



PERSONAL PROJECTS

2021-2022

How to have positive thoughts.



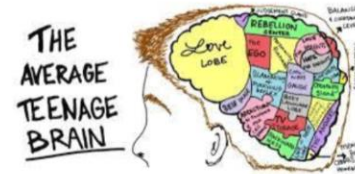
• Positives thoughts can be achieved through a few different techniques that have been effective.

• A few tips are:

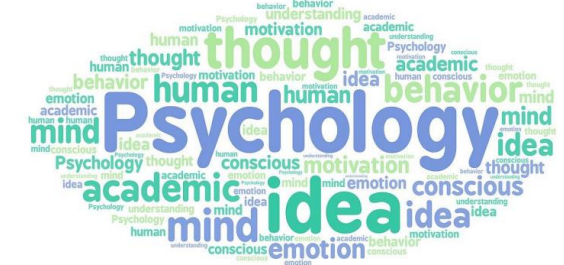
- 1) Focus on good things
- 2) Practice gratitude
- 3) Keep a gratitude journal
- 4) Spend time with positive people
- 5) Practice positive self-talk
- 6) Start everyday on a positive note

Why is a teenager's psychology the most affected?

- During the teenage years teenager's psychology plays a huge role. Their psychology can be affected from the smallest things. It can be affected by what people say, what they see on social media, the environment they live in, the music they listen to etc. Many teenagers go through different phases which may include depression and different disorders such as body dysmorphia, eating disorders, anxiety and mood disorders. This all happens because during the teen years because the brain is being reshaped and constructed.



How can we think positively?



A POWERPOINT PRESENTATION ON THE EFFECTS OF POSITIVE THINKING - CHRISTINA ABURUDAYNA

A COMPOSITION AND A JAZZ PIECE OF MUSIC WITH TRUMPET - SPYRIDON ANAGNOSTOU



Trumpet

Drums

Double Bass

ppp

pp

ppp

pp

The first system of the musical score is in 4/4 time. The Trumpet part begins with a *ppp* (pianissimo) dynamic, followed by a *pp* (piano) dynamic. The Drums and Double Bass parts also feature *ppp* and *pp* dynamics. The notation includes various rhythmic values and articulation marks.



3

Tpt.

Dr.

D.B.

The second system of the musical score is in 4/4 time. The Trumpet part (labeled 'Tpt.') begins with a *ppp* (pianissimo) dynamic, followed by a *pp* (piano) dynamic. The Drums and Double Bass parts also feature *ppp* and *pp* dynamics. The notation includes various rhythmic values and articulation marks.



In the video below (lasts for 1 min), I describe the trumpet parts:



[Trumpet description video](#)





DESIGN AND PRODUCTION OF A GARMENT - MELISSA ARONI

DESIGN OF FOOTWEAR/ SOLE FROM RECYCLING MATERIAL - GEORGE BOUZALAS

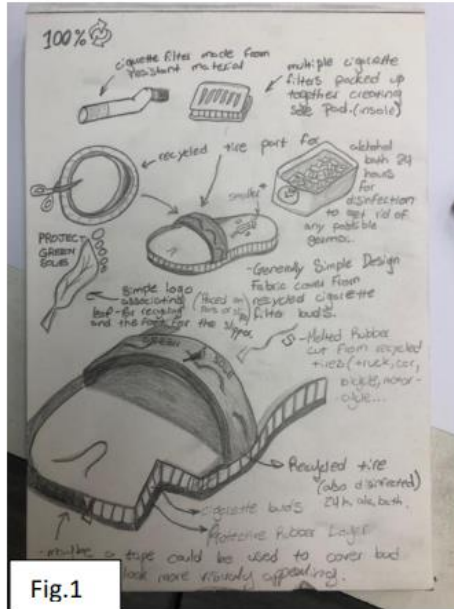


Fig.1





LEARNING TO PLAY AN INSTRUMENT (PIANO) - MARTA EMILY CALOTYCHOS

DRESS DESIGN - YINA (ANNA) CHEN



SCRIPT PLOT ON A MYSTERY PLAY – ZOI ANTONOPLOULOU – RARI

Script plot - final version

During a conference on the “transfer and addiction of drugs and how they affect us globally” – historians, doctors, social scientists, psychologists from all around the world have gathered in Vienna, alerted by a new drug (Love Revenge) with very high death rates.

A wealthy doctor, expert in drugs and researcher of the new drug, before giving a very important speech about it, is found dead, bearing all the symptoms of the particular drug (cerebral hemorrhage causing eyes to bleed excessively). The fact that the dead has his hands and legs tied and bears marks of violence, leads the police to the conclusion that drug was administered to him by someone else, so they initiate a murder investigation.

Who is the killer?

Is it the maid, who turns out to be the doctor’s abandoned child out of marriage, and had been plotting his murder for a long time?

Was she the inventor of this new drug that had caused the death of thousands?

Is she plotting against him because he abandoned her and left her homeless after her mother died?

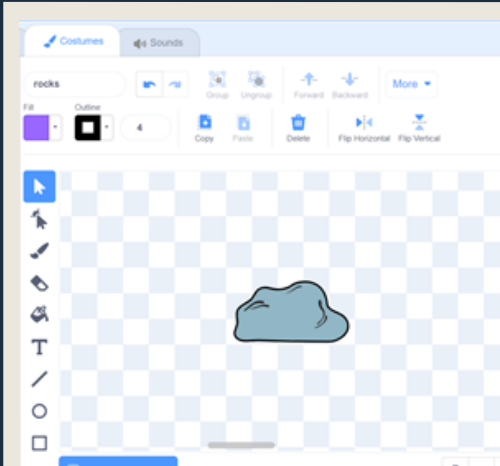
Who are the suspects?

All conference participants and employees of the hotel, along with several passers-by during the incident.

Who will resolve the case?

A young journalist named, Christopher, passionate about science and technology, who is assigned by his newspaper to cover the conference.

He happened to stay at the same hotel the doctors, historians and everyone that took part in the conference

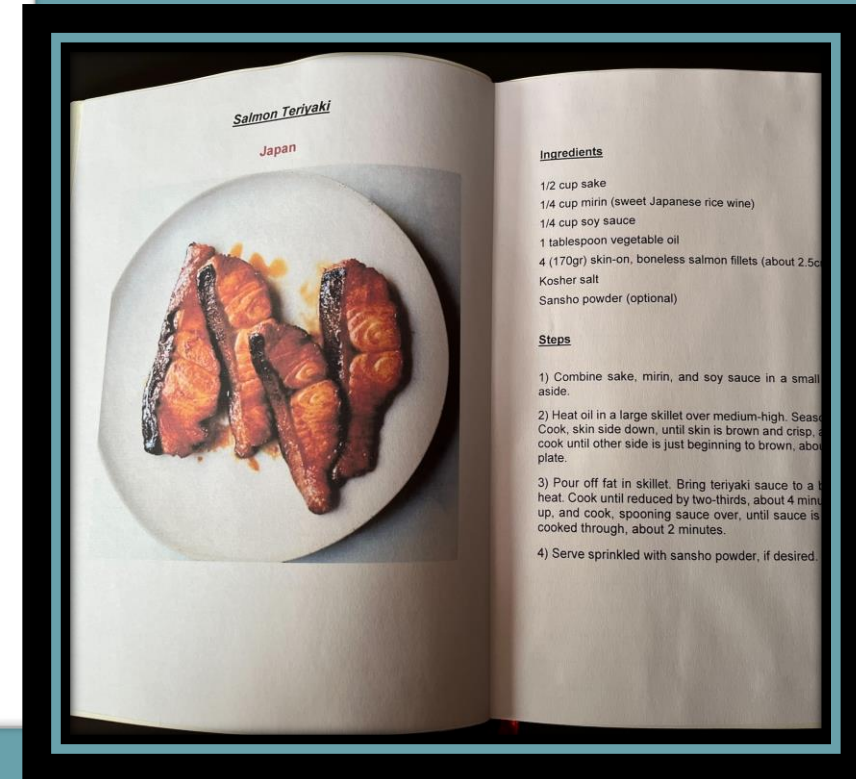
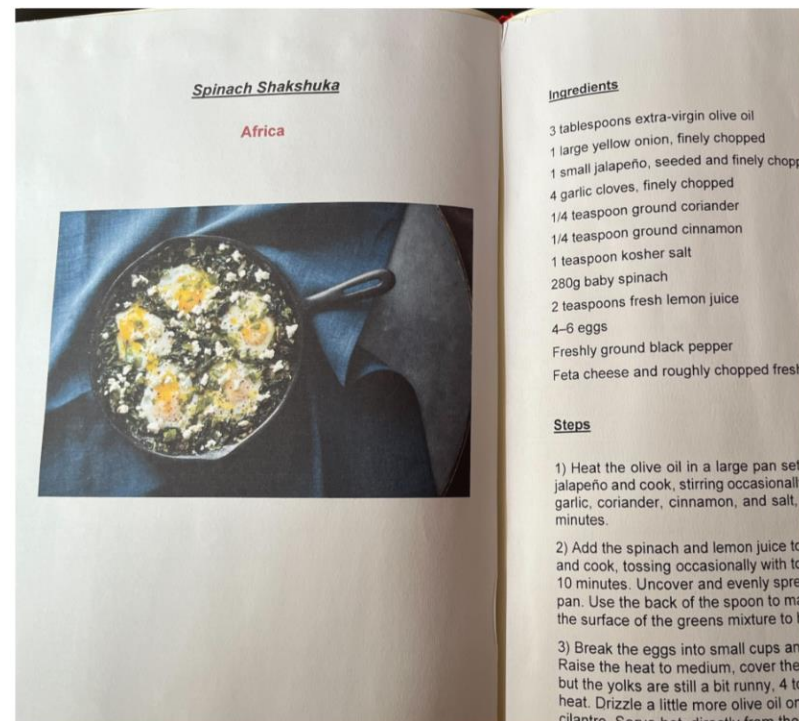
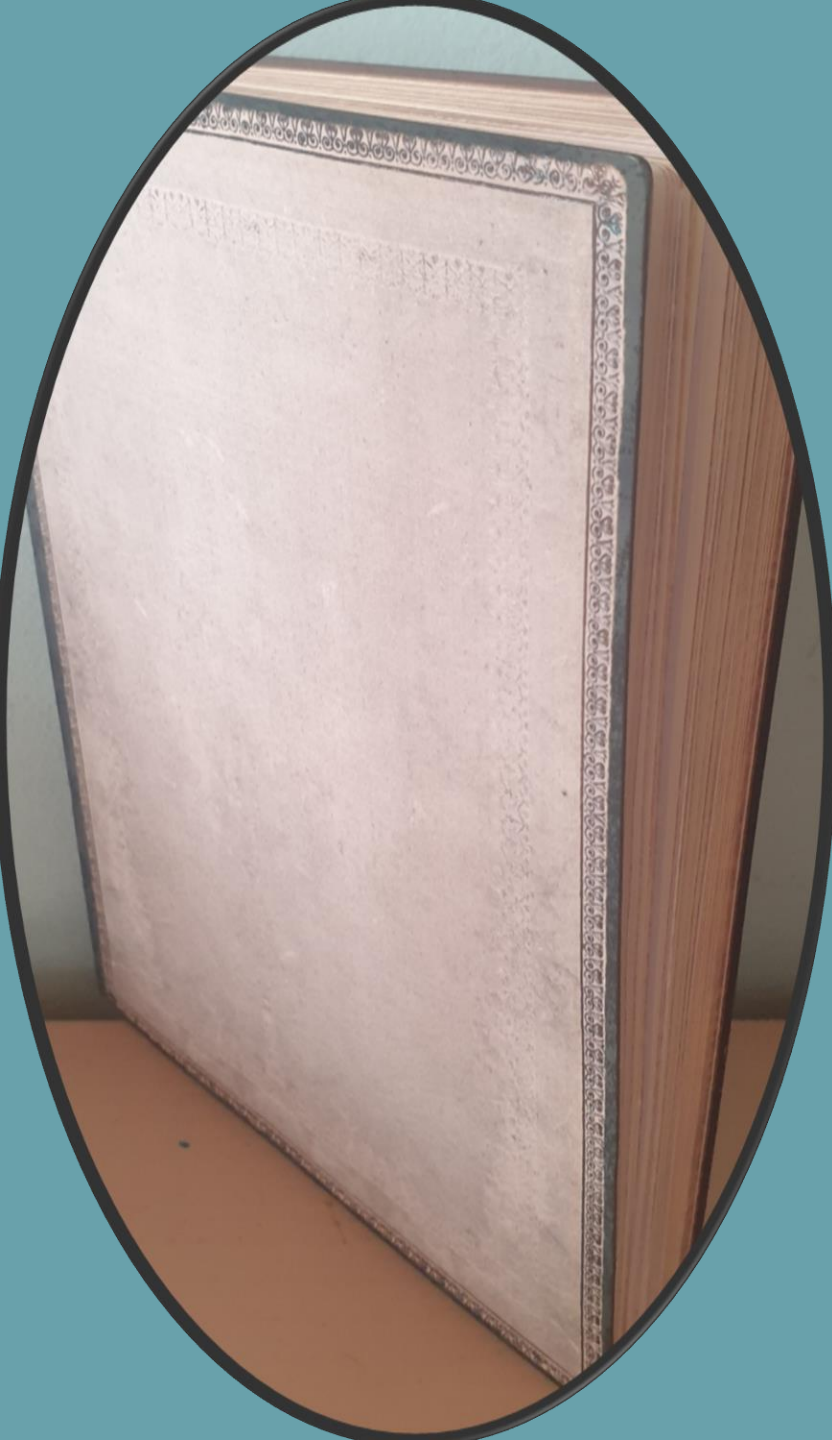


RACING GAME PROGRAM USING SCRATCH - MARK HOMSI

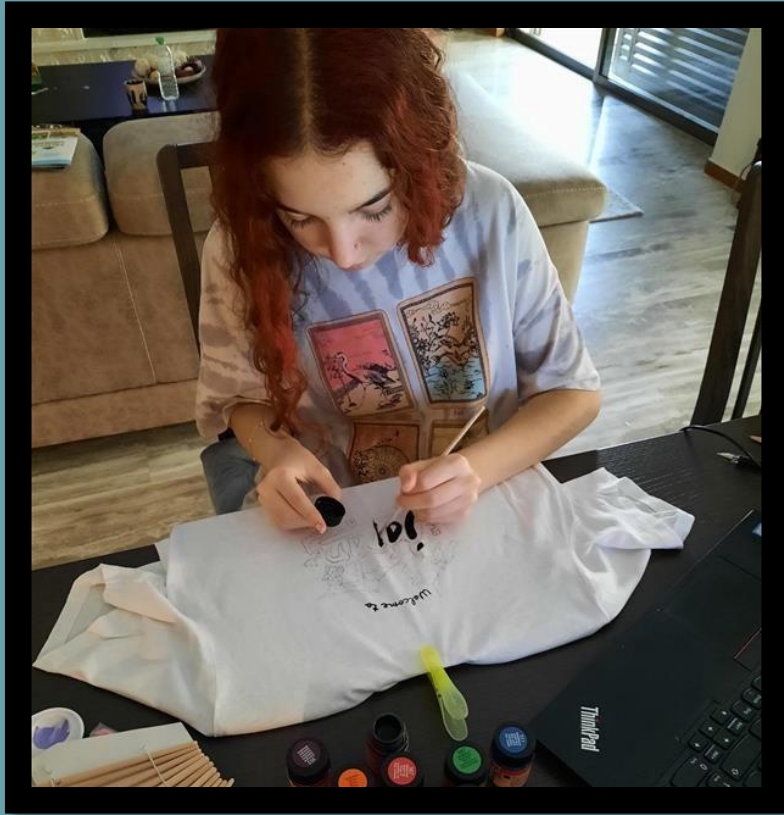


A STONE-
ARCHED BRIDGE
MAQUETTE -

IASON
KYRIAKOPOULOS
KOURKOULOS

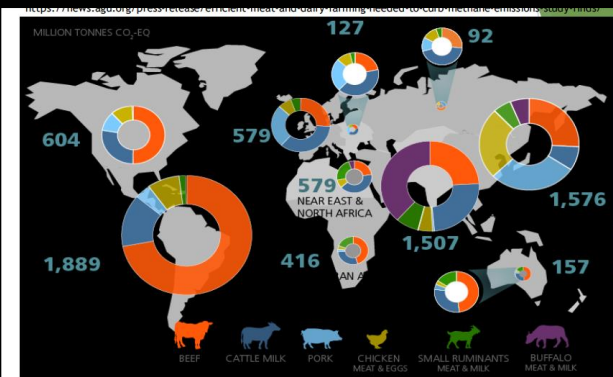


RECIPE BOOK WITH RECIPES
FROM AROUND THE WORLD -
GEORGE NIKITAKIS



A COLLECTION OF PAINTED CLOTHES -
XHESIKA ISLAMI

The Biggest Contributors of our Carbon Footprint

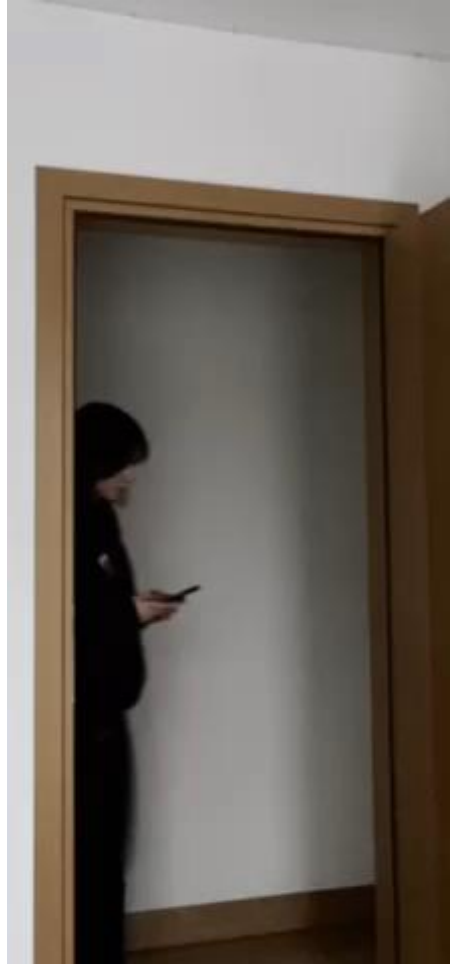


Eating habits affect your carbon footprint?

Eating meat, eggs, and cheese daily which is not only very unhealthy but could affect your carbon footprint since the growing crops, raising livestock, fishing and transporting all that food to everyone and their homes is one of the biggest contributors to greenhouse house emissions and around 30% of global emissions.



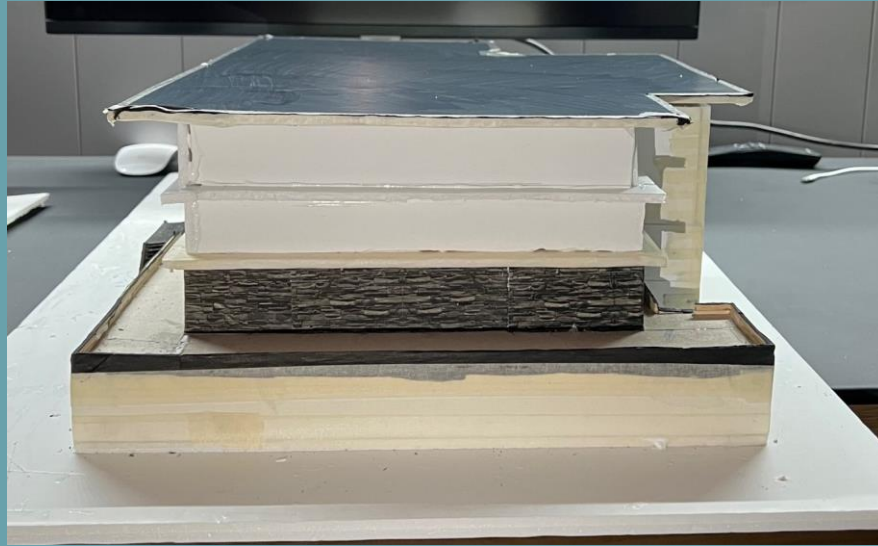
A POWERPOINT PRESENTATION ON THE CARBON FOOTPRINT - CHRISTOS KANAROGLOU



THE EFFECTS OF SOCIAL MEDIA ON
TEENAGERS AND THEIR MENTAL
HEALTH

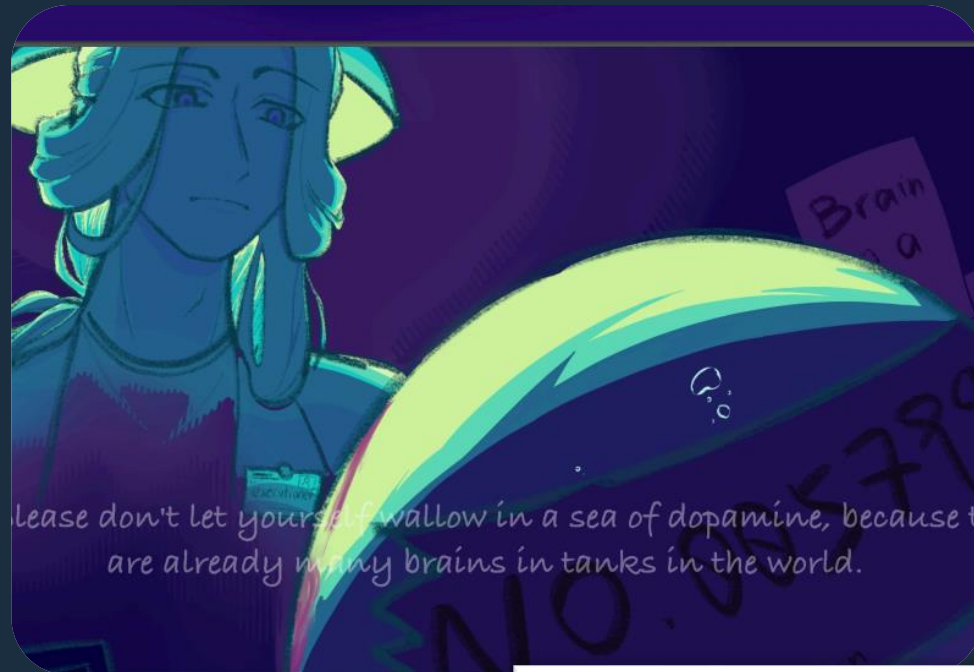
SOCIAL MEDIA AND
TEENAGERS

THREE POWERPOINT PRESENTATIONS/
VIDEOS ON THE EFFECTS OF SOCIAL MEDIA
ON TEENAGERS - VASILIA NIKOLAKAKI, IRINI
LIVANOS AND CONGXIAO LU



A modern, futuristic, high tech and environmentally friendly architectural model of the ISA school building
– Orestis Papadakis

INTRODUCING SOME PHILOSOPHY DOCTRINES ABOUT THE MEANING OF LIFE THROUGH PAINTINGS - JI YUN SHI



'Ancient Greek' rings



'Mexican' rings

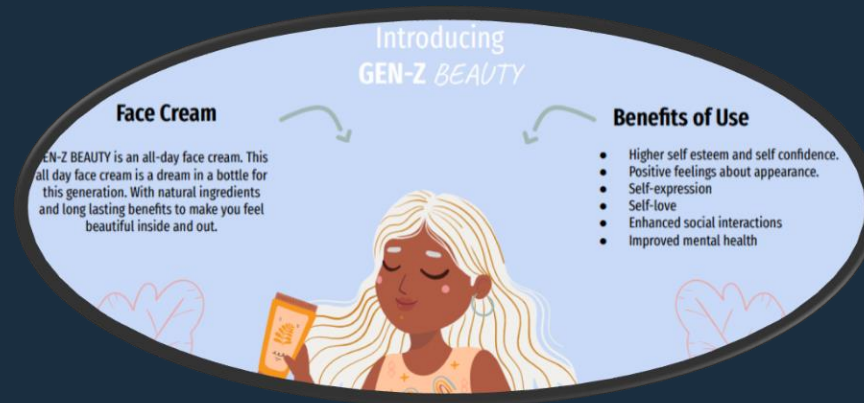


'Aztec' rings



CREATING CLAY RINGS WITH DIFFERENT CULTURAL
PATTERNS – OURANIA TSELIOU

An advertisement to promote Virtual s a skincare product/cream - Anna Lia Stamoula



INGREDIENTS: Chlorophyll, Vitamin C and D, Hyaluronic acid, Benzoyl Peroxide, Salicylic Acid.

Directions: Apply a small amount on clean face after washing. Apply all over face and neck. Use in the morning or night if preferred. The revolutionary all day face cream keeps the skin hydrated, clean and refreshed for 24 hours*



Are you sick of looking in the mirror and not liking the way you look? Not being pleased with the appearance of your skin? Wanting to stay home and not go out because your skin looks so bad? We have all been there. This generation is highly suffering from skincare complexities, as young adolescents we tend to feel the pressure from social media that our skin has to look like influencers "flawless" skin. We become way more critical to ourselves from what we see on social media.

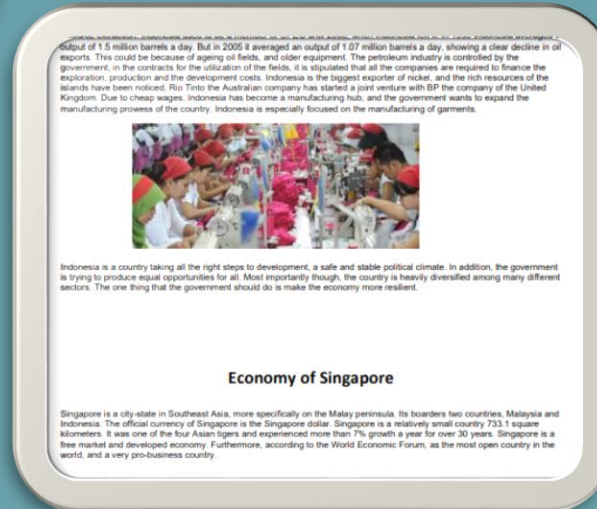
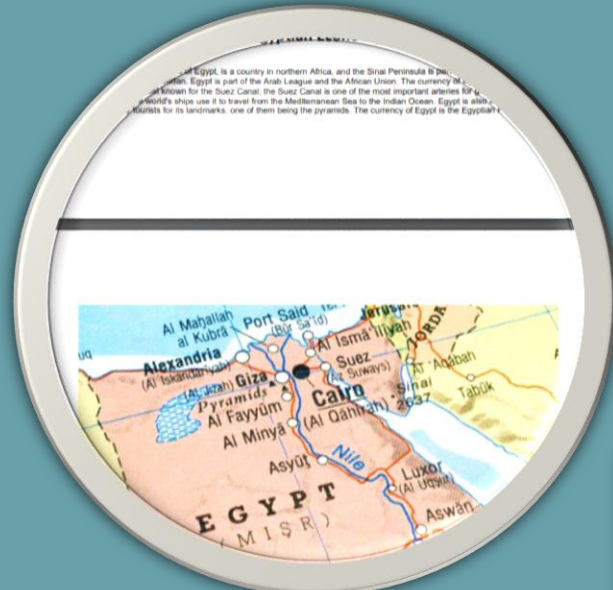
Luckily! There is a cure to this. Yes indeed! **GEN-Z BEAUTY** is a very ordinary product. The Gen Z beauty all day face cream is made for young adolescents of this generation Z suffering with skincare issues; and consequently, will make you feel more beautiful in and out. With visible benefits of our product, it is guaranteed you will feel more confident and less insecure about your skin.





DESIGN WITH THE ARCHICAD SOFTWARE AN ATHLETIC COMPLEX FEATURING AN AQUATICS PAVILION, LOCKER ROOM, EXERCISE FACILITIES, AND A ROOFTOP MULTIFUNCTIONAL SPORTS COURT IN THE CURRENT ISA COURTS' AREA – EVANGELIA STATHOULIS

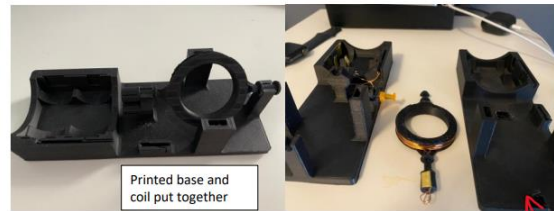
AN INFORMATIVE REPORT ON THE SOCIO- ECONOMIC AND POLITICAL VIEWS ON VARIOUS NATIONS' STRUGGLES AND SUCSESSES – PANAGIOTIS STRIBIS



A FUNCTIONAL ELECTRIC MOTOR – SOTIRIS TERZIS

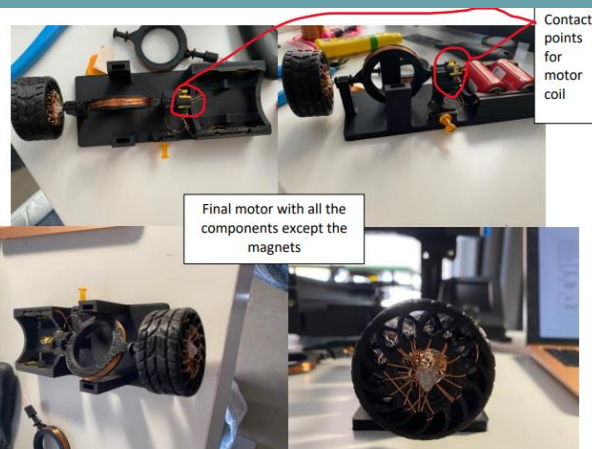


Starting printed base
and motor coil



Printed base and
coil put together

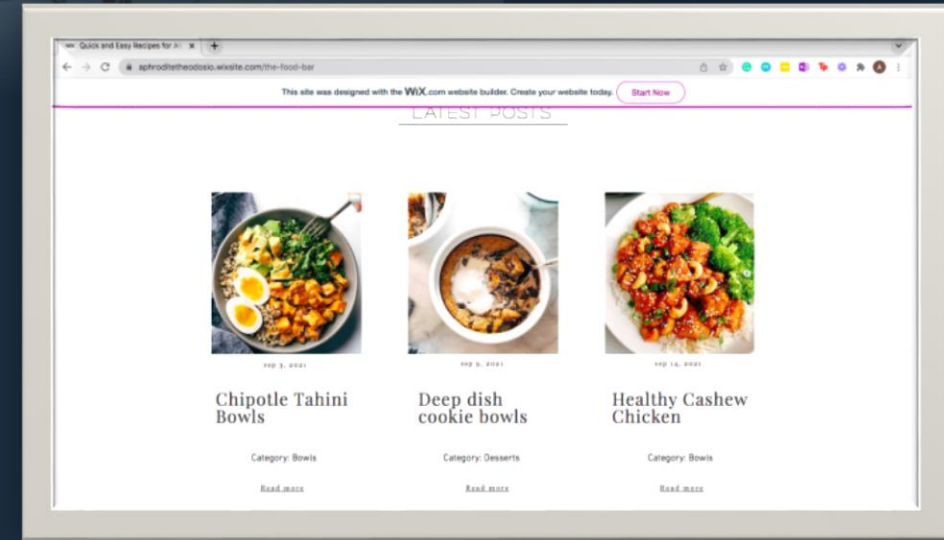
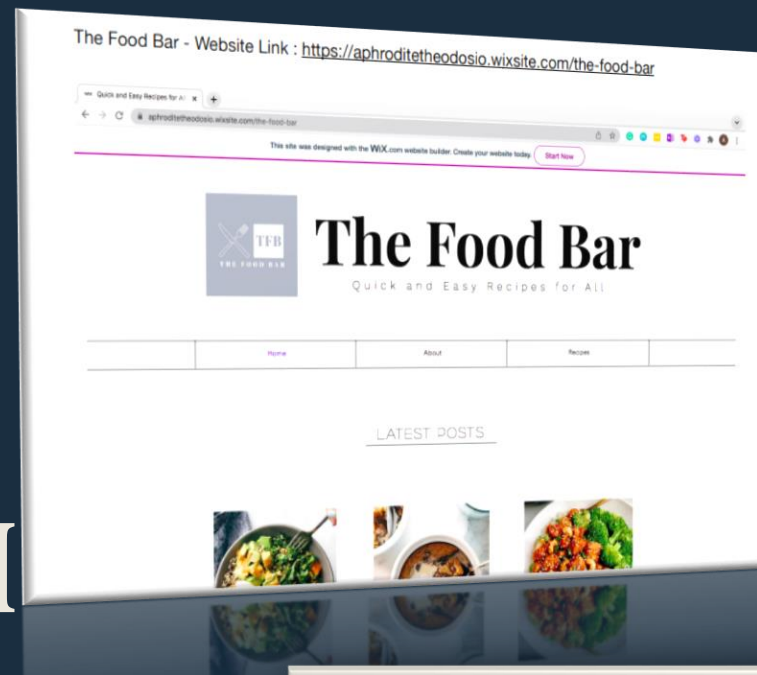
Broken base (failed)



Contact
points
for
motor
coil

Final motor with all the
components except the
magnets

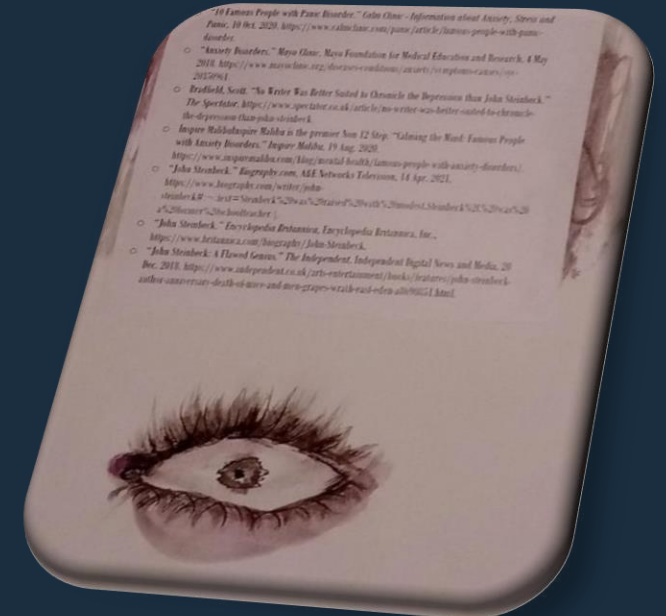
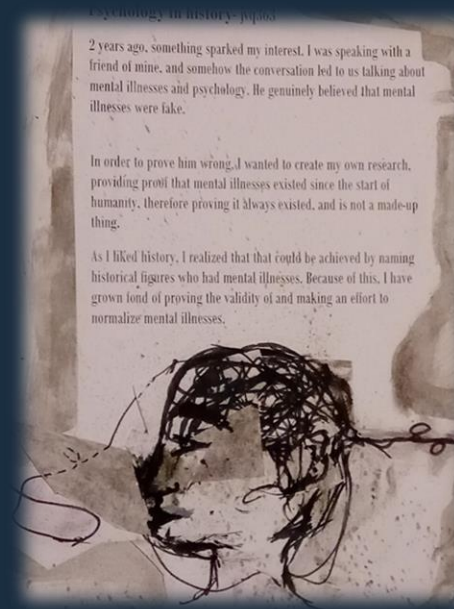
CREATING A WEBSITE WITH SIMPLE FOOD RECIPES - AFRODITI THEODOSIOU





A WOMENSWEAR COLLECTION FOR FALL 2022 - MAYA WANAT

AN ART BOOK OF HISTORICAL FIGURES WITH MENTAL HEALTH PROBLEMS – ALKYONI XENIKOU



*WELL DONE
STUDENTS!*

A word cloud for the MYP Personal Project. The words are arranged in a cluster, with 'Project' and 'Personal' being the largest. Other words include 'MYP', 'planning', 'challenge', 'focus', 'evidence', 'reflection', 'inquiry', 'present', 'creativity', 'development', 'analysis', 'support', 'time management', 'goals', 'information', 'process', 'organization', 'skills', 'presentation', 'commitment', 'learning', 'techniques', 'understanding', 'interaction', and 'demonstrate'. The words are in various shades of blue, green, and orange.

Project Personal MYP planning challenge focus evidence reflection inquiry present creativity development analysis support time management goals information process organization skills presentation commitment learning techniques understanding interaction demonstrate

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