



2016-2017

FRESHSTART

END OF YEAR MAGAZINE

FRESHSTART

QUALIFICATIONS AIMS & OBJECTIVES

FreshStart offers a diverse range of qualifications and subjects for its learners. The curriculum encompasses four different subject pathways...

These consist of:

BTEC Level 1 Travel Tourism
BTEC Level 1 Construction
BTEC Level 1 Sports and Active Leisure
BTEC Level 1 Art and Design
BTEC Level 1 FreshStart PSD

Each student is placed into one of these 4 pathways and alongside their chosen pathway they study **English and Math, GCSE or English and Math Functional Skills.**

All groups study **ICT Functional skills** and **BTEC Level 1 Workskills** Students attend college 16-18 hours per week.

Enrichment ART and **Sports** are also a part of the curriculum, with each group carrying out 1 hour each week alongside their main qualifications

One hour of 1-1 group Tutorials a week are also embedded into the curriculum



Aims of FreshStart Course:

The **FreshStart** programme strives to breakdown the barriers through encouraging realistic expectations, setting and achieving personal goals for the students.

- Each student is recognised for his/her individual strengths and personal achievements
- To achieve their full learning potential
- To encourage them to make choices for themselves and to be responsible for their decisions
- Modify negative behaviour into positive behaviour

Objectives

On completion of the course, the young person will be ready to go onto further education or join the workforce. They will have the ability to make correct choices about their personal lives, education and career paths. The skills gained through this course will equip them to be successful young adults and therefore they will be confident to take an active part in their community.

FreshStart is a very supportive and positive learning environment endeavouring to raise their full self-esteem and confidence.

The course provides the students with equality of opportunity, regardless of the diversity of their needs.



FRESHSTART ART & DESIGN

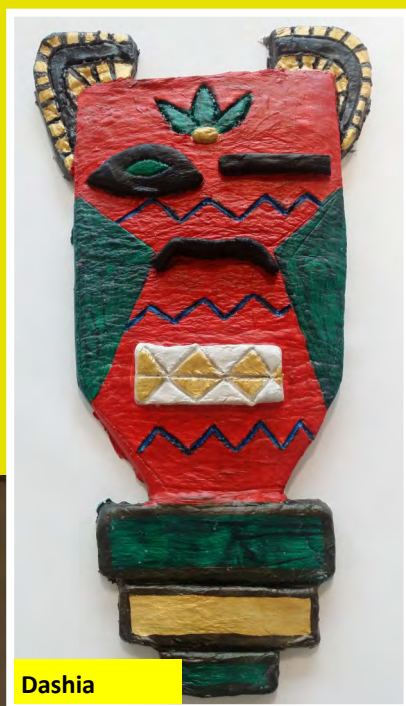
FreshStart offers a diverse range of qualifications and subjects for its learners. The curriculum encompasses five different subject pathways...

As part of their **BTEC Art and Design Course**, Freshstart students completed four projects:

- Explore Painting
- Explore Printing
- Explore Drawing
- Explore and Create Surface Relief

As a result students created their own:

- Abstract portraits on canvas using acrylic paints
- Tattoo design prints using lino
- Superhero and supervillain characters
- African masks out of clay



Dashia



Miar



Emily

FRESHSTART CONSTRUCTION



Multi-Skills in Construction

This **BTEC Level 1 qualification** is designed to give students an insight into some trades in the construction sector.

PRACTICAL

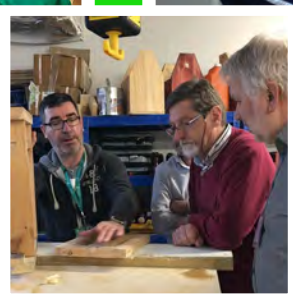
- Bricklaying
- Carpentry & Joinery
- Building services. (Plumbing/Electrical installation)
- Painting & Decorating

THEORY

- Starting Work in construction
- Health & Safety
- Drawing Skills

The **Freshstart** students attend the construction course on a Friday covering the units above in both theory and practical sessions. The students have produced some really good practical work, with many showing a real interest in construction.

The course provides the students with equality of opportunity, regardless of the diversity of their needs.



FRESHSTART TRAVEL AND TOURISM



BTEC Travel and Tourism

Travel and Tourism consists of five units and each unit has at least three tasks attached to them.

The units are Customer service, Identifying how to deal with customers in a retail/industry setting, The Role of the Air Cabin Crew, Planning for a job in Travel and Tourism, UK Travel Destinations and Planning a Trip.

Each unit is very different and consists of research projects, trips out, creating and designing booklets, visiting industries, visiting tourist attractions and participating in role plays etc. Many of the students will be returning to go onto **BTEC level 2 Travel & Tourism**.



FRESHSTART SPORTS AND ACTIVE LEISURE

The Sport and Active Leisure course consists of 4 modules, and is designed to give students a chance to learn theoretical and practical aspects of the industry. This is achieved by covering the following.

'Taking Part in Exercise and Fitness' which gives students the opportunity to take part in a whole range of both indoor and outdoor activities. This includes Badminton - Football - Basketball - Golf - Gym training - Rounders and a variety of other activities.

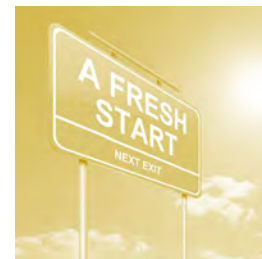
During the 'How the Body Works' module you will learn about the functions of the Heart, Lungs, Muscles, Skeleton, and about the importance of Healthy Nutrition.

'Planning Own Fitness Programme' will allow students to explore and understand how to devise a workout programme in order to gain specific benefits such as Weight loss - Muscle gain and Endurance. They will also learn about Fitness Testing and how to assess progress.

'Managing Health at Work' allows students to investigate the Health & Safety requirements associated with sport and exercise as well as the reasons for them. You will also look at risks of accidents and ways to prevent them.



FRESHSTART STAFF MESSAGES



ALL ABOUT CHANGE.....

This year has been a particularly challenging year with all the new groups, new staff, and new subjects so lots and lots of change, but it has been rewarding and successful.

The change seen in the students, themselves has been the biggest reward as they have developed, matured and grown into responsible happy young adults.

Many of our students will be progressing onto mainstream courses and I hope to see them around the college next year.

We have had lots of exciting projects this year and also external agencies working with our young people, we have had a Gangs Line workshop to raise awareness about knife crime, we have had the Metropolitan Police working with some groups on Personal Safety, we have had Visions, Brooke, S019 and many more

I would like to thank those people for coming in and working with the young people to make them realise that there are many opportunities and chances out there and you can achieve anything you dream for in life.

Of course, I must thank the team, particularly this year as I was not around for the first term and they all worked tirelessly and for their continuous support, hard work, commitment, and dedication because without them it would not be the fantastic, outstanding provision we deliver year in year out.

Our team has grown over the course of this year, we have a counsellor, family support worker, connexions support, behaviour learning mentor, attendance officer and numerous student learning support.. far too many to mention but you know who you are. THANK YOU.

A big thank you to the London Borough of Hounslow who have supported us through another successful year, thanks Jimmy and Cherisse in particular always being on hand to support the students.

A special thank you to Ed and his team, always on hand to offer support, guidance, advice, tolerance and understanding....

Thanks you Ed

May I take this opportunity to wish all the students good luck with their future goals and dreams.

Happy Holidays everyone

Julie Macsorley

Alternative Provisions Manager

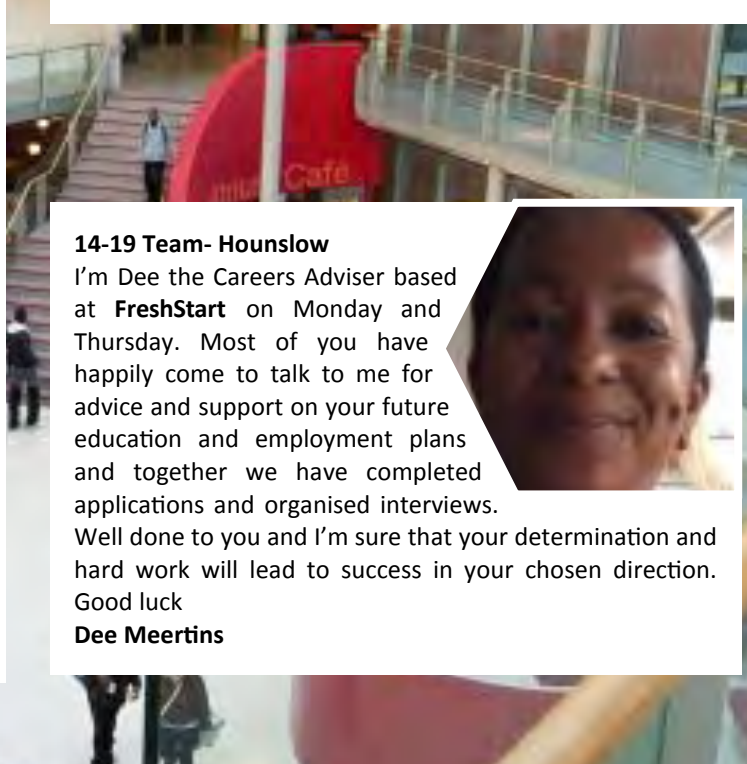


Wow I can't believe the year has gone so fast and it's already time to say goodbye! It has been an eventful year – some tough moments that we've all had, but most importantly is how everyone has managed to overcome them! I think it's safe to say that there have been so many good times this year and each and every one of

you have made that happen. You all have big characters, great personalities and it has been such a pleasure getting to know you all. It has been a very busy year and you have definitely kept me on my toes, but I have honestly enjoyed every minute of it! You have made it to the end and we have been able to see you grow so much! I'm so proud of how much you have all achieved and you should all feel extremely proud of yourselves! From the bottom of my heart I wish each and every one of you the very best for the future!

I would also like to mention our amazing team! It has been a lovely year and I could not have made it through the difficult times without the continuous care and support from all of the Freshstart team! No matter what they day brings us all, the office continues to have smiles, jokes and laughter – exactly what makes the team so great!!

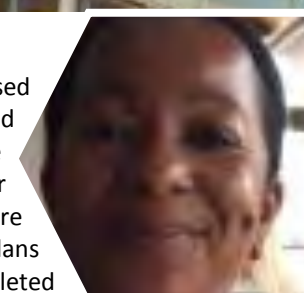
Carly Ilett



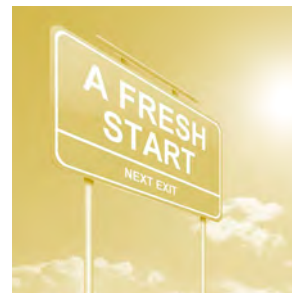
14-19 Team- Hounslow

I'm Dee the Careers Adviser based at **FreshStart** on Monday and Thursday. Most of you have happily come to talk to me for advice and support on your future education and employment plans and together we have completed applications and organised interviews. Well done to you and I'm sure that your determination and hard work will lead to success in your chosen direction. Good luck

Dee Meertins



FRESHSTART STAFF MESSAGES



What a crazy year it's been – I can't believe it's actually come to an end and so quick too!! The students have been so dynamic this time round, with bags of personality.

It has been lovely to see the students come so far this year – both academically and personally. It was great to be around such creativity and enthusiasm during Art where the students created some fabulous work!

I want to say a massive good luck to all of the students... always believe in the good in you, stay happy and keep focused.

Anita Kapila

As we say goodbye to the current crop of **Freshstart** students I look forward to welcoming our new arrivals in the forthcoming academic year. As ever we faced many obstacles this year, but I think it is fair to say the vast majority were suitably negotiated.

I continue to enjoy my role as Sport & Active Leisure Tutor, and I also look forward to the opportunity to help more young people make a smooth transition into adulthood. I would also like to say thank you to all of the **Freshstart** team for their efforts and continued support.

Keith Cudjoe



Once again another year has flown by! I would like to say to ALL the students that you ALL have the potential to do great things. Before his recent fight to Wladimir Klitschko, Anthony Joshua said (paraphrasing) in order to be successful you need to let go of your ego and listen to the instructions being given. I wish everyone of you much success and happiness for the future.

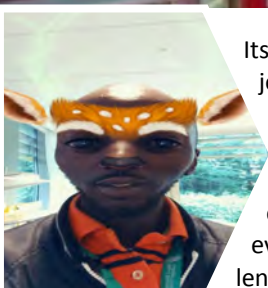
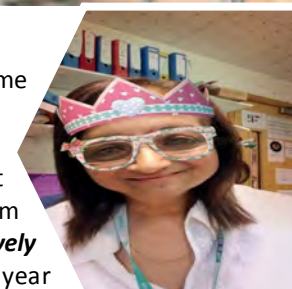
Tracey Muhammad

GOOD BYE AND GOOD LUCK

I can't believe that it's that time of year once again!!!

This year was the first time I taught year ten groups and it has been pleasure knowing them and teaching them. **'Lovely bunch'**! The other groups this year have shown some potential but some have been very laid back. I have been privileged to witness some excellent I.C.T work from some groups. The classes have been fun, and at times challenging but most of them have produced work to a high standard. I will miss all of the groups that I have taught this year, and I wish them all the very best of luck for the future.

Chandrika



Its been a whirl-wind of activity since I joined in February. Lots of names to remember, issues to resolve and personalities to learn. But I can say this has been a wonderful experience with my group. I've seen everyone of them produce some excellent work and grow as people. The hard work doesn't stop here, its just the beginning. Good luck with your journey, gonna miss you guys a little bit :-)

Mark Shopi

Yet again the students of Fresh Start show resilience and commitment.

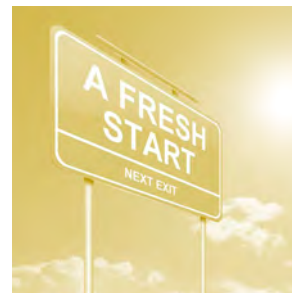
Wishing you all the best on your onward journey. Use your energy to be the best you can be, for you! Always.

Dee Albert

Counsellor for Fresh Start



FRESHSTART STAFF MESSAGES



It's been an awesome experience working on the **Freshstart** team this year.

Supporting students has been both rewarding and at times frustrating.

It was rewarding to see many who grasped the essence of their participation on the programme as the session wore on. But it was often frustrating when some students behave

negatively in class, or failed to realise that teachers and other staff are putting in tremendous work to help them make good use of the opportunity that the Freshstart provision is. Wishing the students every success in their journey of life!

Thanks to the Freshstart staff for the tremendous work and hilarious time which made the challenging times pale into insignificance.

Kayode Olatuyi

A lively mix of characters and ages, from a range of different backgrounds, a wonderful group for this team.

Doubling up as surrogate parents to some, mentors, youth workers, counsellors offering a listening ear and tips to

release anxiety, or maybe a life changing referral for others, all parts of the job, as well as delivering fantastic, appropriate teaching.

With the learner's best interests at heart, they are always reinforcing good manners and respect in its true definition, and support each other in that regard.

Kristeen Dorsett



The end of another successful year has gone by and we say goodbye to our year 11 students. Everyone has worked hard and put in a lot of effort throughout the year in order to pass exams and gain pass marks on their courses. It's been a pleasure teaching GCSE maths and we have seen some very good skills which can hopefully

be developed as they go on their journey on future courses. I'm hoping that August produces some pass marks in GCSE maths and the students get what they deserve for the hard work they have put in. Good luck guys and well done!!

Dean Esprit

Many of the students are coming back here to the skills centre to progress onto full time construction courses next year.

I wish them all the best for next year in their chosen fields and look forward to seeing the returning students at the skills centre. Thank you to Gerry for his continued support.

David Bennet



My Year in FreshStart.

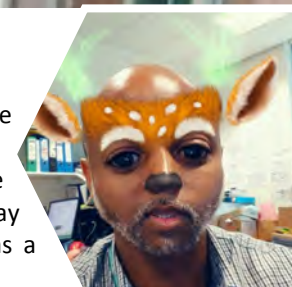
My first year as the Positive Behaviour Mentor (PBM) has been interesting and I have been able to have more of a say than I did last year working as a Teaching Support Assistant.

I have enjoyed working with the students, being able to support them with their behaviour, emotional needs as well as a point of contact when students wanted to have a voice. My role as the PBM is to also support the students when making decisions about their future goals.

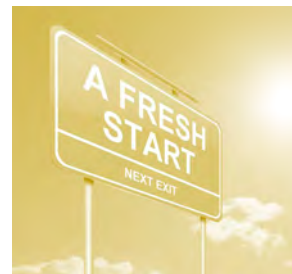
With the support of management I set up and manage the lunchtime club and have had the opportunity to interact further with the students outside of their learning environment.

This year I have enjoyed my time at West Thames because I have had the opportunity to engage with the students on an emotional level.

Theo Manderson



FRESHSTART STAFF MESSAGES

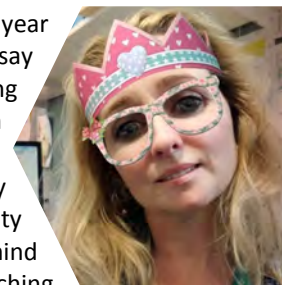


Having joined the **Freshstart** team in November of 2016, I feel the team has been very helpful in accepting me as a valued member. I have been able to form valuable relationships, both with the students and staff alike. It has been very fulfilling to see progress in many young people, particularly the year 11s, working towards GCSEs, BTECs and Vocational exams.



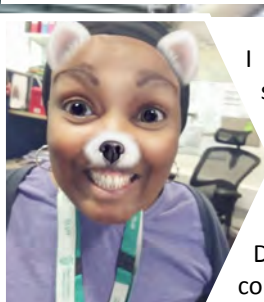
I wish you all future success
Adrian Ward

We have come to that time of year again when we have to say goodbye to all those young people who walked through our doors in September 2016. As a teacher, I always feel very lucky when I get the opportunity to work with students who remind me of why I went into the teaching profession in the first place. This year has been no exception. I have been very lucky to have had the chance to work with a cohort of individuals who have made life at **Freshstart**, fun, lively and challenging. This year I have seen a strong commitment from our young people to do well. They have worked hard, maintained a positive attitude to their education, and I feel confident of positive outcomes for them both socially and academically.



We have had great pleasure in seeing our young people mature into independent young people who are ready to embrace new opportunities beyond Fresh start. I wish them all the best for the future.

Tula Monaghan



I entered teaching to work with KS4 students and working in the Freshstart Department have inspired me to pursue this area of education further.

I have been at West-Thames for 18months working within the Freshstart Department - the students' who have come through the door have been a pleasure to work with.

I have worked with Group D since their start in January and have thoroughly enjoyed my time working with them. They have made me laugh as well as made me cry but I would not change my experience with this group as well as my experience with the students' who are part of Freshstart.

Freshstart students' are truly an amazing and inspirational bunch of young people who have dreams, aspirations who through hard work and dedication can reach for the stars.

I would like to take this opportunity to wish them all the best in their future adventures.

GOOD LUCK!

Yvonne

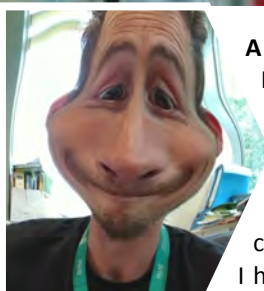
An eventful year!!!

I have been a member of the **Freshstart** team for 7 years now and the changes in our area since I started as a Student Support Assistant have been incredible. I am now in my third year of teaching and this has to be one of my most challenging due to increased numbers of students and their needs. The students- Well, our young people have kept me on my toes throughout this very busy year. Each night I go home exhausted. Would I change it, NO!! I reflect on the students journey throughout the year. Looking at their starting point, their issues, their resistance and seeing their progression throughout the year. It has, as always, been a challenge which I have embraced and smile with pride when I see the achievements of our young learners. I am proud of each and every one of you.



I want to wish each and every one of you the very best of luck for your future plans and may your long term goals be reached and achieved.

Lexi



A TEACHERS HOPE.

It's time to say good - bye;

This is the end of the year.

I think I have something in my eye...

No, it's just a tear.

I've watched you learn and grow and change from day to day.

I hope that you have come to know something to guide your way.

So I will treasure happy memories as I send you out the door, hoping you have the expertise to handle what life has in store.

Gerry

FRESHSTART STUDENT MESSAGES



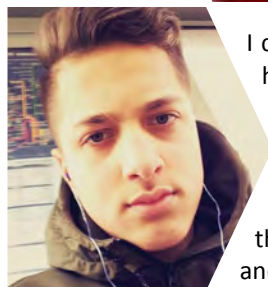
I started in **Freshstart** on January 9th 2017. I joined Freshstart because I dropped out of High School for mental health reasons. Since coming to West Thames my health has improved and I've excelled. I am thankful for the help I have received from my teachers because I wouldn't have been able to aim or achieve as much without them. I have also learnt a lot from my peers and about myself. Next year I'm going to do a Level 2 course in Art and Design.

Emily Oldfield New



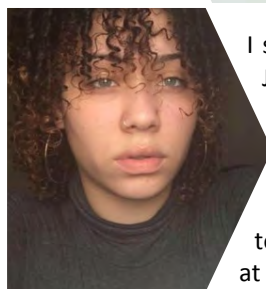
I started **Freshstart** at West Thames College late February. I was referred to fresh start due to attendance issues. Since joining fresh start my attendance has improved well and I have studied hard. Also I have made friends across the course and thought the college. Last year I put in less effort as I have done this year. Furthermore, because I have finished my Art and Design this year. Because of this I am able to take art and design level 2 next year at West Thames College. I thank Lexi my tutor for all the support I have had the rest of this year. Also Mark as he has helped me through most lessons with the thanks to him to.

Henry Hogg



I came to **Freshstart** because of my behaviour in my previous school, I got into a lot of fight and arguments and I didn't get along with most of the teachers in high school. But when I got referred here I got along with all the teachers and I feel more relaxed and teachers treat me like adult and they don't keep on bugging me on doing my work. In Fresh Start you have way more freedom, you can make you own decision and teachers won't force you in doing anything you don't want to.

Shahram Fazley



I started **Freshstart** at West Thames in January 2017. Since I have started I believe my behaviour has done a complete U-turn. One of the reasons why that is the teachers treat me like a young adult and listen to what I have to say. I am staying on at West Thames to start a new course in L2 Performing Arts and Dance.

Dashia Newton

FRESHSTART STUDENT MESSAGES



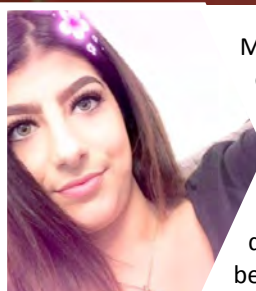
I started in Fresh start in January 2017. Since I started fresh start things have been much better for me because teachers support me when I speak about my problems to them. I came to Fresh start because school really wasn't the one for me. When I leave I hopefully get into an apprenticeship in child care. **Miar Lynch**



I came to **Freshstart** in February. I think that being referred to this course has helped me develop my learning skills and attitude towards learning. I think this is because its way more relaxed and laid back than school but still get the same amount of work done. I find that Art and Design is an enjoyable course and a memorable experience. I plan to take a L2 Business course next year here at West Thames College. Most of all I would like to thank all the teachers for helping me through the course especially Lexi. **Mohamad Darraz**

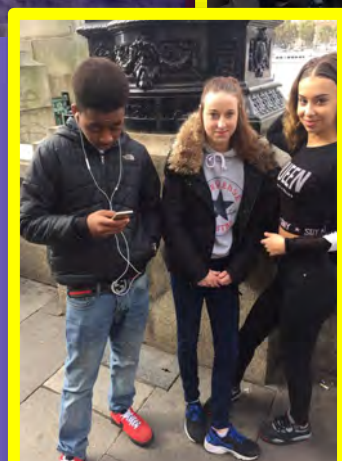


I came to **Freshstart** in January 2017 from Hampton Academy I came as I got kicked out due to my behaviour and attitude. But since I started my behaviour has improved as well as my grades in English and maths. As well as my attendance improved as the teachers are more laid back and don't send you out or give detentions for no reason. As well as the classes being smaller so I can get more help with my work when I need it. Next year I will be leaving west Thames college and going to the skills centre in Feltham to study a construction multi skills course. **Charlie Slater**



My time at **Freshstart** was a very good experience for me. I found fresh start really good for me because it helped me get back into an education routine and back to normal lifestyle. I found the art and design fresh start really interesting because I learned a lot about drawing and art and also clay making. I've really enjoyed my time at West Thames Collage. I would also thank my teacher Alexia for getting me through my year and helping me take one foot forward to my future. Next year I've planned to take level1 Health and Social Care. **Sedra Lahem-Al-Ajanji**

FRESHSTART STUDENT TRIPS





STUDENT OF THE YEAR
BEST ART & DESIGN STUDENT
BEST ATTENDANCE
MOST IMPROVED
BEST CONSTRUCTION STUDENT

NOW LETS HAVE A LOOK
AT WHO HAS BEEN RECOGNISED FOR THEIR
**EFFORTS & ACHIEVEMENTS OVER
THE PAST YEAR**

WE WOULD LIKE TO RECOGNISE ALL OF THE STUDENTS, BUT
WE COULD ONLY PICK ONE FOR EACH CATEGORY.
SO HERE ARE THE WINNERS!!!

BEST ENGLISH STUDENT
BEST SPORTS STUDENT
BEST TRAVEL & TOURISIM STUDENT
BEST MATHS STUDENT





FRESHSTART 2016/17

BEST ART & DESIGN STUDENT

EMILY OLDFIELD-NEW

WINNER



FRESHSTART 2016/17

BEST ATTENDANCE

WADE MASON

WINNER



FRESHSTART 2016/17

BEST CONSTRUCTION STUDENT

GEORGIE NORRIS

WINNER

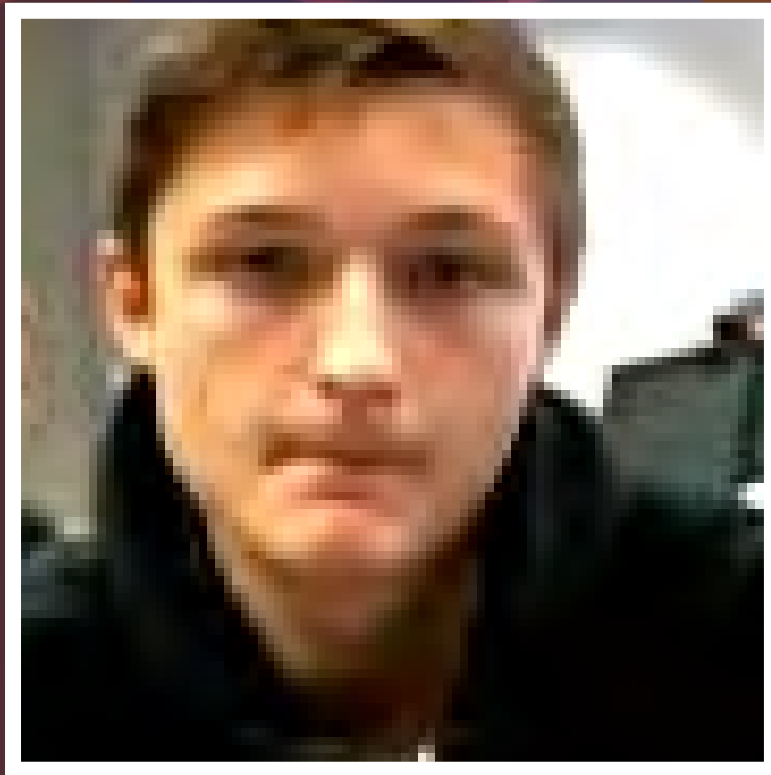


FRESHSTART 2016/17

MOST IMPROVED STUDENT

FAHIIMA MOHAMMED

WINNER

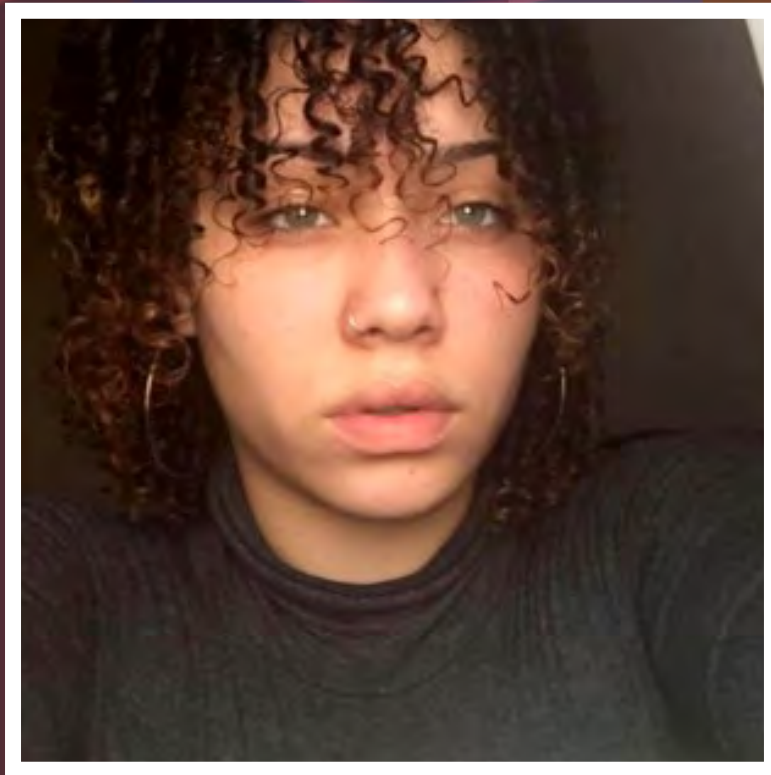


FRESHSTART 2016/17

BEST ENGLISH STUDENT

SEAN HENNESSEY

WINNER



FRESHSTART 2016/17

BEST MATHS STUDENT

DASHIA NEWTON

WINNER



FRESHSTART 2016/17

BEST SPORTS STUDENT

LEWIS ROBINSON

WINNER



FRESHSTART 2016/17

BEST TRAVEL & TOURISIM STUDENT

WERONIKA BANASIAK

WINNER



FRESHSTART 2016/17

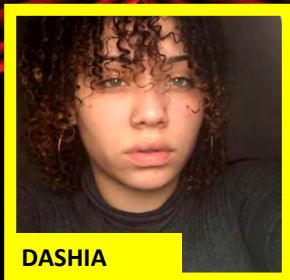
BEST WORK EXPERIENCE STUDENT

JOSHUA BROWN

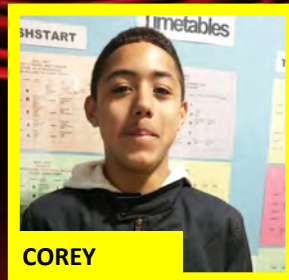
WINNER



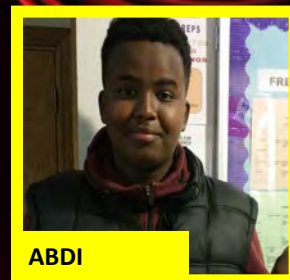
EMILY



DASHIA



COREY



ABDI



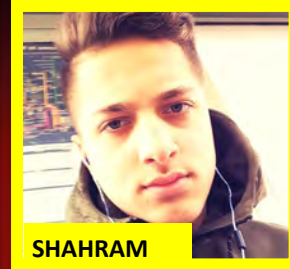
WADE



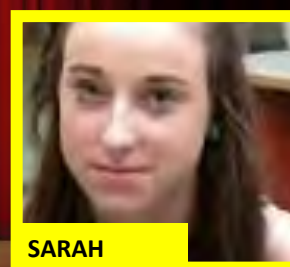
KYANNE



FAHIIMA



SHAHRAM



SARAH

FRESHSTART STUDENT OF THE YEAR
2016/17

STUDENT OF THE YEAR

NOMINEES

EMILY OLDFIELD-NEW
DASHIA NEWTON
COREY GILES
ABDI FARHAAN
WADE MASON

KYANNE MILLS
FAHIIMA MOHAMMED
SHAHRAM FAZLEY
SARAH HILL-FOREY



FRESHSTART STUDENT OF THE YEAR
2016/17

STUDENT OF THE YEAR

KYANNE MILLS

WINNER

FRESHSTART ALTERNATIVE PROVISIONS STAFF 16/17

Tutor/ Lecturer



ANITA

Manager/Tutor/Lecturer



JULIE

Tutor/ Lecturer



KEITH

Tutor/ Lecturer



LEXI

Tutor/ Lecturer



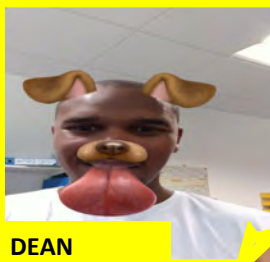
GERRY

Lecturer



TULA

Tutor/ Lecturer



DEAN

Attendance/Safeguarding



CARLY

Mentor



THEO

Family Support



GEORGE

Lecturer



CHANDRIKA

Lecturer



DAVID

FRESHSTART

ALTERNATIVE PROVISIONS STAFF 16/17

Connexions Advisor



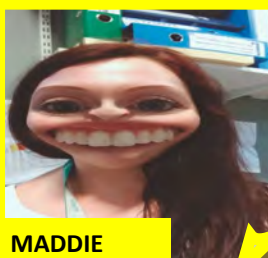
DEE M.

Support Staff



TRACEY

Support Staff



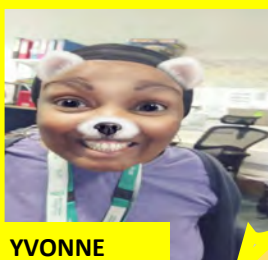
MADDIE

Support Staff



MARK

Support Staff



YVONNE

Support Staff



KAYODE

Support Staff



KRISTEEN

Support Staff



ADRIAN

Support Staff



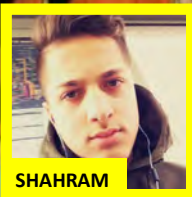
EVERIS

Counsellor



DEE

FRESHSTART ROGUES GALLERY 2016/2017



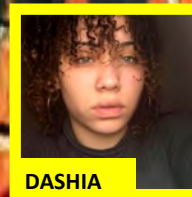
SHAHRAM



LEWIS



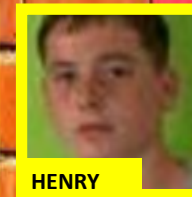
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DASHIA



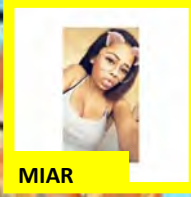
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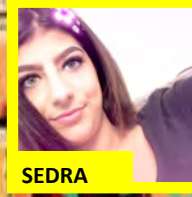
HENRY



DARRAZ



MIAR



SEDRA



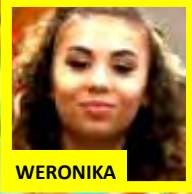
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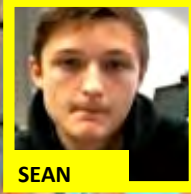
KYANNE



JOSH



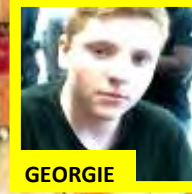
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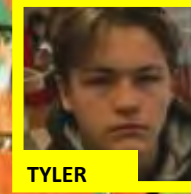
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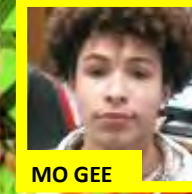
FAHIIMA



GEORGIE



TYLER



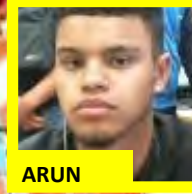
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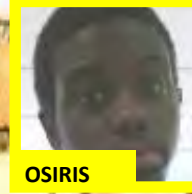
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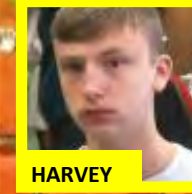
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OSIRIS



TYREEK



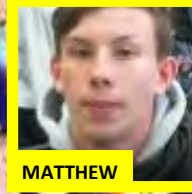
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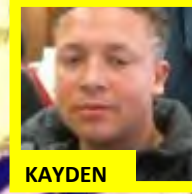
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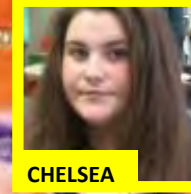
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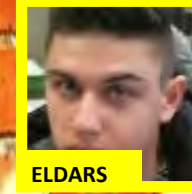
MATTHEW



KAYDEN



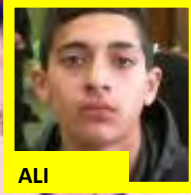
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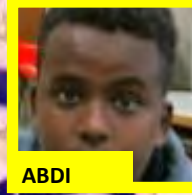
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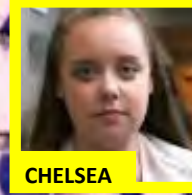
RICARDO



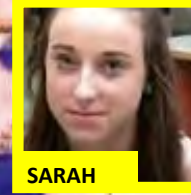
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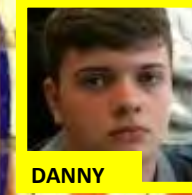
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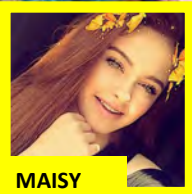
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SARAH



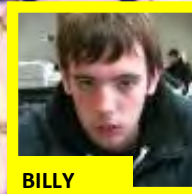
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MAISY



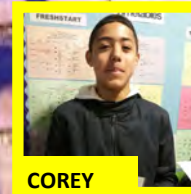
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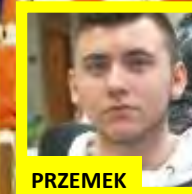
BILLY



JOE



COREY



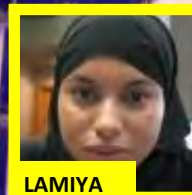
PRZEMEK



MICHAEL



KAINE



LAMIYA



DEVELOP A PASSION FOR LEARNING.
IF YOU DO, YOU WILL NEVER CEASE
TO GROW.

POSITIVE ACTION
COMBINED WITH POSITIVE
THINKING
RESULTS IN SUCCESS

SUCCESS IS NOT THE KEY TO HAPPINESS.
HAPPINESS IS THE KEY TO SUCCESS.
IF YOU LOVE WHAT YOU ARE DOING,
YOU WILL BE SUCCESSFUL.

PRACTICE ISN'T THE THING YOU DO ONCE YOU'RE GOOD.
IT'S THE THING YOU DO THAT MAKES YOU
GOOD.

THE DICTIONARY IS THE ONLY PLACE
WHERE SUCCESS COMES BEFORE WORK

THE STARTING POINT OF ALL ACHIEVEMENT
IS DESIRE.

PREPARATION IS THE KEY TO **SUCCESS.**