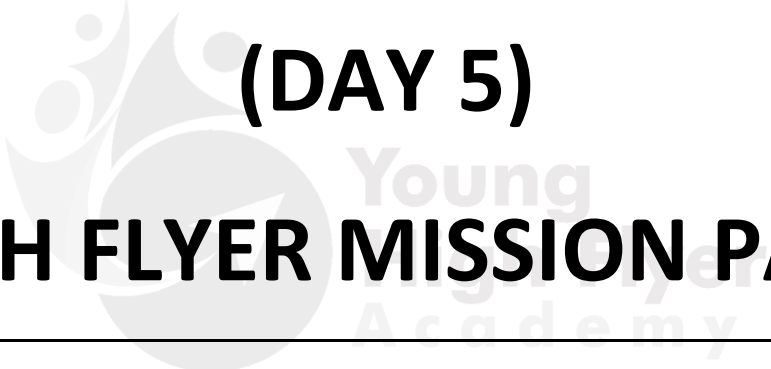


ACADEMIC EXCELLENCE ACCELERATOR PROGRAMME (DAY 5) HIGH FLYER MISSION PACK

The logo for Young High Flyer Academy is a light grey watermark in the background. It features a stylized graphic of three figures jumping or running in a circle, with the text 'Young High Flyer Academy' written in a sans-serif font across the middle.

Theme: Performing Under Pressure

MISSION 1

My Calm Before the Test Mission

Objective

Practise staying calm and confident before an assessment.

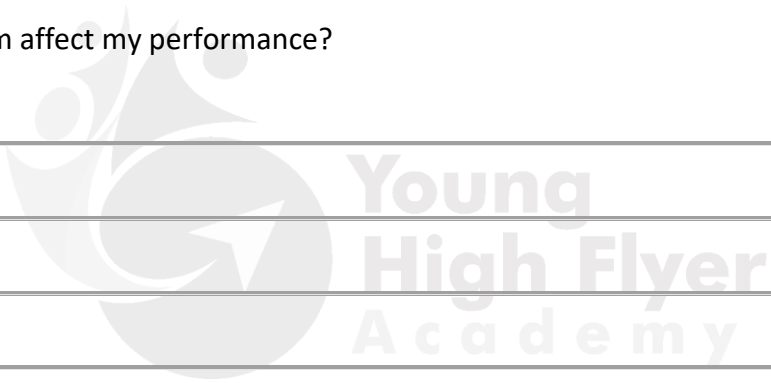
Your Mission

Before your next class test, quiz or assignment:

- ☐ Arrive early. ☐ Take three slow, deep breaths. ☐ Tell yourself one positive affirmation.
- ☐ Smile and sit confidently. ☐ Begin only after reading the instructions carefully.

Reflection

How did staying calm affect my performance?



Young High Flyer Academy

MISSION 2

Read Like an Examiner Mission

Objective

Develop the habit of reading questions carefully.

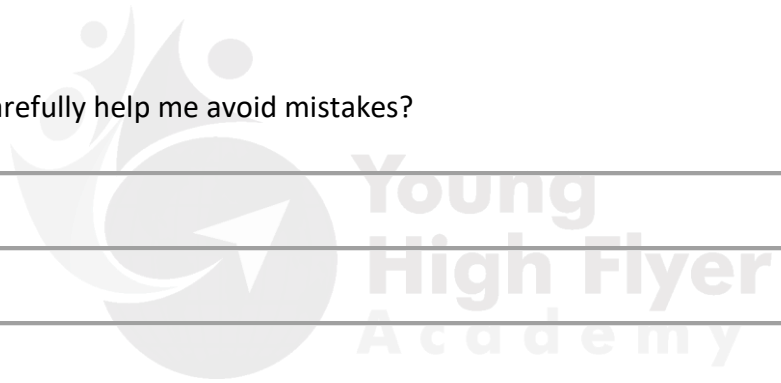
Your Mission

During your next assignment or test:

- ☐ Underline the key words in every question.
- ☐ Circle the command word (Explain, List, Compare, Describe, etc.).
- ☐ Think before writing your answer.

Reflection

Did reading more carefully help me avoid mistakes?



MISSION 3

Beat the Clock Mission

Objective

Improve examination time management.

Your Mission

Complete one homework or practice exercise using a timer.

Record your results.

Activity	Time Planned	Time Used

Reflection

Did I finish on time?

If not, what slowed me down?

MISSION 4

Family Examination Coach Mission

Objective

Teach someone the PERFORM Framework.

Your Mission

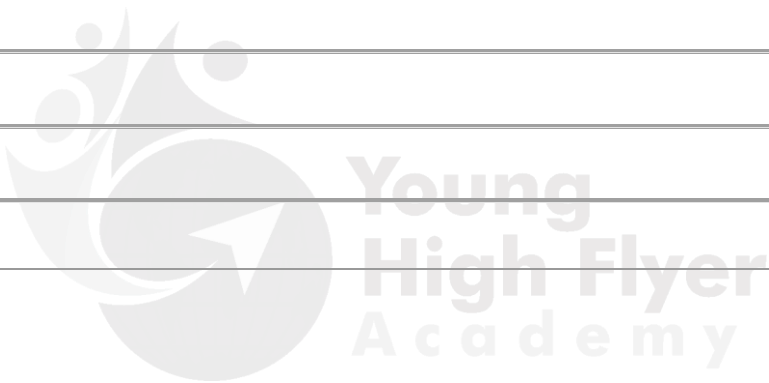
Explain the PERFORM Framework to:

☐ Parent ☐ Guardian ☐ Sibling ☐ Friend ☐ Teacher

After explaining it, ask them:

"What part of PERFORM do you think is most important?"

Their answer:



Reflection

Teaching someone helped me understand it better because...

MISSION 5

Mock Examination Mission

Objective

Apply the complete PERFORM Framework.

Your Mission

Choose one subject.

Complete one past question or class exercise while following every PERFORM™ step.

Afterwards, tick what you achieved.

☐ Prepared well. ☐ Stayed calm. ☐ Read carefully. ☐ Planned my answers.

☐ Managed my time. ☐ Reviewed my work. ☐ Reflected afterwards.

Reflection

Which PERFORM step made the biggest difference?

MISSION 6

Confidence Builder Mission

Objective

Strengthen positive examination habits.

Your Mission

For the next five days, repeat these affirmations every morning before school.

- ☐ I prepare well.
- ☐ I remain calm.
- ☐ I understand what I read.
- ☐ I manage my time wisely.
- ☐ I perform at my best.

Reflection

How has my confidence changed this week?



MISSION 7

Performance Improvement Mission

Objective

Learn from your last examination.

Your Mission

Review one previous test or examination script.

Identify:

- Three things I did well.

1.

2.

3.

- Three things I will improve next time.

1.

2.

3.

Reflection

One lesson I will never forget is...

MISSION 8

High Flyer Performance Promise

My Mission Commitment

I understand that outstanding academic performance is not an accident.

It is the result of preparation, confidence, discipline and continuous improvement.

Beginning today, I commit to:

- ☐ Preparing intentionally.
- ☐ Remaining calm under pressure.
- ☐ Reading every question carefully.
- ☐ Managing my examination time wisely.
- ☐ Reviewing my work before submission.
- ☐ Learning from every assessment.
- ☐ Striving for excellence every day.

Student Name

Signature

Date

Parent / Guardian Signature

Coach's Closing Message

Every examination is an opportunity to demonstrate your preparation, your confidence and your growth. High Flyers don't fear pressure. They prepare for it and perform with excellence.

HIGH FLYER DAILY CHALLENGE CARD

Theme: Performing Under Pressure

Challenge Title: Calm Under Pressure

Today's Challenge

Top-performing students are not the ones who never feel pressure. They are the ones who have learnt how to stay calm, think clearly and perform at their best when it matters most.

Today's challenge is to practise one simple performance habit that will help you become confident before every test, quiz or examination.

Choose one opportunity today to apply the **PERFORM Framework** before completing any schoolwork.

My Performance Habit

What is the one performance habit I will practise today?

Examples:

- Read every question carefully before answering.
- Stay calm before starting my classwork.
- Use my time wisely during an assignment.
- Review my work before submitting it.
- Pause and think before writing my answers.
- Replace fear with positive self-talk.

My habit:

My Performance Plan

When will I practise it?

Where will I practise it?

What situation will I use it in?

What might make this difficult?

How will I overcome that challenge?

PERFORM Check

Before you begin, review your plan.

- ☐ **P** – I prepared before starting.
 - ☐ **E** – I entered calmly and confidently.
 - ☐ **R** – I will read every instruction carefully.
 - ☐ **F** – I will think before writing my answers.
 - ☐ **O** – I will manage my time wisely.
 - ☐ **R** – I will review my work before submitting.
 - ☐ **M** – I will learn from today's experience.
-

Challenge Check-In

At the end of the day, answer honestly.

Did I complete my challenge?

☐ Yes

☐ Not Yet

If YES...

What helped me perform well?

If NOT YET...

What prevented me from succeeding?

What is my **PERFORM Plan** for tomorrow?

High Flyer Power Question

Before every test, assignment or class activity today, ask yourself:

"Am I reacting to pressure, or am I responding with preparation?"

Write one decision you made differently because of this question.

Today I am proud that I...

Coach's Encouragement

Remember the **PERFORM Academic Performance Framework**.

P — Prepare Intentionally

Preparation builds confidence.

E — Enter Calmly

A calm mind performs better.

R — Read Carefully

Understand before you answer.

F — Formulate Before Writing

Think first. Write second.

O — Optimise Time

Use every minute wisely.

R — Review Before Submission

Small corrections improve results.

M — Measure & Improve

Every assessment is an opportunity to grow.

HIGH FLYER REFLECTION JOURNAL

Theme: Performing Under Pressure

Reflection Theme: Preparing Well. Performing Well.

Before I Leave Today...

Take a few quiet minutes to think honestly about today's session. Remember that excellent performance is not only about what you know, it is also about how well you prepare, stay calm and apply what you know when it matters most.

1. My Biggest Discovery

Today I discovered that...

The idea that changed the way I think about examinations was...

2. Understanding PERFORM

Which part of the **PERFORM Academic Performance Framework** challenged you the most?

- ☐ **P – Prepare Intentionally**
 - ☐ **E – Enter Calmly**
 - ☐ **R – Read Carefully**
 - ☐ **F – Formulate Before Writing**
 - ☐ **O – Optimise Time**
 - ☐ **R – Review Before Submission**
 - ☐ **M – Measure & Improve**
-

Why?

Which PERFORM principle will make the greatest difference in your academic performance?

3. My Examination Habits

One examination habit I want to stop is...

One examination habit I want to strengthen is...

The first action I will take before my next test is...

4. My Performance Plan

Today I developed a better strategy for performing under pressure.

How confident do I feel about using it?

☐ Very Confident

☐ Confident

☐ Somewhat Confident

☐ I Need More Practice

What might prevent me from performing at my best?

How will I overcome that challenge?

5. My Performance Mindset

Complete the statements.

Excellent performance happens when I...

Preparation gives me...

Confidence grows when I...

6. My Support System

Who will encourage me before my next examination?

Name

Relationship

- ☐ Parent
 - ☐ Guardian
 - ☐ Teacher
 - ☐ Friend
 - ☐ Sibling
 - ☐ Mentor
-

How will this person help me prepare and perform well?

7. Looking Ahead

Before my next assessment, I will focus on these three actions:

Action 1

Action 2

Action 3

8. My Personal Victory

Today I am proud that...

One way I handled pressure better today was...

One success I will celebrate after my next assessment is...



9. My Commitment

Read this aloud.

I understand that outstanding performance is built long before an examination begins.

I choose to prepare intentionally.

I choose to remain calm under pressure.

I choose to think carefully before responding.

I choose to manage my time wisely.

I choose to review my work before submitting it.

Every assessment is an opportunity to learn, improve and grow.

Every challenge is making me a stronger learner.

I am becoming the kind of student who performs with excellence because I prepare with excellence.

I am a High Flyer!

Coach's Closing Reflection

Imagine two students with the same level of knowledge. One becomes anxious, rushes through the questions and submits without checking.

The other prepares early, remains calm, manages time wisely and reviews every answer before submitting.

Who is more likely to perform at their true potential?

Success in examinations is not determined by intelligence alone. It is determined by preparation, confidence and disciplined execution.