



AcademicAlly Guidance Center

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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

Coming Soon to a Screen Near You!

AcademicAlly, LLC is launching its first ever blog, Your Academic Ally! Check it out and pass it along to your friends, family, and colleagues:

www.academic-ally.com/your-academic-ally!

We have also launched our Instagram:

[_academically](https://www.instagram.com/_academically)

and our Pinterest:

<https://www.pinterest.com/academically>

Back to School: Avoid the Blues

It's the most wonderful time of the year. A chance to start over with fresh notebooks, folders, new schedules, teachers, and friends. The flurry of last-minute visits to Staples for the endless list of school supplies is slowly coming to a halt.

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

Keeping on Track:

Seniors: finish those applications and essays.
**Take advantage of our college essay and application services this fall! Be sure to send your test scores, transcripts, and letters of recommendation to the colleges you are applying to. If you are applying for scholarships, pay attention to deadlines. If applicable, fill out the FAFSA beginning October 1st.

Now is the time to focus on your schoolwork. Commit to putting in your best effort toward your classes this year.

ACT information: www/act/org

SAT information: www.collegeboard.org

Juniors: Take a deep breath-everything going to be ok! This year is all about YOUR choices and what's right for YOU, no one else. Schedule and prepare for your ACT/SAT tests for dates that are good for YOU. Take on some leadership opportunities this year. Plan to visit college campuses this fall, it's important. Most of all, take care of yourself: get enough rest; eat well; stay hydrated; and TALK about your feelings.

Looking for a respite from the noise?

Consider looking into University of Pennsylvania's Mindfulness programs:

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/mindfulness/course-offerings/customized-programs>

Parents and a small percentage of their students are heaving a sigh of relief as the predictability of a routine returns to the home front. Yes, folks, it's that time of year and with the start of the academic year comes some trepidation and stress.

Students fret over the amount of homework they will receive and parents wonder how their students will balance extra-curricular activities with their course load. With some simple steps and consistent effort, the school year can prove to be a rewarding experience for parents and students alike.

There are three key steps that can lead to a successful school year, the first of which is organization. At home, students need to have a working area that has some order to it. All necessary items need to be accessible in this area. Writing utensils, paper, tape, staplers, and highlighters are but a few of the items that should be within arm's reach. The area should be well-lit and free from distractions. Television, cell phones, instant messaging, and texting should be disabled while students are working. It's important to note that some students do indeed concentrate better with background noise. Sound makers (like those from Sharper Image) or music can help students stay on target. Additionally, some students like to spread out when they are doing their homework. The floor and the couch are a great place to achieve this goal.

In addition to having an organized workspace, students need to have a tool that they use regularly for keeping track of short and long-term assignments. Some students prefer the school-issued assignment books or their own that they chose from a store like Staples. Ideally, these books contain a calendar page with squares that are large enough to record long-term assignments, projects, and tests. Two to four month-at-a-glance calendars are a helpful means of keeping track of exams, long-term assignments and extra-curricular activities, giving students and their families a bird's-eye view of the weeks and months ahead. Technologically savvy students prefer to use iPads, iPhones, or apps like MyStudyLife to keep track of their assignments. As long as the school approves the use of these tools, students should be able to use them at their discretion.

Easy High-Energy Breakfasts

Breakfast is the most important part of the day because it kick starts your metabolism. Everyone is in a rush in the morning, making it difficult to eat. Here are some delicious and nutritious breakfast options as you make your way back into the fall.

- 1) Fruit and cheese: slice up an apple and your favorite cheese. Add ¼ cup fiber and protein-rich walnuts
- 2) Peanut butter waffle: 1T raisins, sesame seeds, 2T peanut butter (substitute almond or sunflower butter)
- 3) Strawberry shake: use an envelope of vanilla or strawberry instant breakfast (Carnation brand has no sugar) 1c low fat milk or soy milk, and soy powder (Genisoy has a good powder)
- 4) Slice of sourdough: ricotta cheese (3T low fat) and tomatoes, drizzle olive oil and sprinkle with pepper and salt to taste (you can toast this delicious meal too!)
- 5) Energy bars: should contain at least 3-5 grams of fiber and 10 grams of protein (Odwalla, Kashi GoLean, and TruSoy are good choices. Cereal bars like Nutrigrain only contain 2 grams of protein, so you can add yogurt to increase the amount of protein.)
- 6) Egg McMuffin: make your own and add orange juice for extra fiber
- 7) Cereal sundae: 1 ½ c fiber rich bran flakes, 8 oz milk or yogurt. Add fiber by adding nuts or dried fruit (1/4 c).

Pay it Forward: Do you know someone who is looking for college admissions advice? 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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Finally, time management can be tricky for some students. This group might benefit from working in 15 minute intervals and breaking for five minutes. A timer can be helpful to mark the beginning and end of each work session as well as each break. Eventually, the student wants to work toward twenty to thirty minute work intervals and five to ten minute breaks.

Along with organization comes the importance of communication and advocacy. Students, teachers, and parents all need to be on the same page. Regardless of the student's age, communication plays an integral role in his or her success. Parents need to keep the lines of communication open with their children. What kind of a day did (s)he have? What were the highs and what were the lows? What homework does (s)he have and when is it due? When appropriate, parents should also be in contact with teachers. If there is an extraordinary circumstance taking place at home (death or illness of a loved one, child's lack of sleep, etc) it is helpful for teachers to be aware of these situations so they can better assist the student at school and make accommodations where necessary.

Oftentimes students will struggle with material or an assignment. Advocacy is critical here. Ideally the student is the person who reaches out for help. But in the situation where a student is too young or is not comfortable advocating for himself, parents need to intervene and alert the teacher to their student's status. Timing is everything, so when it is clear that the student does not understand something, let the teacher know right away. Student silence is often interpreted as mastery of material. When that is not correct, it can be disastrous.

The return to school triggers a mix of emotions from parents and students alike. The dread that comes with early-morning wake up calls and seemingly endless mounds of homework is indeed powerful, but it does not have to become all-encompassing. With the right amount of planning, effort, and communication, the 2022-20233 school year could be the best yet!



Give Yourself the Time:

As we begin the new year of school, work hard but don't forget to give yourself the time and permission to pursue activities and events that spark your passion and feed your soul. Too often we get tangled in the chaos of work and school and lose sight of what's most important, our mental and spiritual health. Take a walk, call a friend you have not spoken with in a long time, write a letter, keep a journal, feed the ducks, draw, paint, take photos, or cook a delicious meal. It doesn't matter what you do as long as you enjoy it and feel rejuvenated by it.