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Helpful Links

For info about SAT I, II, and AP Tests go to:

www.collegeboard.com

For info about ACT test go to:

www.act.org

For info about test optional schools go to:

www.fairtest.org/university/optional

For info about financial aid go to:

www.FAFSA.ed.gov

www.fastweb.com

www.finaid.org

For college search info go to:

www.collegenavigator.gov

www.collegeprowler.com

To take a virtual tour of college campuses go to:

www.youniversitytv.com

www.youvisit.com

To learn about Colleges That Change Lives go to:

www.ctcl.org

Zooming Through Fall Classes

We want to give a big shout out to our students and teachers for the efforts they are making to bring success to the virtual modes of learning. We know there are still many challenges, but it seems like the second go-round of virtual learning is smoother than the first.

One of the major obstacles to success is the demand for attention needed to succeed during synchronous screen-time learning. So, we have some suggestions:

- 1) Make sure your child has a bottle of water and a small snack next to them throughout the course of the day. This is a marathon of sorts, so “fuel” in the form of water and snacks is critical. Whole and multigrain foods or complex carbohydrates along with proteins are helpful for sustaining energy and attention.
- 2) Get the wiggles out part 1: have your child sit on a swiveling or rotating chair. Alternatively, sitting on a large exercise ball is helpful too. In both cases, these seats give your child the chance to sit in front of the computer, while simultaneously giving them the freedom to move while they pay attention in class.
- 3) Get the wiggles out part 2: it’s ok for your child to get up from his or her chair and stand behind it, still in view of the teacher and stretch while paying attention to the teacher. If necessary, reach out to your child’s teachers and inform them that this is a necessary activity and should they see your child getting up from his/her chair, they are only doing so to increase the blood flow and move around a bit.
- 4) Get the wiggles out part 3: when your child has a break from class, have him/her run outside, do a range of jumping jacks, push-ups, skipping, biking, running up and down the stairs, singing, whistling, walking the dog, etc in order to get some of that pent-up energy released.
- 5) Get the wiggles out part 4: in a sitting position, students can straighten their legs in front of them, rotate their feet clockwise and then counterclockwise to get the blood flowing through their legs.
- 6) Take a visual break: if it is not distracting and your student can do so without losing track of the conversation, have a sketch pad next to the computer so your child can doodle as they listen to the teacher speak.

Keeping on Track: Seniors: Finish up your college admissions essays and your Common App. Still struggling with those college essays? We can help you to choose the appropriate prompt, formulate some ideas, and finish with a final draft that captures the essence of who you are! We can also help you to present your best self on your application. Call today to schedule an appointment. Pay attention to the ever-evolving standardized test requirements for the schools to which you wish to apply. Keep your **Early Decision** and **Early Action** deadlines in mind. Make sure your teachers have written their letters of recommendation. Get your transcripts and test scores (if you took them) lined up and ready to be sent to your colleges. Attend all virtual information sessions being offered through the colleges as well as their virtual tours. If you know anyone who is attending some of the colleges you are applying to, reach out to them to talk about their experiences.

Juniors: Do your best. Work hard on your classes. Figure out ways to stay involved at school and to safely contribute to your community. Do not rest on your laurels and assume that colleges will not be looking closely at your activities. On the contrary, colleges will be curious to see what your class does **despite** COVID 19. Be creative and innovative. Think outside of the box. Attend virtual information sessions and tours of colleges. Speak with students you know who attend the schools to which you are considering applying.

TEST UPDATES

ACT: Here is the link for the latest ACT information:

<https://www.act.org/content/act/en/covid-19.html>

SAT: Here is the link for the latest SAT information:

<https://pages.collegeboard.org/sat-covid-19-updates>

- 7) Be preventive: getting enough rest is critical to being able to pay attention. During these quarantine days, it is easy to get a little too loose with bedtime and sleep hygiene. Just because our kids are learning from home does not mean they don't need a good night's sleep. If anything, good sleep hygiene is more important than ever.
- 8) Minimize distractions: it's really enticing to slip a virtual note to peers via text or Instagram during class. Encourage your children to keep their phones away from their workspace and disengage their messaging abilities from their computers. Phones can be used during breaks
- 9) Keep the workspace separate from the play space: whenever possible, try to make the area your child works outside of their room. Having to sleep and relax in the same room where one works can be very stress-provoking. The separation between work and play/relaxation can be very valuable for all of us.

Virtual learning may not be ideal for some students, and these tips can bring some much-needed relief to the experience until we can return to the classroom on a regular basis.

Look at These! Apps that Can Assist with Productivity and Organization

Technology is unavoidable these days. While the use of this innovative tool can be somewhat of a double-edged sword, here are some potentially useful ways to harness it:

On-line resources:

Desmos-this is a good math resource to practice and understand math concepts.

Bookrags: does a nice job of summarizing chapter books used in English classes

Stress/Anxiety Management:

MyLife.com-free app for stress and anxiety management

InsightTimer.com-free app for meditation, yoga, sleep, music to cope with stress and anxiety

Focus:

Coffitivity: free and fee-based, ambient noise to help focus, certain levels offer different ambient noises

Freedom-an app (free to try but then there is a fee) blocks websites, apps, entire internet, works on all devices

Organization:

Asana.com-free app to organize group projects -could also be used for long-term projects for self

Egenda app: offers the user the chance to organize tasks and appointments, affords the user the chance to utilize calendar pages, color coding, and other helpful organizational tools



Pay it Forward: Do you know someone who is struggling with the shift to virtual classroom learning?? Send them this newsletter or forward us their contact information. We want to help!

Contact Us

<http://www.Academic-Ally.com>

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