

The  
Dr Sergis  
Academy

# NEWSLETTER

Spring/Summer 2016

Issue 7

## 'Education is our Motivation'



### IN THIS ISSUE...

- The development and future of the Dr Sergis Academy, including information about the academy as a future exam centre and the introduction of new staff.
- Question and answer session with Dr Sergis: what inspired him to pursue a career in science and teaching; who or what was his inspiration; with an introduction and questions by Gabriella Pace, the receptionist.
- Poet's corner. Find out more about our receptionist Gabriella and how she enjoys writing poetry in her spare time, with an introduction by Dr Sergis.
- Also in this issue we have a quote from Demosthenes, the Greek rhetorician and politician, and a beautiful landscape image of the Colorado Desert, USA.



**Dr Sergis teaching in the Beta Room...**

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*"Dr. Sergis gave my daughter Elizabeth Richards tuition for her A level Mathematics, and she achieved a grade B. Elizabeth went to Lincoln University and Graduated with a First Class Honours degree in Accounting and Finance. Thank you Dr. Sergis for the tuition and continued support that you gave to Elizabeth, it is really appreciated".*

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*-Mr. Graham Richards, Chartered MCSI*

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## WHAT'S NEW IN 2016?

### WHAT'S IN STORE FOR THE FUTURE?

#### Contact Us

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The Academy is well on its way to becoming a private college specialising in the teaching of Science, Mathematics and English. We will also be acquiring centre numbers from the major examining boards: AQA, Edexcel and OCR, for students to take their exams on the premises. This development has resulted from the increasing popularity of the centre, its excellent success rate and outstanding grades from our students. We also owe this to our wide range of educational resources, modern infrastructure and unique and comfortable classroom facilities. We can boast a fully equipped science laboratory, fitted with fume cupboards, lab benches and sinks. The lab will be used for A-level practical examinations as well as when Dr Sergis and his research students conduct scientific research.

Receptionist Gabriella in the lab, next to one of the brand new fume cupboards.



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*"Thank you for teaching me Science and Maths. I now feel more confident in my abilities and choice of career. I have now recommended you to my friends."*

*—Chris*

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*Gabriella in her office...*

We are also pleased to have an excellent receptionist, Gabriella Pace, who joined us last year. She is currently doing a business admin apprenticeship at the Academy and hopes to remain with us when this finishes in July of this year. Gabriella is here to answer any questions about the Academy and to ensure that your learning experience is always a welcoming and pleasant one.

We recently started with our new research student, Carolina Christoforou, who is studying applied science at the University of Kent in Canterbury. Carolina enjoys helping out at the academy, alongside Gabriella, who is sorting the very useful worksheets and handouts for students and teachers. These worksheets are being filed into a meticulous index so they will be easier to find for future teachers and also for when Dr Sergis needs them while teaching. We hope Carolina will be working with us a lot more in the near future, particularly in doing some research with Dr Sergis in the laboratory.

**Mission Statement:**

The Academy is committed to providing excellent tuition that is affordable to everyone in order to build success for all. To achieve this, high quality teaching and professional guidance is always guaranteed.

**Dr. A. N. Sergis**



Dr Sergis with receptionist Gabriella (left) and Carolina (right)

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*"Many thanks for your hard work with Isaac. He obtained grade A's in his Maths and Science, and his teachers at Bishop Stopford's School are well pleased with him."*

*—Moira Sugden*

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We are also pleased to have a new teacher starting at the Academy. Mr Cheng used to be a student of Dr Sergis, who taught him throughout his GCSE's, to his A-Levels and then through his degree in Chemistry and his Masters in Biological Science. We feel he is a very trustworthy and suitable candidate as a teacher for the Academy, since he has had much experience with Dr Sergis' teaching methods.



**Mr Cheng pictured here with Dr Sergis**

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*"Thank you very much for teaching me GCSE Chemistry, Biology and Physics. I thoroughly enjoyed the lessons and obtained grade A stars in all three subjects!"*

*—Tazbita*

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## QUESTION TIME WITH DR SERGIS...



Dr Sergis is well renowned for delivering good quality teaching throughout North London. He possesses a drive and passion for teaching and gives many students the chance to aim high and reach their goals. As a scientist he is a role model for many of our students, having worked in labs trying to understand cancer cells and how we can fight them. It's always interesting to

find out what keeps people motivated, because most of us probably already know, that this is one of the sure ways to success. I asked Dr Sergis some questions, those which, I feel, the answers to will inspire us. I talk of motivation, interests and ambitions for the future.

Written by Gabriella Pace with answers from Dr Sergis.

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**G:** Dr Sergis, you are a scientist as well as a teacher and lecturer, but growing up, many of us want to be many different things; a vet, a doctor etc. Did you ever want to be something other than a scientist when you were growing up, or has that always been your ambition?

**D.S:** I was always a very curious and imaginative child. I remember looking at some old, second-hand encyclopaedias to see what the planets were made of when I was eight. I also remember making a scrapbook on astronomy, including the Apollo mission to the moon when I was 9. I also loved studying and drawing natural life, studying whales and dolphins. Having no siblings, I grew up with cats and many pets, including hamsters, goldfish, gerbils,

"Thank you for your very enjoyable and interesting lessons in A2 level Mathematics. I now feel I have really benefitted in my understanding of this subject."

—Catherine Michael

turtles, guinea pigs, rabbits and a dog! I loved animals so much that I always said I wanted to be a vet when people asked me. By the age of fifteen, I knew I wanted to study and be a scientist, but I didn't know what type of scientist. However, my parents wanted me to become an accountant!

**G: Studying and revising can be a bother for some people, especially near exam time. What motivated you at school to keep studying and what do you consider most important when revising for exams?**

"Thank you for teaching us A-level Chemistry, we have found your lessons really interesting and worthwhile. We got a grade A!"

—Andrea and Eleanor

**D.S:** I knew that in order to achieve something worthwhile in my life and to be happy, I had to study hard and pass my exams. I saw many kids in my class, especially the boys, fooling around and wasting time, and I knew I didn't want to be like them. I think it's important to allocate one or two hours each day revising for several topics after school, preferably after dinner! It's important to revise in an active way by writing down notes and revision cards, not just passively reading your notes. It's always useful to do questions at the end of each chapter in a textbook and check the answers at the back of the book.

**G: From your earliest memory, what interested you in science and what continues to interest you now?**

**D.S:** I think I was always inspired by nature and reading books about animals and plants from the public library. This, and a very curious mind, probably helped me to eventually decide to become a scientist later in life. My desire to always wonder about many things when I was growing up, including whether animals think like us, is still something I always wonder about.

Perhaps I always hoped (and still do!) that science may find answers to everything!

**G: Out of all the people in the world, those who are still with us or those who have long since passed, who would you say has been your greatest inspiration? What is it about them that inspires/inspired you?**

**D.S:** The ancient Greeks have always been a source of inspiration for me. All of our modern Western ideas and values can be traced back to them, both directly and indirectly. This includes our mathematical, scientific, artistic, theatrical, political, athletic and moral values. Ideas that form the basis of modern science, including the atomic theory and theory of evolution were forged in the ancient Greek world. In fact, we still are trying to answer many

of the deeper questions about the universe and reality that they hotly debated all those years ago. Aristotle stands out as a great inspiration to me. The scope of his philosophical and scientific works were wide ranging and he advised us to live our lives by the highest element in us and to achieve as much as possible in our short lives as he did himself. He inspired generations of Western thinkers, including Galileo, Newton and Darwin and still continues to inspire us.

**G:** Finally, what are your ambitions for the future, in terms of research?

**D.S:** I have many ideas concerning research. I plan to develop better methods for producing biologically important compounds, including proteins, lipids and polysaccharides. I hope my efforts will prove beneficial to society and medicine and provide more efficient methods of developing therapeutically important compounds, including anticancer drugs. I do plan to work as a consultant and advise people from industry, academia and research institutes on improved methods of producing useful compounds for society. Our well-equipped and modern laboratory facilities would also be very useful for training science students and for our A-Level Chemistry students, as practical assessment forms an integral part of their examinations.

**G:** Thank you Dr Sergis for taking the time to answer my questions. I hope some of the answers here will be an inspiration to all our readers.



## POETS CORNER...

Our receptionist Gabriella has an artistic flair and is also interested in history. She writes poems in her spare time. I have asked her about her interests and what motivates her to write her poems.

**D.S:** Gabriella, how did you develop your interest in writing poems?

**G:** I started getting really inspired in school in my English literature classes. I really loved it when we tried to unpick what a poet was trying to communicate through the words he/she used. I began to play around with words myself and then I realised it was really fun and that I was quite good at it.

**D.S:** Does your experience of school life or family life prompt you to write?

**G:** I think a bit of both in the beginning—just the experience of life in general. You go through so many strong emotions in life and when I go through a particular experience, I write out what I feel in words. I often write poems of other things, objects and people --anything.

**D.S:** Which poet or poets have inspired you most and why?

**G:** I would say my first inspiration was John Keats. He had a beautiful way of writing. His words are transporting and my favourite poem of his has to be Bright Star. I have also been interested in Emily Dickinson. Not so much her work, but more her life story. We don't really know what happened to her in the latter part of her life, she hardly ever ventured to the outside world. I like to think that she sort solace in writing her poems. There are so many others whose works I enjoy. I love Shakespeare's sonnets too.



**D.S:** I understand you also enjoy sketching and painting. What motivates you to do this?

**G:** I love to paint nature and beauty, there are so many beautiful colours and textures in nature and it really takes a very good eye to capture this. If I see a lovely flower or landscape, I just want to paint it. Also, I just like to play around with different materials. There are pastels, paints, and so many different fabrics and types of paper that I like to use. Sketching is still something I am trying to work on, and I think it gets better with practice.

**D.S:** Which historical figure or figures have inspired you most and why?

**G:** That's quite a hard question for me, but I'd probably say Elizabeth the first. In terms of being a role model in my life and the ability to be resilient as she was, I think, she was the epitome of resilience and courage. She was a pretty strong woman. She went through a lot in her lifetime, in a time when things were so unstable. She was a discarded princess at one point, then a queen on top of a golden world.

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***'Painting is poetry which is seen and not heard,***

***&***

***Poetry is a painting which is heard but not seen.***

***~Leonardo Da Vinci***

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## DEMOSTHENES (384-322 BC)

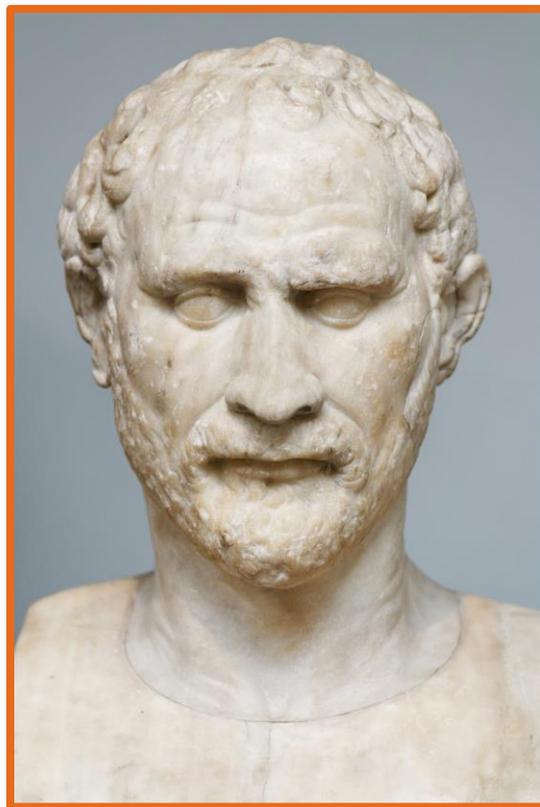
### THE FAMOUS ORATOR OF ANCIENT GREECE

The quote for this newsletter comes from the great rhetorician and the creator of rhetoric art in Ancient Greece, Demosthenes. He became a politician and general of Athens despite being naturally timid, quite weak physically and he also had a stammer. His life was a struggle from beginning to end. He did many things in order to make his voice strong and clear. He tried to talk with pebbles in his mouth and tried to recite poetry while running up a hill. Demosthenes developed the art of rhetoric to such an extent that he influenced future politicians right through to the present time.

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*‘Everything is possible, when one does not avoid struggle.’*

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## PICTURE PERFECT

Featuring the Colorado Desert, Southern California in North America.

