successful person in both my academic and personal efforts.

Keep your eyes on the prize and don't let anyone demotivate you.

Finding your passion can change your life, and I would encourage people to do so by consistently trying new things and learning new abilities; it can open doors and help you discover your talent.



### 1. What is your number 1 talent?

Swimming is my number one talent, although I also love running on a weekly basis. My Year 3 PE teacher saw me swimming and considered that I had potential, so he encouraged me to try out for the school swimming team. Since then, I joined the school swim squad as well as a swimming club outside the school.

### 2. How did you find your talent?

My coaches, teachers, family, and friends, have all encouraged and supported me in my swimming journey, through the good, the bad, and the challenging moments. All of my coaches have helped me in the development of my swimming, my enthusiasm and they continue to help me push ahead.

### 3. How are you supported to maximize your potential and utilize your talent?

These past years, all my coaches told me that I am talented and I have potential. This motivates me the most to continue working hard pushing through the pain to reach my full potential.

# HIGH PERFORMANCE



#### 4. What motivates you?

The other swimmers in my team motivate and inspire me because they are some of the most amazing individuals I have ever met, and they are all so positive and eager, and they give it their all in all they do.

#### 5. What do you do to try and master your talent?

I always try my hardest in training and devote all of my effort to the most difficult sessions, and my coaches support me greatly by correcting my technique or providing swimming advice.

#### 6. What is your biggest achievement to date?

It is hard to choose one accomplishment as so many mean a lot to me. Some of the most important are winning and setting a new record for the DAPSA 50m Freestyle, BSME medals, and placing first in 400m and 800m open water events. Moreover, I competed and medaled in regional competitions outside of the UAE and numerous medals from important UAE swim galas.

#### Sadly, Anisa has now moved on from HIS. This is what she wants her HIS legacy to be?

I have always tried to be kind, hardworking, compassionate, and supportive to those around me, and I hope that this has left a lasting impression on others.



#### 7. How do you cope with failure?

Failure is an obstacle that every athlete faces at some point in their career, and I have struggled with it numerous times. When dealing with failure, I believe that taking my time and being patient while remaining resilient and driven to reach my potential helps me stay motivated.

#### 8. How do you cope with success?

Success serves as a reminder that all of your hard work and difficult trainings have paid off. Still, as much joy and gratitude as this brings, I try to be proud and humble about my achievements.

#### 9. Do you have a goal?

Aside from achieving specific race timings, my main goal in swimming is to be the best version of myself and reach my full potential.

#### 10. Where do you see yourself in 5 years?

In five years, I will be graduating and hopefully, getting accepted to a top European university. Apart from my studies, coaching/training are things I would like to do as well.

#### 11. What are your long term aspirations?

In the long run, I want to have a successful career and be the best version of myself in every way.

# **CREATIVE AND PERFORMING ARTS SCHOLAR**

**By Isabella**

**Lucci**



I want to inspire others to sing and to be known for my singing. I hope the Horizon song will help do this and motivate other students to sing or follow their passion by connecting with the message and words in the song.

I have many role models but my number one role model is my mum. Musically, I respect and admire Adele or Jennifer Hudson.

I guess the advice I can give is just trying new and different things until you find something that fits for you that you are interested in.

1.

**What is your number 1 talent and how did you find your talent?**

•Singing is my main passion and talent. I found my talent because my mum used to sing a lot to me when I was young which I really enjoyed and it eventually caught on and one day and I started singing with her.

2.

**How are you supported to maximise your potential?**

I am involved in a lot of external activities with Diverse and like to involve myself in opportunities in school to raise my profile and to gain different experiences. I enjoy singing in musicals but also like to challenge myself to sing solo too. I also try to sing everyday whenever I can which I think has helped my voice develop and mature.

3.

**What motivates you?**

My mum helps to motivate me and I really enjoy seeing the emotions on her face when I perform. I also like the praise and recognition I receive after performances.

4.

**What inspires you?**

Music inspires me. I have a real interest in music and how it can create lots of different emotional responses depending on the genre.



## **ACHIEVEMENTS**

My biggest achievement was performing at Evita and securing a lead role in the Moulon Rouge Diverse shows at the Dubai Opera.

### **How do you cope with success?**

I try to enjoy the moment then look for the next challenge. I also try to remember the feeling of success, which helps motivate me when I find something challenging.

I try to approach life with open arms and take on new challenges to help me keep improving and moving forward.



### **Do you have a goal?**

I would like to be recognised for my talent or talents and do something I enjoy. However, my short term goal is to be able to back squat 50 kilos.

### **How do you try and learn new skills?**

I practise, practise and practise until I am happy with it.

### **What is your process?**

When I'm trying to learn something new I do not stop until I get it how I like it. I guess you would say I'm a bit of a perfectionist. Still not sure if that is a good thing or not but that is me.

### **Do you have other interests and hobbies?**

I like to go to the gym.



# **ROMEQ GIEZEN**

## **YEAR 13**

### **ACADEMIC SCHOLAR**

I feel confident and encouraged within the HIS environment to try new experiences which challenge me to think and learn new skills.

I would say my number one talent is my ability to learn and adapt. It sounds very cliché; however, I have always found it easy to pick up new things relatively quickly. I think I first started noticing this 'talent' when I moved schools and joined mid-way a course but still managed to understand the content fairly easily.

To master my talents and areas for improvement, I try to be open to new experiences and especially to things outside my comfort zone that challenge myself, such as public speaking and leadership opportunities.

#### **Ambition:**

Personally, I am very ambitious with an inner drive and desire to keep improving and do better every day. Another motivator for me, is trying to be the best version of myself and to make the important people around me proud of my achievements. My current aspiration is to become a surgeon and help people. To achieve this, I have shorter term goals such as acquiring a place at a top university. These goals inspire me to keep working hard every day even when it isn't easy. However, I find focusing on these long-term goal takes your mind off the short-term struggles and helps me keep moving forward.

If I achieve my short term goals in 5 years, I see myself in Med School / University studying to become a surgeon. Alongside this, I also see myself looking to do some extra things on the side, such as investing and developing my current business ideas. My long-term aspirations are to become a successful heart surgeon and to potentially go on to specialize in a specific area of cardiology, publish studies and research on that area and to eventually become a professor of the 'heart'.



#### **Advice:**

**Work on yourself. School life, social life, and life outside. Make sure that you find something you enjoy doing and spend some time doing it. Choose activities that allow it to take your mind off everything, so you can work on yourself to be happier because only when you have good wellbeing can you be the best version of yourself.**

#### **Hobbies:**

**I like a variety of sports, enjoy working out at the gym and have a huge passion for boxing and football. I am also very interested in investments, cryptocurrencies and creating new business ideas. In recent years, myself and some close friends have joined together within these fields and had some success.**

## ACHIEVEMENTS:

Aryan and I have worked together to create wellbeing for all

I will participate in the upcoming Evolv3 talks and lambda public speaking

I have previously also participated in multiple public speaking and hosting events

I am finishing off my Silver DofE reward

I am currently project manager on the renovation of Post 16

I have also done volunteering work such as Science Club

I am part of the executive student leadership and of the Student Digital Leaders

I am currently also the President of MUN

However, I feel my biggest achievement to date would have to be the fact that besides everything that has happened recently, such as Covid, etc, I have still managed to keep focused on these goals and do well both academically and personally.

## MINDSET:

I generally have a growth mindset, trying to approach life looking at the positives in any given situation. Personally, I would say that remembering that mistakes are important is what helps deal with the pressure of failure. The way I cope with failure is by focusing on the bigger picture and learning from my mistakes. I think that the way I cope with success is to enjoy the moment but never be completely satisfied. It motivates me to keep going and improving. However, I would say that I use it as a measure of where I'm at right now.

## ROLE MODELS:

There are a lot of people I respect and look up to but I wouldn't like to say that I have a specific role model, because rather than focusing on being more like your role model, I prefer to use that time to shape and mold myself to become a role model and someone that other people respect and learn from.



***"Pressure makes diamonds"***

**For my HIS Legacy, I want to be known as someone who has had a positive impact and the school and someone who made a difference. I want it to be beneficial to other students and motivate them throughout their school 'careers'.**



# **CHLOE DA COSTA**

## **YEAR 8**

### **CREATIVE & PERFORMING ARTS SCHOLAR**

I am interested in lots of things and there are many different parts which help make up my character, but I think the strength and talent I have to sing and perform in front of people is one I currently enjoy the most. From an early age, I started performing in front of family and small groups of people and was encouraged positively, which slowly helped grow my confidence.

My family's influence and heritage has been an important motivator on this journey, as both my grandfathers' chose performance careers. One grandfather was a mildly famous Portuguese artist-chef-author and my other grandfather was an actor! I feel like creative and performing arts is in my blood and is something I have always been drawn to.

I have always been encouraged to pursue my interests and passions by my parents, inspirational teachers, and the one-and-only wonderful Mr. Gale. However, my parents have supported me throughout, helping my confidence so that when I'm performing nerves melt away and it's just me and the script of the lyrics I want to portray. I feel free and I love that feeling which is why I plan to continue with my performing arts until I leave school.



I am inspired mostly by my parents but also my music teacher Mr. Isbell and all of the other students in school who share my interest in the performing arts. I am also inspired by the opportunities provided in school to pursue my interests such as LAMDA exams and shows, not because I have to, but because I want to as I really and truly enjoy performing.

To try and master my talents, I always aim to practice regularly and consistently. I am not afraid to ask for feedback because I believe those are the two things you need to improve. You need to practice, practice, practice, then perform and get feedback, then go again. It is with this constructive criticism that people can grow like Frank A. Clark an famous American politician who states, "Criticism, like rain, should be gentle enough to nourish growth without destroying the roots."



# ACHIEVEMENTS:

I think that my biggest achievement to date is getting my scholarship. It was the most important and competitive thing I have had to deal with. To achieve this at age nine, I am so proud of my past self. The opportunities I have gained from it so far have helped me grow as a person and as a student. My approach to life is pretty simple, you have to know what you want and do everything in your power to get it no matter how difficult it may seem at the time.



## Mindset:

When dealing with failure, the best thing to do is not to view it as a failure rather as a learning experience. Take everything you did wrong and remember it, and improve on it next time you're in a similar situation. A similar thing with success, you have to take it humbly and note what you did well.

## Learning Skills:

When I try and learn new skills, most of the time I choose to study the basics of it independently first and then once I've got a firmer grip on it, group up and share my knowledge with others and have them share their knowledge with me.

## Role Models:

My role model is my mom because she did everything for me when I was little and when she was in school got amazing grades and pursued her dreams. I find that she got to do everything she wanted to do which I find very inspiring.

## Aspirations:

I have several goals in life but one aspect I want to remain constant is my love and focus on the creative arts as it is my passion and great for my wellbeing and skill development. When I'm older my aspiration is to be a lawyer and attend Harvard Law School. In 5 years, I would like to see myself successfully completing my exams, while maintaining my creative passion alongside, learn another language and achieve a place at Harvard so I can chase my dream of being a person fighting for justice.

## Hobbies:

Some of my hobbies other than performing are reading, writing, playing guitar, and admittedly listening to a LOT of music, sometimes at the same time. I also like to help people and share my interests with other people. I feel that I can help others find their passions by encouraging and helping them, gradually building their confidence till they finally find what they love.

## Legacy:

I want my HIS legacy to be, that I was the girl who was always singing and who helped everyone find what they loved doing. The biggest piece of advice I could give people, is to be the best versions of themselves, chase your dreams, shed anything that is pulling you down, and remember that glass ceilings are glass for a reason; they are meant to be shattered.

***Remember that glass ceilings are glass for a reason; they are meant to be shattered.***

# **ARYAN DESAI**

## **YEAR 13**



### **Academic Scholar**

I very much enjoy school and feel fortunate to have a skill or gift to learn. I am very lucky to be able to find learning an idea or concept easy to understand in many subject areas. If someone explains something to me, or if I research something, I tend to find it quite easy to understand. Obviously, there are some times when I don't understand something at first, but generally, I would say that I learn things quite quickly. I gradually found out I had this ability, from when I started to attend school and realising I tended to understand topics quickly compared to others in my class. For example, when a teacher is explaining something I usually get it straight away. This ability has helped me a lot throughout my school life.

### **Motivation:**

A positive aspect which has helped me, is the support I have received from the people around me. My family, friends and teachers have always been there for me whenever I needed help. I feel lucky to have been encouraged and motivated by them to do more and do better, which definitely helps when taking on new opportunities or tasks. Motivation can be found in many ways. Firstly, I feel incredibly motivated whenever I complete a task successfully, as it drives me to keep getting better. I am also motivated when people encourage me to do something, as this can also act as a confidence booster and challenge you to push outside of your comfort zones. I'm sometimes surprised and inspired by what I have achieved which motivates me to continually strive for improvements and success. There's no limit to success, so it's always important to be the best and getting better. Success can be a motivator as it validates how well I achieved. I try to use this positively by starting a "chain-reaction" of improving, progression and succeeding.

### **Achievements:**

I always try to make the most out of any situation and always try my best at anything I do. I don't know if I have one single achievement that I can call my "biggest" achievement. I have a lot which I am proud of such as receiving the principal's award, D of E Bronze and Silver Award, hosting EVOLV3 Talks, speaking, leading assemblies, taking parent tours and winning the STEAMathalon in 2020. However, I do not always succeed and sometimes have faced challenges and if I fail at first I try to remain resilient and look to find out what went "wrong", so that if a similar situation arises, I don't make the same mistake again.

### **Goals:**

My goal for the future is to find a career that I really enjoy, and which makes me happy. In 5 years, I would hope to have finished at a top university and be moving into the "big world". Hopefully by this time, I have found a career that really interests me and inspires me to continue to learn, take on new opportunities and grow into a career. Yes, I want to become highly successful in whatever I do however, I value balance, and maintaining great mental and physical health and wellbeing.



### **Learning Skills:**

I would say the best way to learn a new skill would be to do it in a way that is comfortable to you. If you search up how to learn the skill online, you will find many different methods to do so, however instead of trying to copy them, it is much more effective to find a way to do the skill that personally suits you.

### **Role Models:**

Personally, I don't have a specific role model. Everybody has different skills and abilities that make them great, so instead of having one role model, it is important that we pick up on all of the good qualities of a range of people. This way, I can also focus on making myself a role model for others.

### **Interests:**

I feel for others to find their passion, they should identify what they really like and are interested in. Some of my interests away from my studies include photography, technology and cars. Sometimes, in my free time I also like to play the guitar and go cycling.

### **Best Version of Yourself:**

To become the best version of yourself, you should always try your best at everything and constantly push yourself to do even better. It is also important to take on new opportunities that present themselves; even if you're not confident at first, as with persistence you will eventually begin to succeed and gain new skills and strengths that you may have thought weren't even possible to achieve.

### **Legacy:**

I would want my HIS Legacy to be the person, or the group of people, that made a difference to the school and helped make it an even better place to be for everyone.



***"Opportunities don't always present themselves. Sometimes you have to create them."***

# **HERKUS JEDLICKIJ**

## **Sports Scholar**



***"I am supported by my teammates, coaches and teachers who all help me get better and keep improving and striving for success."***

# **BE THE BEST AT GETTING BETTER**

I have several talents which I am proud of but my number 1 talent and the one I enjoy the most is swimming. I found this talent and passion from trying new things and being interested in sport and physical fitness. I am very motivated by achieving success but understand especially in a sport like swimming that I need to be determined and willing to put in the hard work to keep making improvements. I feel that the support I receive from the people around me, inspires me to pursue my goals. I personally always try my best in everything I do and feel this is a key aspect to mastering new skills and anything you put your mind to.

My strong mental attitude has helped me win many medals, competitions and awards however, my biggest achievement to date was winning five gold medals at Hamdan Sports Complex in a swimming competition organised by APEX.

However, I understand it is not always possible to continually make progress and sometimes you face set backs in life and within sport. I personally try to deal with failure as a way to learn and keep getting better. Failure is normal and plays a big part in development and improvement. It is how you respond to it that counts and helps develop character.

I enjoy the feeling of success and cope with it by believing that it is deserved for the sacrifices made to achieve it. I also like to put a smile on the faces of the people around me who have helped me along the way.

My goal is to constantly strive to be the best version of myself and never give up, in anything I do. In the future I see myself going to university and continuing to compete in sports. My long term aspiration is to become an olympic medalist for my country.





**I try learning new skills by practising them with my coach. My process is to analyse what I need to do, visualise it, work at perfecting it and then practicing it over and over again**

My role model is Michael Phelps because of the great attitude he showed in his swimming career and his ultimate success and dominance of the sport.

My advice to other students like me is to find the things you are interested in and passionate about and then pursue it, enjoy it and master it.

I have many other interests which include football, history, business and music. Music and in particular playing the piano has played an important part in my life and provided me with a lot of enjoyment and helped develop other skills and talents. Similar to swimming it requires discipline, patience and dedication to improve.

My advice is to be resilient, work hard and never give up.

I want my legacy to be a person who inspires others to always put in their best to achieve.

**IN OUR NEXT ISSUE YOU WE WILL MEET  
THE REST OF THE SCHOLARSHIP TEAM!**



- Andreas Palmos - Academic Scholar**
- Sophia Sneddon - Creative & Performing Arts**
- Yara McDonald - Academic Scholar**
- Sofia Zuccherro - Sports Scholar**
- Hussein Accoush - Sports Scholar**
- Sofia Riggio - Academic Scholar**
- Rayya Sherriffs - Academic Scholar**



# **HIGH PERFORMANCE**



**THANK YOU**