



Educational Resources

Winter 2008

Volume 4, Issue 1

A Newsletter of

Lindy Kahn Associates, Inc., *Certified Educational Planners*

• 6717 Vanderbilt, Houston, TX 77005 •

Editor: Lindy Kahn

COLLEGE FAIRS

March 1, 2008
Lutheran College Fair
Sheraton Houston Brookhollow
Houston, TX
1:00 – 3:00 p.m.

April 5, 2008
Houston Private Schools College Fair
St. John's School
Houston, TX
2:00 – 5:00 p.m.

April 6, 2008
2008 Spring National College Fair
George R. Brown Convention Center
Exhibit Hall D
Houston, TX
1:00 p.m. – 4:00 p.m.

SENIORS

CONGRATULATIONS to All of You on Your Successful Admissions!

JUNIORS

Prepare videotapes, audiotapes and art portfolios as needed. Request info from colleges. Begin writing application essays. Continue to prep for SAT/ACT. Make sure to visit colleges of interest.

COLLEGE BLOGS

Try out some of these blogs for an insider's view of college life.

MIT: www.mitadmissions.org/blogs.shtml

Cornell: www.cornell.edu/studentlife/blogs.cfm

Dartmouth: <http://dartlife.blogspot.com>

Olin: <http://studentblog.olin.edu>

Hampshire: <http://rockintheshire.blogspot.com>

Clark: <http://clarkdiaries.clakru.edu/>

Stonybrook: www.stonybrook.edu/ugadmissions/blogs/

A Shift in Applications as Early Admission Is Cut

When Harvard, Princeton and the University of Virginia announced that they would eliminate early admission starting this fall, many educators wondered whether the decision would alter the strategies of thousands of students seeking a spot at the nation's most selective colleges and universities.

Now that the first round of applications in the revised landscape have been submitted, they are still wondering.

Admissions officials and high school guidance counselors had speculated that high-achieving high school seniors who once would have sought early admission to Harvard and Princeton would instead turn to other prestigious universities — including Yale, Stanford and Georgetown — that offer a nonbinding form of early admission. The reasoning was that these students would try to assure themselves a place early in the admissions cycle, but in the regular round over the winter, would still apply to Harvard and Princeton.

As expected, the number of applicants seeking nonbinding early admission, often called early action, soared at some prestigious universities, including Yale and Georgetown. "There are only a few top schools that have early action, and we figured we would get a share of that," said Charles A. Deacon, Georgetown's dean of admissions. Georgetown, which received 4,562 early applications last year, had 5,980 this fall, a 31 percent increase.

But at other elite universities that offer early action, the number of applications did not increase significantly.

At Stanford, 4,574 early-action applications came in last year by the deadline of Nov. 1 — almost the same number that arrived this year. "I don't know what to make of it," said Richard H. Shaw, dean of admission and financial aid at Stanford, adding, "We're perfectly happy with the numbers we have."

There were about 10 percent more early-action applications this year at the Massachusetts Institute of Technology, compared with the 3,493 last year, said Stuart Schmill, the interim director of admissions, although the final tally has not yet been determined. But Mr. Schmill warned that it was not clear whether the increase this year was attributable to the elimination of early admission at Harvard and Princeton, because in recent years early applications to M.I.T. had been increasing anyway.

Some Ivy League universities that offer binding early admissions, including Dartmouth, Brown and Columbia, also reported modest increases in their applications this fall, though none attributed this to the elimination of early admission at other universities. Many deans at universities offering early action think fewer students admitted early will end up enrolling. At Georgetown, the yield on early action — the proportion of students accepted who eventually attend — has been about 60 percent, Mr. Deacon said. This year, he said, it could decline to 50 percent.



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Yale officials also said it will be harder this year to predict how many applicants offered early admission will choose to be freshmen next fall. "We're kind of puzzling over that," said Jeffrey Brenzel, Yale's dean of admissions.

The entire admissions picture at Yale this year is kind of a puzzle, too. Yale's early-action applications grew to 4,820 this year, from 3,541 last year, seemingly a 36 percent increase. But early applications to Yale declined significantly last year, compared with the previous year. So the number this year, compared with 2005, when there were 4,084 early applications, is really an 18 percent increase.

Some educators think the decline at Yale a year ago was caused by the news, the previous spring, that the university had become the first Ivy League school to admit fewer than 10 percent of its applicants in its early and regular rounds combined. But Mr. Brenzel does not accept that theory. Nor does he feel ready to explain the increase this year. "I resist the temptation to speculate," he said, "because we really don't know."

Alan Finder- *New York Times*

<http://www.nytimes.com>

Section: Education

Published November 28, 2007

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NET NEWS: INTERESTING AND HELPFUL INTERNET SITES



ON-LINE APPLICATIONS:

www.collegenet.com
www.collegelink.com
www.ezcollegeapps.com
 Common Application:
www.commonapp.org
 Texas Common App:
www.applytexas.org

SPECIAL INTEREST SITES:

Hillel: The Foundation for Jewish
 Campus Life- www.hillel.org
 Council for Christian Colleges and
 Universities: www.cccu.org
 College Athletic Association (NCAA):
www.ncaa.org or
www.ncaaclearinghouse.net
 Occupational Outlook Handbook:
www.bls.gov/oco

SAT Info:

www.collegeboard.org

ACT Info:

www.actstudent.org

Princeton Review:

www.review.com

DIRECTORIES OF COLLEGE AND UNIVERSITY WEBSITES

www.allaboutcollege.com
www.careersandcolleges.org
www.college-access.net
www.petersons.com
www.collegeview.com/collegesearch/
www.usnews.com/usnews/edu/college/
www.mycollegeguide.org

CALIFORNIA COLLEGES/UNIVERSITIES:

www.cacollegesuide.com

DIRECTORIES OF AMERICAN UNIVERSITIES

[www.clas.ufl.edu/CLAS/
american-universities.html](http://www.clas.ufl.edu/CLAS/american-universities.html)
[www.globalcomputing.com/
university.htm](http://www.globalcomputing.com/university.htm)

BY STATE:

[http://collegiateway.org/
colleges.html](http://collegiateway.org/colleges.html)
www.collegeview.com

COLLEGE FAIRS:

www.nacac.com/fairs.html

ADVOCACY AND LEGAL:

Wrightslaw:
www.wrightslaw.com
 Disability access information:
www.janejarrow.com

FINANCIAL AID / LOAN CALCULATORS:

www.fastweb.com
www.finaid.org/calculators
www.collegeispossible.org
www.nasfaa.org
www.freescholarship.com
www.college-scholarships.org

GENERAL LD AND AD/HD:

Assoc Higher Education & Disability:
www.ahead.org
 ADD Assoc.: www.add.org
 Children & Adults with ADD:
www.chadd.org
 Learning Disabilities Online:
www.ldonline.org
 Learning Disabilities Assoc.:
www.ldantl.org
 National Center for LD:
www.nclld.org
 Council for Exceptional Children:
www.cec.org
 International Dyslexia Assoc.:
www.interdys.org
 Learning Disabilities Worldwide:
www.ldworldwide.org

Local Interest: Teach for America in Houston

HOUSTON'S FIFTH WARD has an abundance of overgrown grass fields and dilapidated chicken restaurants: chicken and barbecue, chicken and waffles and just plain chicken. Along railroad tracks that run past a string of cavernous warehouses is John L. McReynolds Middle School, a brick building with Art Deco flourishes that suggest a glorious past. Until 2006, McReynolds had been ranked "academically unacceptable" for three years running by the Texas Education Agency. Three principals had come and gone over five years. I went to McReynolds in early July to observe Teach for America, a program that promises to place America's best and brightest college graduates into the nation's neediest public schools for two-year stints. For three years, Teach for America has been working with the McReynolds summer-school program.

HADA FLORES IS A walking advertisement for what is best about Teach for America. She was raised in Houston's Second Ward, where gang violence was the norm. Her parents fled El Salvador's civil war. In 1995, a charter program named Project YES was started a few blocks from her house by a tall, charismatic young man named Chris Barbic, himself just three years out of Vanderbilt and a Teach for America alum. At YES, Flores excelled. She eventually got into Stanford, where she studied international relations, did volunteer work in Ecuador during the summer and helped tutor the janitorial staff during the academic year. As graduation approached, she considered both the Peace Corps and Teach for America. She opted for the latter, and as of this fall, she will be teaching for YES as a member of Teach for America. Today Houston has five YES Prep Public Schools, serving about 2,100 low-income students across the city, where 65 Teach for America alumni and current members are teachers or school directors. YES's flagship school is the only Houston school to have been included in Newsweek's Best 100 High Schools in the country. "I wanted to give something back," Flores told me. "Having a good education made all the difference for me. And it started here, in Houston."

SEVENTEEN YEARS AFTER ITS INCEPTION, Teach for America has become the gold standard of public service, proof that teaching in public schools can be prestigious, even glamorous. Teach for America seeks to rebrand public service more than four decades after the first group of college graduates rose up to meet John F. Kennedy's challenge to serve their country via the Peace Corps. But earnest as it is, T.F.A. is also shameless in its blue-chip ambitions. Its recruiters stand alongside Goldman Sachs at college job fairs, and its recruits — class presidents, varsity athletes, all with soaring G.P.A.'s — are part of a community marked by a unique blend of swagger and idealism. ("We look for the same things McKinsey consulting does," Matt Kramer, T.F.A.'s president, recently told me). In 2006 alone, as many as 10 percent of seniors at schools like Yale and Harvard applied to be part of the program. Across the country, 3,750 of 18,000 applicants made the cut, just a bit over 20 percent. Doing good has rarely been this hip — or this competitive.

To read More... Go to www.nytimes.com

"Why Teach for America?" 9/30/07 by: Negar Azimi

An ADHD Medication without Side Effects

Physical activity may be good for focus

Think of exercise as medication," says John Ratey, M.D., an associate clinical professor of psychiatry at Harvard Medical School. "For a very small handful of people with attention deficit/hyperactivity disorder (ADHD ADD), it may actually be a replacement for stimulants, but, for most, it's complementary — something they should absolutely do, along with taking meds, to help increase attention and improve mood."

While most of us focus on exercise as a way to trim our waists, the better news is that routine physical activity firms up the brain. "Exercise turns on the attention system, the so-called executive functions — sequencing, working memory, prioritizing, inhibiting, and sustaining attention," says Ratey, author of the forthcoming *Spark: The Revolutionary New Science of Exercise and the Brain* (Little, Brown). "On a practical level, it causes kids to be less impulsive, which makes them more primed to learn."

The latest news about exercise is that it helps kids push through past failures and attack things they didn't succeed at before. "The refrain of many ADHD kids is, 'No matter what I do, I'm going to fail,'" says Ratey. "Rat studies show that exercise reduces learned helplessness. In fact, if you're aerobically fit, the less likely you are to learn helplessness."

So how, exactly, does exercise deliver these benefits to the ADHD brain? When you walk, run, or do a set of jumping jacks or pushups, your brain releases several important chemicals. Endorphins, for one, hormone-like compounds that regulate mood, pleasure, and pain. That same burst of activity also elevates the brain's dopamine, norepinephrine, and serotonin levels. These brain chemicals affect focus and attention, which are in short supply in those with ADHD.

"When you increase dopamine levels, you increase the attention system's ability to be regular and consistent, which has many good effects," explains Ratey, like reducing the craving for new stimuli and increasing alertness.

You don't have to be a marathoner, or even a runner, to derive benefits from exercise. Walking for 30 minutes, four times a week, will do the trick. "Get your child involved in something that he finds fun, so he will stick with it," suggests Ratey. Team activities or exercise with a social component are especially beneficial.

Studies have also found that tae kwon do, ballet, and gymnastics, in which you have to pay close attention to body movements, tax the attention system. "A very good thing for kids and adolescents with ADHD," says Ratey.

More schools are including exercise in their curricula to help kids do better in the classroom. A school in Colorado starts off students' days with 20 minutes of aerobic exercise to increase alertness. If they act up in class, they aren't given time-outs but time-ins — 10 minutes of activity on a stationary bike or an elliptical trainer. "The result is that kids realize they can regulate their mood and attention through exercise," says Ratey. "That's empowering."



ADDitude
December/January 2008

VOLUNTEER: SPECIAL OLYMPICS

Volunteers are the lifeline of the Special Olympics program. More than 1.5 million individuals worldwide, dedicate their time, to Special Olympics. These volunteers serve as coaches, officials, committee members, competition assistants and more. For information on events, volunteering or participating in events visit www.specialolympicstexas.org or contact Renee Klovenski at 713-290-0049 or rklovenski@sothx.org.

2008 CALENDAR OF EVENTS

Saturday, March 8-9, 2008 (8:00am-4:00pm)

Greater Houston Basketball Tournament

Location: Cypress-Fairbanks ISD
Address: locations TBA

Saturday, March 29, 2008 (9:00am-1:30pm)

Katy Local Athletics Track Meet

Location: Morton Ranch High School
Address: 21000 Franz Rd. Katy, TX 77449

Saturday, April 26, 2008 (8:30am-5:00pm)

Greater Houston Regional Tennis Tournament

Location: Homer Ford Tennis Center
Address: 5225 Calhoun Rd., Houston, TX 77021

Saturday, May 10, 2008 (8:00am-4:00pm)

Greater Houston Regional Cycling Competition

Location: Memorial Park
Address: South Picnic Loop Drive, Houston, TX 77095



COLLEGE SHARE

SAVE THE DATE!

March 31, 2008
7:30 – 9:30 PM

Location: Neuhaus Education Center
4433 Bissonnet
Bellaire, TX 77401

Sandi Patton of North Harris Montgomery County Community College District Disability Services will present *Making a Successful Transition to Postsecondary Education*

College Share is FREE and open to parents, literacy professionals, and students.

Reservations are requested. Please call 713.664.7676 or Reserve Online at www.neuhaus.org

SPECIAL FEATURE

Anxiety Disorders in Children and Adolescents

What are some common types of anxiety disorders?

Generalized Anxiety Disorder: Children and adolescents with generalized anxiety disorder engage in extreme, unrealistic worry about everyday life activities. They worry unduly about their academic performance, sporting activities, or even about being on time. Typically, these young people are very self-conscious, feel tense, and have a strong need for reassurance. They may complain about stomachaches or other discomforts that do not appear to have any physical cause.

Panic Disorder: Repeated "panic attacks" in children and adolescents without an apparent cause are signs of a panic disorder. Panic attacks are periods of intense fear accompanied by a pounding heartbeat, sweating, dizziness, nausea, or a feeling of imminent death. The experience is so scary that young people live in dread of another attack. Children and adolescents with the disorder may go to great lengths to avoid situations that may bring on a panic attack. They also may not want to go to school or to be separated from their parents.

Obsessive-Compulsive Disorder: Children and adolescents with obsessive-compulsive disorder, sometimes called OCD, become trapped in a pattern of repetitive thoughts and behaviors. Even though they may recognize that the thoughts or behaviors appear senseless and distressing, the pattern is very hard to stop. Compulsive behaviors may include repeated hand washing, counting, or arranging and rearranging objects. About two in every 100 adolescents experience obsessive-compulsive disorder (U.S. Department of Health and Human Services, 1999).

Who is at risk?

Researchers have found that the basic temperament of young people may play a role in some childhood and adolescent anxiety disorders. For example, some children tend to be very shy and restrained in unfamiliar situations, a possible sign that they are at risk for developing an anxiety disorder. Research in this area is very complex, because children's fears often change as they age.

Researchers also suggest watching for signs of anxiety disorders when children are between the ages of 6 and 8. During this time, children generally grow less afraid of the dark and imaginary creatures and become more anxious about school performance and social relationships. An excessive amount of anxiety in children this age may be a warning sign for the development of anxiety disorders later in life.

Studies suggest that children or adolescents are more likely to have an anxiety disorder if they have a parent with anxiety disorders. However, the studies do not prove whether the disorders are caused by biology, environment, or both. More data are needed to clarify whether anxiety disorders can be inherited.

What help is available for young people with anxiety disorders?

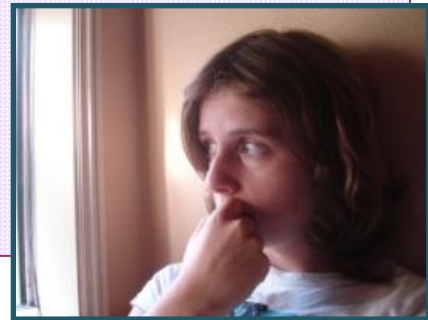
Children and adolescents with anxiety disorders can benefit from a variety of treatments and services. Following an accurate diagnosis, possible treatments include:

- Cognitive-behavioral treatment, in which young people learn to deal with fears by modifying the ways they think and behave;
- Relaxation techniques;
- Biofeedback (to control stress and muscle tension);
- Family therapy;
- Parent training; and
- Medication.

While cognitive-behavioral approaches are effective in treating some anxiety disorders, medications work well with others. Some people with anxiety disorders benefit from a combination of these treatments. More research is needed to determine what treatments work best for the various types of anxiety disorders.

Source: SAMHSA's National Mental Health Information Center

About 13 of every 100 children and adolescents ages 9 to 17 experience some kind of anxiety disorder



About half of children and adolescents with anxiety disorders have a second anxiety disorder or other mental or behavioral disorder, such as depression

Web Resources:

National Institute of Mental Health: www.nimh.nih.gov
 Substance Abuse and Mental Health Services Administration: <http://mentalhealth.samhsa.gov>
 National Alliance on Mental Illness: www.nami.org
 Anxiety Disorders Association of America: www.adaa.org

IMPORTANT TEST DATES TO REMEMBER!!

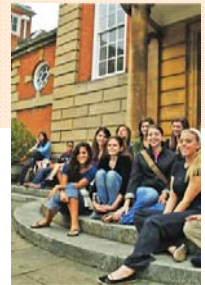
www.collegeboard.com

www.actstudent.org

SAT TESTING			ACT TESTING		
SAT & Subject	Registration Deadlines		ACT	Registration Deadlines	
Tests Dates	Regular	Late	Tests Dates	Regular	Late (fee required)
March 1, 2008	Jan. 29, 2008	Feb. 7, 2008	April 12, 2008	March 7, 2008	March 8-21, 2008
May 3, 2008	April 1, 2008	April 10, 2008	June 14, 2008	May 9, 2008	May 10-23, 2008
June 7, 2008	May 6, 2008	May 15, 2008	Sept. 13, 2008	TBA	TBA



SAT TIP - Buy this book! *Confessions of a High School Word Nerd*: a collection of entertaining high school tales written by Ivy Leaguers, using 1500 common SAT words in context



Summer 2008 Options

I HAVE ACCESS
TO A MULTITUDE
OF SUMMER
PROGRAMS
AVAILABLE FOR
INTERESTED
STUDENTS.
PLEASE CALL ME
FOR DETAILS!

Pre-College Program Examples:

- **Summer Study Programs** - www.summerstudy.com - offers 3, 5, and 6 week programs at Penn State University, University of Colorado Boulder, and the Sorbonne in Paris
- **Rustic Pathways** - www.rusticpathways.com - In one new 24-day program, students work at an orphanage for children of a displaced ethnic minority in a hill tribe village in northern Thailand, near the border of Myanmar. On another program, participants bring one change of clothes and with \$50 buy three weeks' worth of clothing at local markets before doing community service work in three hill tribe villages in Thailand.
- **Julian Krinsky** - www.jkcp.com - offers diverse experiences from a model UN at the University of Pennsylvania, to a four-week intensive studio program in art and architecture at The University of Pennsylvania School of Design offers, to a Pre-College Program at Princeton University
- **Global Works Travel** - www.globalworkstravel.com - offers language immersion, cultural exchange, and service programs throughout Latin America and Europe
- **Junior Statesman Summer School** - www.jsa.org - For more than 67 years, the non-partisan Junior Statesmen Summer School has provided an unparalleled experience for building the statesmen and civic leaders of tomorrow. With programs at four of the most prestigious universities in the world, Georgetown, Yale, Princeton and Stanford, the Junior Statesmen Summer Sessions provide not only an advanced college curriculum, but also the experience of a lifetime for 1300 outstanding high school scholars.

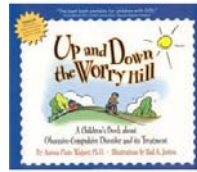
ADHD/LD Summer Program Examples:

- **Success Oriented Achievement Realized** - www.SOARnc.org - Serving youth with ADHD and learning disabilities since 1975, their adventure programs are designed to increase self-confidence, encourage social skills, develop problem-solving techniques, and promote leadership abilities. Adventures include rock climbing, rafting, llama treks, horse-packing, snorkeling, sea kayaking, scuba diving, and more
- **Camp Kodiak** - www.campkodiak.com - An integrated, non-competitive camp serving children and teens with and without ADHD, LD, NLD, and Asperger's syndrome. Staffed by teachers, psychologists, social workers, child youth workers, recreation specialists, and university students. Staff/camper ratio is 1:2. They offer a social skills program, an academic program, and more than 50 sports and activities.

Service Learning Summer Program Examples:

- **Global Leadership Adventures** - www.experiencegla.com - Besides studying the required subjects and preparing for the SATs, students also want to learn about issues facing the world. Students on GLA summer programs do community service with grassroots organizations and also attend seminars on global issues. In the past, they have met with world leaders such as former Costa Rican President Rodrigo Carazo and Nobel Prize winner Archbishop Desmond Tutu. They also learn from representatives at organizations like UNICEF and Greenpeace. GLA programs last three weeks and are offered throughout Africa, Asia and Latin America.

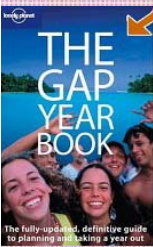
LINDY'S BOOKSHELF



UP AND DOWN THE WORRY HILL: A Children's Book about Obsessive-Compulsive Disorder and its treatment

By: Aureen Pinto Wagner, Ph.D.

This children's book describes OCD clearly and simply from a child's perspective. It attempts to give children with OCD a sense of control and hope in their lives. Hope and optimism are major factors in building the motivation and persistence that it takes to gain mastery over OCD. Children with OCD will identify with Casey's initial struggle with OCD, his sense of hope when he learns about treatment, his relief that neither he nor his parents are to blame, and eventually, his victory over OCD. It is designed for parents or professionals and children to read together.



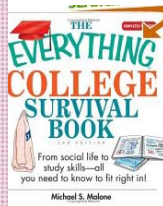
THE GAP YEAR BOOK: The Lonely Planet Gap Year Guide

By: Joseph Blindloss, Charlotte Hindle, & Matt Fletcher

Fancy a year out between school and further studies? Thinking of letting the rat-race wait? You need The Gap Year Book - a definitive, practical guide to planning and taking a year out. Packed with essential advice on pre-trip preparation and planning, the inside track on when and where to go, and numerous ideas on what to do, this book is a one-stop gap year shop. Want to try yacht crewing? Fancy a stab at volunteering? Raring to go on a conservation project? We'll tell you how to organize all this and more, all you need now is your plane ticket!

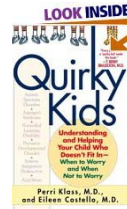
THE EVERYTHING COLLEGE SURVIVAL BOOK:

From Social Life to Study Skills - All You Need to Fit Right In
By: Michael S. Malone



The second edition of this top seller includes all-new information on everything from admissions to excelling in the classroom. And, with a new take on student life, this new edition is perfect for today's college students. Readers will learn to Pack for the big move away from home, manage their money, make new friends, and balance their academic and social life

****ALUMNI-** Please share your news with us about the events in your life. Tell me about moves, weddings, promotions, etc. Email me at lkahn@educationalconsulting.com.



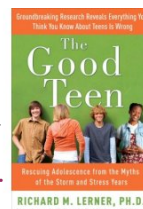
QUIRKY KIDS Understanding and Helping Your Child who Doesn't Fit In

By Perri Klass, M.D., and Eileen Costello, M.D.

This book discusses when to worry and when not, and how far to push for diagnosis and/or treatment when a child's "quirkiness" becomes concerning. The authors explore such confounding and complex syndromes as anxiety disorder, attention deficit disorder, Tourette's syndrome, oppositional defiance disorder, Asperger's syndrome and other problems. Parents of quirky kids share many similar dilemmas, such as whom to tell, how to deal with social and peer issues, or how to handle homework. The authors present a thorough discussion of the many therapies and medical treatments available, but also advise parents to keep their own lives in balance as they search for answers.

THE GOOD TEEN: Rescuing Adolescence from the Myths of the Storm and Stress Years

By: Richard M. Lerner, Ph.D.



The teen years need not be a time of sullenness, angst and rebellion. Lerner encourages parents to promote healthy, positive, admirable, and productive behaviors in our young people. His approach focuses on the Five C's: Competence, Confidence, Connection, Character, and Caring. He theorizes that a kid secure in the Five C's will probably be equipped to avoid real storm and strife during adolescence. The how-to's of such an enterprise are a bit hard to pin down, so Lerner uses anecdotes to examine how parents might guide a teen's behavior in a specific situation.

YOUR CHILD'S STRENGTHS:

Discover Them, Develop Them, Use Them

By: Jennifer Fox, M.Ed.



For too long, parents and teachers have focused on identifying and "fixing" kids' weaknesses to improve academic performance. Fox's strengths-based philosophy aims to prepare kids for the future in a world that demands greater adaptability and creative thinking than ever before. She is able to provide practical tools and resources for parents and schools to discover and develop each child's unique strengths.

SURVIVAL GUIDE FOR COLLEGE STUDENTS WITH ADD OR LD

By: Kathleen Nadeau, Ph.D.

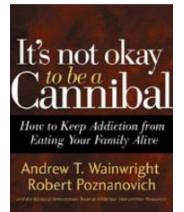


Nadeau comes to the aid of college students with AD/HD or learning disabilities with practical, everyday strategies. From registering for classes and arranging for accommodations to choosing a major and managing extracurricular activities, Nadeau will help make the most of your four years.

IT'S NOT OK TO BE A CANNIBAL:

How to Keep Addiction from Eating Your Family Alive

By: Andrew T. Wainwright
And Robert Poznanovich



Today's top addiction consultants guide families devastated by a loved one's addiction. As countless families can attest, addiction is a disease that destroys families, not just individuals. Secrecy, depression, anger, and confusion are hallmark traits of addicted families. Addiction wrecks the family's home life, consumes the family's financial resources, and depletes the family's emotional reserves. Now, having helped thousands of families confront addiction, two of the nation's leading interventionists, Robert Poznanovich and Andrew T. Wainwright, have created a survival guide for families. With compelling case histories and real-life scenarios, the authors set forth a practical course of action for families to break free from the grip of addiction, a process that culminates with an intervention for the addict. The process liberates and forever changes the family. Even if the addict refuses treatment, truth about addiction has been spoken during the intervention and the family is free to move ahead with or without the addict.

How to Evaluate Pros and Cons of Homeschooling

By: Ashtyn Evans

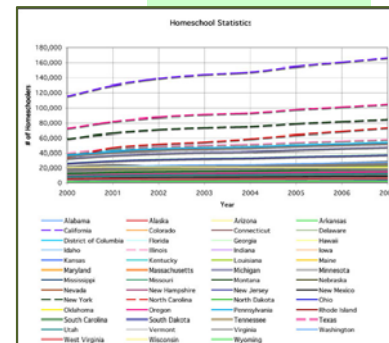
Homeschooling is becoming a popular alternative to traditional education. Once upon a time, this was something that was done strictly for religious reasons. However, these days, parents are making the choice to homeschool based on the best educational option for their child. Today, over 2 million families educate their children at home, and the number continues to grow steadily each year. Making the decision to homeschool can be a difficult one. There is so much information on homeschooling that often people are not sure where to begin. Consider the following pros and cons that are common to most families to determine why some may choose to homeschool and others might not.

The Pro's to Homeschooling

1. **Educational Freedom.** If you choose to homeschool your children, as the teacher, you will be able to create the perfect curriculum for your children's growth and advancement. You can create curriculums that are uniquely tailored to their strengths and weaknesses. This will help them to advance in the areas they are good at and to get that level of nurturing attention where they need some work.
2. **Family Bonding.** There is something very satisfying about having your children at home every day. If you are worried about the negative aspects of socialization in public schools, and you believe your child will pick up morals that you do not agree with, then homeschooling is an excellent choice to make. You will be able to teach your children in every way and the moral lessons you attempt to implement will be long-lasting. Of course, the time you get to spend with your children is invaluable. The care and dedication you have taken to make their educational experience unique and exciting will strengthen the bond your family shares.
3. **One-on-One Attention.** Your children will no longer have to worry about vying for any teacher's attention. As the teacher of your children, you will be able to help them the minute they need extra attention. This is the perfect situation for both special needs and gifted children, although on-level children flourish with the extra attention, as well.
4. **The Ability to Take Life Easy.** One of the best things about homeschooling is the freedom that comes with it. You do not have to work on the 8-4 schedule unless that is what works for you and your children. You can homeschool at midnight if you find your children work best at this hour. You also can choose to homeschool year-round and you can pick the days that you have off. It's all up to you!
5. **The Option to Teach Your Way.** If you are religious, you can teach religious-based curriculum and have prayer breaks if you want them. If you are non-religious, you can teach a secular-based curriculum. As a homeschooling parent, you will have the ability to create the structure of your child's school environment from the ground up.

The Cons to Homeschooling

1. **The Cost.** Most homeschooling methods cost money. In fact, some methods cost a great deal of money. How you want to homeschool will affect your decision based on whether you can afford your method of choice. There are some people that homeschool using classic books. They may have these books around the house or they have been purchased at flea markets or garage sales; which, when combined with free worksheets from the internet, the cost is minimal. However, other families purchase books from the major companies public schools use. The new books can cost a great deal of money and if you buy them from an educational site, you could spend upwards of \$500 or more depending on your child's grade level.
2. **Use and Abuse of Time.** Most families today have each adult in the home working. If you are working outside the home, it is likely that you have a small window where you can handle your homeschooling and that is it. The problem here is that some children resist the homeschooling procedure. In the beginning, it can be hard for the children to separate the home environment from the school environment. If you are on a tight time schedule and your children do not like working under those restraints, it may be harder for you to homeschool.
3. **The Homeschool Stigma.** If you decide to homeschool your child, you will become a minority. Of course, that minority is growing larger every day but it is still the minority. You will hear everything from "You're only homeschooling because you are afraid to let your children live their own lives" to "They will not get enough socialization" or "Your family is just plain weird!" The truth is some or none of that may be true. However, these issues will need to be dealt with and some people will not want to have to handle them.
4. **Socialization Issues.** Depending on the area you live in, this may not be an issue at all. All around the world there are homeschool support groups. If you live in a big city, you will have no problem finding groups, co-ops, field trips, and other activities for your homeschooled child. However, if you are in a more rural area, you might feel you are starving your child of socialization. If this is the case then homeschooling might be a bad idea for you and your family.



TRAVEL



As you know, my travel schedule takes me all over the U.S. to visit colleges, boarding schools, therapeutic schools and programs, and special needs facilities. I recently visited New York, Colorado, Georgia, North Carolina, South Carolina, and Virginia. My upcoming trips this spring and summer will take me to California, Maine, Massachusetts, and Minnesota. I do check my voice mail daily and will try to return all phone messages within 24 hours. Thank you all for your patience.

LINDY'S RECENT TRIPS



College Confidential

Who can say what to whom, when ...and why

What CAN'T your college share?

- **Grades.** You may be surprised to learn that your college won't give them to anyone in your family but you (unless your parents or guardians jump through some pretty complicated hoops involving tax documents).
- **Healthcare.** You can see a counselor or get a blood test on campus if you need to, and it's just between you and the doctor.

What CAN your college share?

- **Directory information.** This would be your mailing address, e-mail address, and telephone number.
- **Need-to-know academic stuff.** Within the university, faculty and staff have access to student information that they need to do their jobs. For example, your professor can probably see your Social Security number, and your advisor can see every grade you earn!
- **Your status.** Basically, whether you are enrolled and matriculating. Your college can say when you started college, and after you graduate, they can tell callers the date and degree.
- **Nonacademic conduct.** If you are found responsible for violating drug or alcohol policies, your college can (and probably will) send a letter home.
- **Danger.** If you or someone else seems to be in immediate danger, all confidentiality bets are off. This means that if you disclose to a counselor that you are thinking of hurting yourself or someone else, that counselor is not bound by confidentiality. Faculty and staff respect your privacy, but they will share your private information if it's necessary to protect you or someone else/necessary for safety reasons/necessary in the case of an emergency.

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