



Educational Resources

A Newsletter of
KAHN EDUCATIONAL GROUP, LLC; Consulting and Placement Services

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Editor: Jennifer Chung

College Admissions • Day/Boarding Schools • Special Needs • Summer Programs • Crisis Intervention

AP Classes and College Credit



Advanced Placement (AP) courses can save you time and money. They can also give you an edge in the applicant pools of highly selective colleges and universities. The national AP program is administered by The College Board. Participating high schools have been approved to teach AP courses based on the academic quality of their college-preparatory or, as it is commonly known today, honors curricula.

AP courses are college-level courses that can give you college credit in the form of advanced standing when you enter your freshman year. There is an end-of-course AP final on which you have to score a 3, 4, or 5 in order to get college credit. Some colleges will recognize a grade of 3 as qualifying for credit. Most, though, require a 4 or 5. AP college credit is a good buy-- an AP course can be taken for the price of registering for the final exam, which is less than \$100.

Another aspect provided by AP courses is a preview of college-level work. If you have any doubts about doing well in college, an AP course can confirm them or put your mind at ease. They're a lot of work and require much reading, writing, problem sets, and--for the science courses--lab time. They'll give you a real feeling of accomplishment, though, when you're done.

If you're taking AP courses specifically to reduce the amount of credits you'll have to take once in college, or to have specific classes "waived" during your freshman year, be aware that every college treats these classes differently. Not every college will promise an exact equivalency between the AP course you take and a specific class necessary to graduate--or even an elective. Two things to remember:

First, at most colleges the faculty (not the admissions office) decide how an AP course is treated in light of all credits needed to graduate. Ask the college department that seems the most likely to review the AP course (History, Math, etc.).

Second, most colleges now have a common first-year experience, many with a predetermined set of core courses all freshmen must take. Call and find out before you assume that your credits will transfer over "one-for-one." Most students aspiring to the very best colleges and universities graduate with five or more AP courses on their transcripts. Remember, to college admissions people, a B in an AP course is worth more than an A in a lesser course.

www.collegeconfidential.com

NOTES AND COLLEGE RESOURCES

SENIORS ...

CONGRATULATIONS to all of you who got in Early Decision to the college of your choice!

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.

Monday, March 28, 2011
Houston National Hispanic College Fair
University of St. Thomas
Main Gym
3800 Montrose Blvd.
9:30 a.m.-12:30 p.m.

Tuesday, April 19, 2011
2011 Houston National College Fair
George R. Brown Convention Center
Exhibit Hall C
1001 Avenida de las Americas
9:30 a.m. - 12:00 p.m.
6:00 p.m. - 8:00 p.m.

Help for Homeschool Grads



For the College Bound

Many unfavorable admissions policies are merely the result of misunderstanding--the two most common concerns expressed by admissions offices are:

1) unfamiliarity with homeschooling and related legal requirements, and 2) a fear of losing institutional eligibility for federal financial aid if students with unaccredited diplomas are awarded financial aid.

1. Show that your diploma is legal and valid.

First, make sure that you are familiar with the homeschool requirements in the state in which your high school program was conducted. Second, gather proof of your compliance with the law. For example, a copy of your notice of intent demonstrates that filing requirements were met, and transcripts and work samples show that you completed the required courses.

2. Assure admissions and financial aid counselors that the school will not lose its institutional eligibility for federal funding if they award financial aid to a nontraditional student. Post-secondary institutions that accept federal funds are subject to federal regulations, and many admissions officers mistakenly believe that federal regulations

require college applicants to have an accredited high school diploma or GED. Consequently, many admissions counselors also believe the institution will lose its federal funding if the school grants admission and/or financial aid to applicants who do not have accredited high school diplomas. However, HSLDA has worked with legislators and the U.S. Department of Education to develop policies that allow nontraditional high school graduates to receive federal funding. In short, the U.S. Department of Education allows homeschool graduates to self-certify completion of their secondary education in a homeschool setting. No proof of accreditation must be submitted for the student to receive financial aid, and the post-secondary institution will not be at risk of losing its institutional federal funding if it admits and awards financial aid to the applicant. The Department of Education has published an official letter regarding homeschool student and institutional eligibility.

For the Job Seeker

HSLDA has found that many employers have concerns similar to those of the college admissions offices. Employers may not be familiar with homeschooling and state-by-state requirements, and as a result insist that candidates have an accredited diploma and transcript.

www.hslda.org 1.21.2011

INSIDE THIS ISSUE:

Net News, Travel	2
Inside Your Teen's Head/ Too Much Texting	3
Smoking/Teen Pregnancy	4
SAT/ACT/Application info	5
Lindy's Bookshelf	6
ADHD/Dyscalculia	7
Summer Programs for High School Students	8

Resources on the Web

ON-LINE APPLICATIONS:

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
Occupational Outlook Handbook: www.bls.gov/oco
Athletic Coach Database: www.collegecoachesonline.com

COLLEGE FAIRS:

www.nacac.com/fairs.html

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

DIRECTORIES OF AMERICAN UNIVERSITIES

www.clas.ufl.edu/CLAS/american-universities.html
BY STATE:
<http://collegiateway.org/colleges.html>
www.collegeview.com

TESTS AND TUTORING:

SAT Info: www.collegeboard.org
ACT Info: www.actstudent.org
Princeton Review: www.review.com
Kaplan Tutors: www.kaptest.com/tutoring

FINANCIAL AID / LOAN CALCULATORS:

www.fastweb.com
www.finaid.org/calculators
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
Learning Disabilities Online: www.ldonline.org
Learning Disabilities Assoc.: www.ldantl.org
National Center for LD: www.ncld.org
Council for Exceptional Children: www.cec.org
International Dyslexia Assoc.: www.interdys.org

ADVOCACY AND LEGAL:

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

TRAVEL NEWS

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 toured schools in Hawaii, North Carolina, Mississippi, Michigan and Arizona. My upcoming trips this spring will take me to New Hampshire and Pennsylvania. I do check my voice mail daily and will try to return all phone messages within 24 hours. Thank you all for your patience.



Wilderness Program
In Hawaii



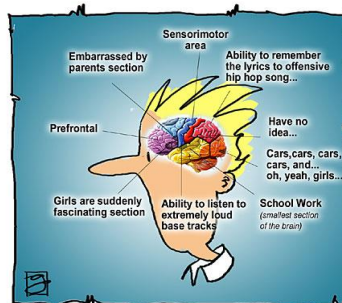
Hawaii Prep

Lindy



Lindy at Ole Miss

What's Really Going On Inside Your Teen's Head



Anatomy of a Teenager's Brain

In the past few years, research has shown that the brain of a teen really is different. Two technologies—PET scans (positron emission tomography) and fMRI (functional magnetic resonance imaging)—have enabled us to study how the brain changes over time. What researchers have shown is that the teenage brain is still very much a work in progress and functions quite differently from an adult's. True, there are areas (particularly those dealing with motor control and hand/eye coordination) that are as well-honed as they will ever be. (That is one reason why your teen can already whip you at computer games.) But there are other areas—not surprisingly, the ones responsible for things like planning ahead and weighing priorities—that continue to develop well into our 20s. Which is something to remember the next time you find your daughter posting Girls Gone Wild-ish videos of herself on YouTube and failing to realize that this footage will be available to the people who may be interviewing her not that many years from now at some white-shoe law firm.

Why Is She Forgetting So Much of What She Knew?

At birth, our brains have an operating system loaded and primed for growth. In a baby, each neuron (a cell that transmits electric signals) has around 2500 synapses; that increases over the next three years or so to around 15,000. These synapses are the wiring that allows our brains to send and receive information. Until recently, scientists thought this huge surge in brain wiring happened only once, when kids are young. Wrong. A study of 145 kids and adolescents scanned every two years at the NIH has shown that there's another huge surge right before adolescence, followed by a process of "pruning" those connections in a kind of use-it-or-lose-it strategy.

If He's So Smart, Why Is He So Clueless?

The frontal lobes, and particularly the prefrontal cortex, are one of the last areas of the brain to develop. Researchers now believe that the prefrontal cortex—responsible for things like organizing plans and ideas, forming strategies, and controlling impulses—is not fully developed until the late 20s.

Dopamine levels are also not yet at optimal levels during adolescence. Dopamine is the chemical messenger that allows us to do constant triage in day-to-day life, so we can figure out what to pay attention to and what is background noise. Without adequate levels, life can be a disaster. It's like: *I'm crossing the street. There's a truck approaching me and...oh, look at the cute doggy!*

Why Can't She Rise and Shine, Darn It?

Beginning in puberty and continuing into the early 20s, adolescents need from 8.4 to 9.2 hours of sleep on average a night, compared with 7.5 to 8 hours for adults. Perhaps even more critical—and obvious to anyone who has had to drag a once-perky kid out of bed by the heels at 7 a.m.—the circadian rhythms of teenagers shift.

4 Stay-Sane Strategies

- **Remind** a distraught child that things will get better. Often during a rough spell, a teenager sees only his or her little world and can't imagine a tough situation changing.
- **Ask** your teen to come up with his own solution.
- **Educate** your child about sleep. Tell your kid you're not trying to enforce a curfew just to be annoying. As little as 40 minutes less sleep a night can cause difficulties in school, including falling asleep in classes.
- **Don't excuse** bad behavior.

www.parade.com



BEHAVIOR: TOO MUCH TEXTING IS LINKED TO OTHER PROBLEMS



A new study suggests that the high school students who spend the most time texting or on social network sites (or both) are at risk for a host of worrisome behaviors.

The study researchers at Case Western Reserve University is based on data from questions posed last year to more than 4,000 students at 20 urban high schools in Ohio. About one-fifth sent at least 120 text messages a day, one-tenth were on social networks for three hours or more, and 4 percent did both. That 4 percent were at twice the risk of nonusers for fighting, smoking, binge drinking, becoming cyber victims, thinking about suicide, missing school and dozing off in class.

Dr. Scott Frank, a family physician who is director of the public-health master's program at Case Western Reserve School of Medicine said, "It does make sense that these technologies make it easier for kids to fall into a trap of working too hard to fit in. If they're working that hard to fit into their social networks, they're also trying to fit in through behaviors they perceive as popular, like smoking cigarettes or drinking alcohol, having sex and getting involved in higher-risk adolescent behaviors."

www.nytimes.com

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.

2011 CALENDAR OF EVENTS

February 19, 2011
(9:00am-2:00pm)

Basketball Individual Skills Competition

Location:

Aragon Middle School
Address: 16823 West Rd.
Houston, TX 77095

February 26, 2011
(10:00am-4:00pm)

Polar Plunge and Chili Cook-Off

Location:

Splashtown Houston
Address: 21300 I-45 N
Spring, TX 77383

March 5, 2011
(8:00am-5:00pm)

Area Basketball Tournament

Location:

Cy-Fair ISD TBA





How to Keep Teens from Smoking

OVERVIEW

"According to the American Cancer Society, more teens are hooked on smoking than adults. In addition, out of an estimated 71 million teens who smoke in the U.S., nearly all tried their first cigarette before high school graduation, and about 1-in-4 children above the age of 12 currently lights up each day. It's not easy to prevent teens from smoking, but you may have more influence on your child than you think."



Step 1

Talk to your teen about the health hazards of smoking. More importantly, show them. You could recite page after page of facts and statistics about the health risks of smoking, but teens tend to think they're invincible from cancer and other diseases. However, if you have a friend, relative, neighbor or colleague who has experienced health problems due to smoking, point it out to your child. A real-life example is much harder to ignore or dismiss.

Step 2

Give your teen the right tools to resist peer pressure to try smoking by helping him practice saying "no." The opportunity for "role rehearsal" might arise while observing an actor smoking in a movie, a scene that often portrays smoking as being "hip" or "cool." Watch your teen's reaction to seeing other kids smoking, too, and ask how he would handle an invitation to smoke. It's important that you understand how important image and acceptance among peers are to your teen, but you should also stress that his health and self-esteem are far more important. So offer suggested responses your child can use when peer pressure knocks, such as "No, thanks, I don't smoke."

Step 3

Avoid doling out threats, ultimatums and other extreme, negative responses to smoking, especially if your teen already has started smoking. Such tactics often bring out the rebellious streak in a teen and make the problem worse. Instead, try to get to the underlying reason why your teen was attracted to smoking in the first place. For instance, she may be concerned about her weight, or experiencing academic problems at school. Offer your full support and help your teen find ways to stop smoking.

Step 4

Address smokeless tobacco and other alternatives to traditional cigarettes, too. According to the Mayo Clinic, many of these products and devices are just as addictive because they still deliver nicotine. In fact, some of these products provide more nicotine and carbon monoxide than cigarettes. They also can cause cancer just like cigarettes and cigars.

<http://www.livestrong.com>

TEENAGE PREGNANCY AND EDUCATION

When a teen becomes pregnant, education goals may become secondary and ways of achieving those goals may grow less clear. This article on teen pregnancy and education summarizes the alternatives available.

Primary Concerns in Educating a Pregnant Teen

Private schools, because they are private, may make different rules, and if a teen who attends private school becomes pregnant, the school should be consulted about their policies. However, a teen who is pregnant continues to have a right to a free public education, and continuing on in her current public school, or transferring back to a public school if she had been attending a private school and can do so no longer, is a possible option. But when a teen becomes pregnant, her health and the health of her unborn child may make alternative arrangements for her education necessary.

If the teen has a health or mental health issue or an emotional/behavioral issues, then treatment for this combined with care for her pregnancy may both be priorities. In such a case, a therapeutic program with a school may provide a location in which all issues may be treated. Such a facility may be recommended by a healthcare professional or social worker or found by searching on the website of the National Association of Therapeutic Schools and Programs with the keyword *pregnant*.



Other Alternatives for Teen Pregnancy and Education

There are a variety of other ways to continue a pregnant teen's education. Homeschool and distance or online learning are both approaches that can work for a pregnant teen for whom her former schooling is no longer working or who has medical issues that require that she not go to school. For example, a bed-ridden pregnant teen who was still alert and mentally up to it could still complete coursework without being able to be physically present in a classroom.

Homeschools must be approved by the state department of education and generally take some time to set up. They do, however, provide maximum in flexibility for the teen and her family. Because homeschools can meet for longer periods of time in a day, it is possible that the teen could frontload the school year and get the maximum amount of schoolwork completed prior to the birth of her baby.

Accredited distance learning opportunities may be quicker to set up. Alternatives exist for receiving instruction over the Internet, through videos that are played on one's computer or television, or through correspondence courses.

www.pregnantteenhelp.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 (fee required)	Tests Dates	Regular	Late (fee required)
January 22, 2011	December 23, 2010	January 7, 2011	December 11, 2010	November 5, 2010	Nov. 6-19, 2010
March 12, 2011	February 11, 2011	February 25, 2011	February 12, 2011	January 7, 2011	Jan. 8-21, 2011
May 7, 2011	April 8, 2011	April 22, 2011	April 9, 2011	March 4, 2011	March 5-18, 2011
June 4, 2011	May 6, 2011	May 20, 2011	June 11, 2011	May 6, 2011	May 7-20, 2011

Concordance between ACT Scores and SAT Scores

ACT Composite	SAT CR + Math	ACT English/Writing	SAT Writing
36	1600	36	800
34	1540-1590	34	770-790
32	1400-1430	32	710-720
30	1330-1360	30	660-680
28	1250-1280	28	620-630
26	1170-1200	26	590-600
24	1090-1120	24	550-560
22	1020-1040	22	510-520
20	940-970	20	470
18	860-890	18	430-440

Changes to the Common Application Effective 08/01/10

- Short answer going down from 1500 to 1000 characters
- Students will be able to self report best scores from individual sittings of SAT/ACT and self-report GPA, rank, and current courses
- In the future plans section some colleges will ask about the highest degree the student intends to earn
- Colleges have the option to suppress some information
- Questions about foreign language proficiency and religious preference

ON TAKING THE SAT/ACT



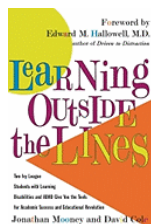
The ACT and the SAT are both designed to measure how ready students are to succeed in their first year of college. The primary difference between the two is the way they go about measuring college readiness. The ACT is an academic achievement test, while the SAT is a reasoning skills test. The SAT measures critical thinking skills, such as how students think, solve problems, and communicate. The ACT measures what students have learned in school and the specific skills and knowledge that are taught in core classes.

The ACT is made up of four core sections – **English, Math, Reading, and Science** – plus an optional essay writing exam. The SAT comprises three tests: Writing, Critical Reading, and Mathematics. Unlike the ACT, the SAT's writing exam is mandatory.

The scoring scales are different for the two exams also. Each of the three SAT tests is scored on a scale of 200-800 and no average is issued to students. Each of the four required ACT tests, in contrast, is scored on a scale of 1-36. Students also receive an ACT composite score, which is an average of the four scores. ACT writing scores are reported separately.

Nationally, the two exams are now taken by an almost equal number of students. In the US high school graduating class of 2009, 1.53 million took the SAT while 1.48 million took the ACT. It is not known how many took both tests. Six states (Colorado, Illinois, Kentucky, Michigan, North Dakota, and Wyoming) now administer the ACT to all 11th grade students as part of their statewide assessment systems.

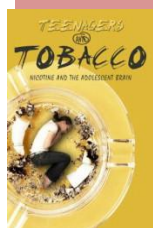
LINDY'S BOOKSHELF



LEARNING OUTSIDE THE LINES

By: Jonathan Mooney and David Cole

Perhaps you find yourself outside the norm, because you learn differently -- but, unlike your classmates, you have no system in place that consistently supports your ability and desire to learn. Simply put, you are considered lazy and stupid. You are expected to fail. *Learning Outside the Lines* is written by two such "academic failures" -- that is, two academic failures who graduated from Brown University at the top of their class. Jonathan Mooney and David Cole teach you how to take control of your education and find true success -- and they offer all the reasons *why* you should persevere. Witty, bold, and disarmingly honest, *Learning Outside the Lines* takes you on a journey toward personal empowerment and profound educational change, proving once again that rules sometimes need to be broken.



TEENAGERS AND TOBACCO:

Nicotine and the Adolescent Brain
By: Katie John Sharp

Teenagers and Tobacco first looks at how the brain works, why it is different from the adult brain and highlights the uniqueness of the teenage brain. It then discusses why people smoke and how nicotine works as well as its long-term effects. The text is easy-to-understand and offers young readers the facts and the latest research about smoking to enable them to make informed decisions. The colourful photos and fun illustrations make the text attractive to teen readers.

BEST OF THE BEST: BECOMING ELITE AT AN AMERICAN BOARDING SCHOOL

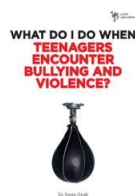
By: Ruben A. Gaztambide-Fernandez



Vividly describing the pastoral landscape and graceful buildings, the rich variety of classes and activities, and the official and unofficial rules that define the school, *The Best of the Best* reveals a small world of deeply ambitious, intensely pressured students. Some are on scholarship, others have never met a public school student, but all feel they have earned their place as a "Westonian" by being smart and working hard. Weston is a family, they declare, with a niche for everyone, but the hierarchy of coolness—the way in which class, race, sexism, and good looks can determine one's place—is well known.

WHAT DO I DO WHEN TEENAGERS ENCOUNTER BULLYING AND VIOLENCE?

By: Steven Gerali



Understand the issues of bullying, violence, and aggression* Grasp the factors that play into the issue, including the gender difference in the issue* Identify the profiles of the aggressors, victims, and gangs * Explore how theology informs the issue* Delve into questions that demand theological consideration, such as 'Why are people so cruel?' and 'Why does God allow suffering?*' Get tips to help prevent bullying in your youth group and how to transform the bully and empower the victim* Find ways to deal with the issue when it is specifically targeted at your youth group. With this practical book, you'll have what you need to help the victims and transform the bullies.

OVERCOMING TEEN DEPRESSION

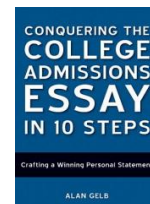
A Guide for Parents
By: Miriam Kaufman



In clear and accessible language, Dr. Miriam Kaufman explains what teen depression is, and how it can be overcome. She gives parents a thorough overview with the most up-to-date medical knowledge, and includes many illustrative case histories. To aid in the search for someone who can diagnose your teen and recommend appropriate help, Dr. Kaufman outlines current medical approaches, including therapy and drug treatments, as well as alternative treatments. In a broad-ranging question-and-answer section she addresses many of the specific concerns of parents, and of teenagers themselves.

CONQUERING THE COLLEGE ADMISSIONS ESSAY

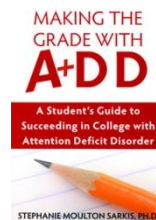
By: Alan Gelb



A much-needed supplement to other college entrance guides, this useful handbook will help students win over the admissions dean, while preparing them to write better papers once they've been accepted. A guide to crafting a meaningful and polished college admissions essay that expresses the applicant's unique personality, strengths, and goals. Step-by-step instructions lead students from idea to initial draft, through revisions, and to a final version ready for submission.

MAKING THE GRADE WITH A+DD:

By: Stephanie Moulton Sarkis, Ph.D.



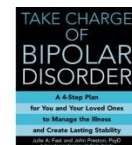
Bringing your ADHD to college can be a scary thing, but *Making the Grade with ADD* will ease your nerves. The book is designed to hold an ADHD reader's interest. Each chapter includes worksheets that walk you through important tasks, from sticking to a budget to selecting a major.

My favorite tool is the sleep-log worksheet: You keep track of when you took medication, went to bed, and woke up, and note how well-rested you felt each time until you perfect your sleep routine.

Making the Grade with ADD covers everything from financial aid to finding a job. Start reading it in high school and keep it with you through graduation.

TAKE CHARGE OF BIPOLAR DISORDER

By: Julie A. Fast and John Preston, PsyD



Many people diagnosed with bipolar disorder are sent home with the name of a doctor and prescription drugs. But few are able to manage their often out-of-control emotions with medication alone. The authors' program combines medication and supplements, lifestyle changes, behavior modifications, and other indispensable management tools. Readers will learn how to: Understand the behaviors caused by bipolar disorder, work with their doctors to find the right medications, develop a bipolar-friendly diet and exercise program, and recognize the triggers and signs of major bipolar disorder symptoms to stop the mood swings before they go too far.

****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.**

Help Your ADHD Child Make Friends

Sometimes, ADHD children need help making and keeping friends. Parents can make a big difference without stepping on toes by helping an ADHD child start a conversation or by "supervising from the window."



Observe the Situation

Get to the root of the problem. ADHD children often have little sense of how they're perceived by their peers, and will commit social blunders without realizing it. Help them by discussing what went wrong, why it happened, and what your child could (not should) do differently next time. Be as sensitive with your attention deficit child as you would be with a close adult friend -- too much negative feedback can hurt your child's self-esteem. On the flip side, when your child has a successful interaction, congratulate him.

Watch your child closely. Whenever he's playing with other kids, make sure you can see and hear what's going on. Be ready to intervene if he picks a fight, starts telling fibs, or does something dangerous in an effort to impress others.

Finding Groups and Teams

Consider team sports. Joining a team can help ADHD children realize everything isn't about them. The lessons learned in sports can overflow into their social lives and you may see your child start to develop healthy friendships.

Don't just dive in. Call the coach of the sports team before the first practice. Ask him questions to figure out whether or not your child -- and his attention deficit disorder -- would be welcome. If you decide to take the plunge, go with your child to meet the coach and/or some teammates before the first get-together. Remember, transitions are hard for kids with ADHD.

Beware of her competitive spirit. Children with ADHD can have some difficulty with competitive play -- gloating when they win and raging when they lose. If your child has a hard time with these situations encourage her to develop athletic skills that don't require teamwork, like running, swimming, or martial arts.

Have the Right Attitude

Know they'll find their way. Most socially isolated children will eventually learn to get a better handle on their behaviors and understand how friendships work. Once kids hit adolescence, they tend to act on the powerful urge to 'fit in.'

There's nothing wrong with having just a few friends. A child doesn't need to be in the 'in' group or get invited to lots of parties to be happy. In fact, studies show that having even one close friend is all it takes for a child to develop social self-confidence.

Play Matchmaker

Find a mentor An ADHD child may be more likely to take advice or instruction from a 'big brother' or 'big sister' than from you. Ask the big sibling of one of your child's classmates if he will be an informal mentor to your child. Many schools understand the importance of mentors have programs to connect kids.

Follow the love. If your child is a Gameboy fiend, look for another video-game fan to potentially be his friend. A shared interest will help your child feel confident and engaged.

Start out with one-on-one play. One-on-one play dates usually work best for ADHD children. With threesomes, it's easy for your child to feel left out - or ganged up on.

Seek out younger playmates. Children with attention deficit tend to be more immature than their peers (and painfully aware of it). As your child is growing up it's often helpful if she develops friendships with children a year or two younger -- this way, she won't feel left behind.

<http://www.additudemag.com/adhd/article/924.html>

Understanding Dyscalculia



What is dyscalculia?

Dyscalculia is a mathematical disability. Children with dyscalculia have great difficulties performing mathematical calculations. There is no single form of this disorder, so the affects of dyscalculia change from one individual to another.

What causes dyscalculia?

One of the most prominent causes of this disorder is visual processing weakness that causes difficulty in visualizing numbers and mentally mixing up the numbers, which causes mistakes in calculations. Another cause may be the language processing difficulties that can be caused when the brain has a problem processing what the ears have heard. Symptoms include:

- Slow to learn counting and math skills, difficulty reading numbers, difficulty recalling the numbers in a sequence, easily frustrated when using computation and organization skills;
- Trouble understanding how to tell time, trouble approximating how long an activity will take, poor mental math ability, difficulty playing strategy or role-playing video games, difficulty keeping score when playing games.

Helping your child outside of school is especially important because it allows your student to work at their own pace to learn and master each mathematical skill. To accomplish this, you can look into hiring a tutor or even a therapist.

<http://math-and-reading-help-for-kids.org>

Summer Programs for High School Students

A Variety of Programs and Benefits

These days, there are summer schools for just about every type of student, whether you'd like to work on academic subjects or developing skills such as playing an instrument or sport.

Pursue Your Interests

Use a summer program to develop a talent or interest in the arts, humanities, or sciences. For example, the California State Summer School for the Arts, held on the campus of the California Institute for the Arts (CalArts) in Valencia, has programs in film and video, creative writing, visual arts, animation, dance, music, and theater.

Meanwhile, the Michigan Tech Summer Youth Program allows you to participate in week-long "Explorations" in engineering, math, science and technology, ecology, outdoor adventure, and a variety of social sciences and humanities areas.

Improve Your High School Transcript

A summer school program can increase your chances of getting into a competitive college. Attending a challenging summer school program can increase your chances of getting into a competitive college. In fact, some summer school programs are as competitive as colleges, requiring an extensive application complete with SAT® or PSAT/NMSQT® scores, teacher recommendations, and a personal essay.

While attendance at a high-powered summer school like Harvard's Secondary School Program (SSP) does not guarantee that you will get into an Ivy League school, it does add a certain luster to your college applications. Nonetheless, a cutting-edge internship or a job that requires responsibility and leadership can look just as good on your college applications.

Summer School Tips

When looking for a summer school program, here are some important factors to consider:

- How much of the summer do you want to commit to school? Programs range from five days to eight weeks.
- What do you want to get out of summer school? Do you want to turbo-charge your academics? Act in a play? Teach young children? Learn how a political campaign is conducted? Polish up a second language? Work with engineers in the computer industry?
- Where do you want to stay? Do you want a residential program where you live in dorms with other students or would you prefer to live at home, attending school only during the day?
- Can you get high-school (or college) credit for summer school courses? Receiving credit depends both on the school where you take the course and on your home school.
- How much can you spend on summer school? If the answer is nothing, are free programs available in your state or school district?

www.collegeboard.com

****Please call our office for summer options**



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