

In This Issue

- Your Kids Need Sleep!
- **Don't Underestimate the Under Dog**
- ** It's Here! Summer 2022: The Summer of Enrichment**-are you worried your child has fallen behind because of the school changes due to COVID 19? We are offering enrichment this summer to address these deficits including: organizational and time management skills, reading comprehension, writing skills, study and test taking skills, math, and science. Our test prep services and college admissions consultation services continue to draw high school students. Act now to ensure your child's readiness for the Fall of 2022!
- **Common App Update:** The new essay prompts have been sent to college admissions consultants like us. We are now working with rising seniors on these essays so that they are completed before summer break. Take advantage of this free time and sign up for essay services!

Your Kiddos Need Their Z's

Teen mental health is in crisis, according to the American Academy of Pediatrics. Between school shootings, shifts related to COVID 19, and the daily stressors of life, our teens are overwhelmed, anxious, and depressed at alarming rates. One little-discussed variable contributing to this state of affairs is sleep deprivation. According to Heather Turgeon and Julie Wright, authors of **Generation Sleepless**, our teens are not getting enough sleep and change is in order.

While teenagers are frequently viewed as adults who need less sleep, the opposite is true: the teen brain is still developing. As a matter of fact, the brain is not considered fully developed until the individual is 25 years old. Much of the "reconstruction" as Turgeon and Wright refer to it, takes place during sleep. As the teen sleeps, functionality in areas like the prefrontal cortex (the area needed to manage and monitor executive functioning and decision making) is establishing stronger wiring. Ideally, teens require 9-10 hours of sleep per night!

Have you noticed the difference in your teen's ability to function when they have not slept well? Irritability and emotionality increase while concentration, organization, and processing decrease significantly. Poor decision making and risky behaviors are more likely to occur in a sleep-deprived teen.

Why are our kids lacking sleep? Start times at high schools are unreasonably early. Since teens have "a delay in their biological clocks and need to sleep at a later phase," their school days need to be synchronized accordingly. Additionally, as many of you know, our students are extremely busy-between heavy course rigor and a multitude of athletic, artistic, community, and other extra-curricular obligations, the demands on our students' time are great.

In case you are wondering, while your teen may be sleeping until 1, 2, or 3 on the weekend afternoons, this sleep marathon is not enough to compensate for loss of sleep during the week. A regular sleep routine as



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

To learn about Colleges That Change Lives go to:

www.ctcl.org

inconsistency in sleep patterns prevents consistent and healthy brain development.

Encourage your students to get into a regular sleep routine, understanding that this may mean later-than-preferred bedtimes. Help your child to establish healthy sleep hygiene including shutting down screens at least one hour before bedtime; healthy snacks prior to sleeping; setting up backpacks, clothing, and lunch the night before; and engaging in calm pre-sleep activities like reading, listening to music, meditation/grounding, etc. Talk with school officials about pursuing later start times for high school. Research supports this change!

Sleep is critical to your child's development and emotional and physical well-being. We cannot afford to sleep on this any longer.



AcademicAlly, LLC has launched the Summer of Enrichment 2022. We know academic gaps have widened or developed for many students as a result of C19. We want to help students and their families by offering them customized programs to bridge gaps and prepare them for the fall. We are focused on the areas listed below.

We will continue to offer distance learning until the CDC grants clearance for in-person sessions to take place. Take advantage of this valuable opportunity.

Summer of Enrichment 2022

With our **individualized** programs, your student can still have a great summer AND keep those academic skills fresh.

Summer is the perfect time to **strengthen** academic skills, **get ahead** of the college admissions process, or **prepare** for classes this fall. (And we promise to make it fun!)

Organizational Skills:

- Establish time management strategies to better organize academic and personal responsibilities
- Create personalized set of tools to better manage time
- Implement a system to effectively access, submit, and store assignments in a digital format

Keeping on Track:

Rising Seniors: This is your year! Make sure you have fun this summer. Start your college essays so they are completed by August 1st when the Common App is released. Make sure you have spoken with your teachers about writing you a letter of recommendation. Visit college campuses (as long as it is safe to do so) so you can finalize your list of colleges, if you have not already done so. Don't forget to complete your summer assignments for school.

Rising Juniors: Make sure you make time for fun this summer. Determine when you will plan to take the SAT or the ACT and make sure you schedule a test date. Visit college campuses to get a flavor of what you are looking for in a college campus-make sure it is safe to do so. Don't forget to complete your summer assignments for school.

ACT: Here is the link for the latest ACT information: <https://www.act.org>

SAT: Here is the link for the latest SAT information: <https://pages.collegeboard.org>

****We are helping students with their college admissions essays and test prep now! Schedule your appointment today.**

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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- Learn techniques and tools to organize personal space and belongings
- Establishment and maintenance of a homework protocol
- Effective self-advocacy and communication skills
- Self-accountability strategies

Writing Skills:

- Learn the value of pre-writing in order to organize thoughts and flow of a written piece
- Fine-tune editing skills, being mindful of proper punctuation and grammar
- Understanding how to effectively conduct research using key search words and appropriate resources, guided by strong essential questions
- Develop writing skills needed for creating a comprehensive paper

Reading Comprehension:

- Learn how to identify and record important information
- Create a personalized system for organizing facts from the reading.
- Learn how to effectively research sources for research-based assignments
- Utilize strategies to break down readings into smaller more manageable chunks

Math Skills: up to Calculus

Science Skills:

Whether you are taking biology, chemistry, or physics, we can help you master this material!

College Admissions Consulting:

- Assistance with creating appropriate list of colleges to which to apply
- Brainstorming and editing college essays
- Admissions interview preparation
- Strategies to maximize college visits
- Knowledge about the changing landscape of college admissions in the face of COVID 19

SAT/ACT Test Prep:

- Learn helpful test taking strategies
- Determine which test is right for you
- Up-to-date information about testing in the face of COVID 19

We work with you to **customize** a plan to ensure your student's success. Spaces are filled on a first-come first-served basis. Act now while space is available.