

JOG YOUR

MEMORY!

Why not take this quiz to see what you can remember from your learning journal?

- 1 What did a brave man first try? (hint: it was in November) *Oysters - Page 39*
- 2 What does **OAL** stand for? *Other Areas of Learning*
- 3 Start where you are, Use what you have, Do *What you can* – Arthur Ashe
- 4 What does SMART stand for? *Specific, Measurable, Attainable, Relevant, Time-bound*
- 5 Who said 'You must be the change you wish to see in the world?' *Mahatma Gandhi*
- 6 What is the grade descriptor for a mark of 60%? *Merit*
- 7 What is a goal without a plan? *A wish - Page 99*
- 8 What is the 5th SDG? *Gender Equality*
- 9 How many hat tricks did Pelé score? *92*
- 10 What does the 'O' stand for in POKER? *Overview*
- 11 What should you just do? *Breathe*
- 12 What is known as the 'Happy Hormone'? *Serotonin*
- 13 By how much can a good laugh increase your blood flow? *20%*
- 14 What do quitters never do? *Win* Says who? *Vince Lombardi - Page 15*
- 15 Name four of the eight Key Skills *Any four of: Managing myself, Staying well, Managing information and thinking, Being numerate, Being creative, Working with others, Communicating, Being literate*