



# Educational Resources

A Newsletter of

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

## Uncommon Common Application Questions



As of this writing, over 490 out of about 550 Common App colleges have gone fully “live” with their member questions and writing supplements for 2014-15. The rest are working out details and will come on line as soon as all parties reach agreement.

“The 60 or so remaining Members will make the decision to go live when they are ready to do so -- that may be anytime between now and the end of August,” explained Aba Blankson, the Common App’s director of communications.

“...Prospective Applicants who navigate to a Member page that is not yet published, will see a message explaining that the Common App and Member Institution are working together to finalize the questions. At that time, they will also see tips on how to proceed through the other parts of the application process.”

In the meantime, early bird applicants have already begun completing applications. On the first day, about 600 applications were filed through the Common App system, according to Ms. Blankson.

And while most of the application elements introduced last year remains in place, there have been a couple of changes in function and design, some of which were recommended by focus groups of local high school students.

Perhaps the most noticeable and somewhat unexpected change this year is the challenge of locating essay prompts. Colleges were given the option of locating prompts in writing supplements like last year or placing them in member questions located in the main body of the application. For colleges requiring a writing supplement, filing an application becomes a two-step process. Without the supplement, the process is reduced to one submission.

A complication comes in when a college uses member questions to “trigger” other member questions or a brand new writing supplement which wasn’t immediately visible on the “My Colleges” page. This marks the return of the “stealth” essay, which gave many applicants nightmares last year.

The essay hunt may take some getting used to, but if applicants take care to answer member questions first, all prompts should readily appear. If applicants wait until late in the game, however, they may be surprised with a few unexpected essays to complete.

In any event, it appears that some colleges spent the summer coming up with challenging, if not downright weird questions for applicants to consider and ponder late into the night.

<http://www.examiner.com/list/12-uncommon-common-application-questions>

### EXAMPLES OF ‘UN’COMMON COMMON APP QUESTIONS

1. **Hendrix:** “What is your favorite candy?”
2. **Lehigh:** “Describe your favorite ‘Bazinga’ moment.”
3. **Notre Dame:** “Describe your ideal intellectual field trip.”

## All About Resumes

A resumé can be a very powerful document for pushing your college candidacy forward. It can serve to color in between the lines or provide extra detail beyond what may be crammed into a standardized application form.

Within each activity, the **Position/Leadership** blank allows **50 characters** to give a solid indication of your position and the name of the organization in which you participate. The **Details, Honors and Accomplishments** box allows **150 characters** to provide insight into what you’ve done and any distinctions you earned.

But for some students, the structure of the Common App’s **Activities** section is still limiting and doesn’t provide enough of an opportunity to showcase specific accomplishments. In this case, the applicant has a couple of options.

First, check both the member questions as well as college-specific writing supplements for additional opportunities to provide details about extracurricular activities. You may be surprised to find a number of Common App members have made provisions for an upload of a fully-formatted resumé.

If none of these options works for you, you can use the Common App’s **Additional Information** section to copy and paste a simple resumé or an edited version of your resume (eliminating overlap with other parts of the application).

<http://www.examiner.com/article/common-app-members-and-others-that-welcome-your-resum>

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## Resources on the Web

**ON-LINE APPLICATIONS:**

[www.ezcollegeapps.com](http://www.ezcollegeapps.com)

Common Application:

[www.commonapp.org](http://www.commonapp.org)

Texas Common App:

[www.applytexas.org](http://www.applytexas.org)

**SPECIAL INTEREST SITES:**

Hillel: The Foundation for Jewish Campus

Life- [www.hillel.org](http://www.hillel.org)

Council for Christian Colleges and Univer-

sities: [www.cccu.org](http://www.cccu.org)

College Athletic Association (NCAA):

[www.ncaa.org](http://www.ncaa.org)

Occupational Outlook Handbook:

[www.bls.gov/oco](http://www.bls.gov/oco)

Athletic Coach Database:

[www.collegecoachesonline.com](http://www.collegecoachesonline.com)

**COLLEGE FAIRS:**

[www.nacac.com/fairs.html](http://www.nacac.com/fairs.html)

**DIRECTORIES OF COLLEGE AND UNIVERSITY WEBSITES**

[www.allaboutcollege.com](http://www.allaboutcollege.com)

[www.careersandcolleges.org](http://www.careersandcolleges.org)

[www.college-access.net](http://www.college-access.net)

[www.petersons.com](http://www.petersons.com)

[www.collegeview.com/collegesearch/](http://www.collegeview.com/collegesearch/)

[www.usnews.com/usnews/edu/college/](http://www.usnews.com/usnews/edu/college/)

[www.mycollegeguide.org](http://www.mycollegeguide.org)

[www.collegeconfidential.com](http://www.collegeconfidential.com)

**DIRECTORIES OF AMERICAN UNIVERSITIES**

[www.clas.ufl.edu/CLAS/](http://www.clas.ufl.edu/CLAS/)

[american-universities.html](http://american-universities.html)

BY STATE:

<http://collegiateway.org/colleges.html>

[www.collegeview.com](http://www.collegeview.com)

**TESTS AND TUTORING:**

SAT Info: [www.collegeboard.org](http://www.collegeboard.org)

ACT Info: [www.actstudent.org](http://www.actstudent.org)

Princeton Review: [www.review.com](http://www.review.com)

Kaplan Tutors: [www.kaptest.com/tutoring](http://www.kaptest.com/tutoring)

**FINANCIAL AID / LOAN CALCULATORS:**

[www.fastweb.com](http://www.fastweb.com)

[www.finaid.org/calculators](http://www.finaid.org/calculators)

[www.nasfaa.org](http://www.nasfaa.org)

[www.freescholarship.com](http://www.freescholarship.com)

[www.college-scholarships.org](http://www.college-scholarships.org)

**GENERAL LD AND AD/HD:**

Assoc Higher Education & Disability:

[www.ahead.org](http://www.ahead.org)

ADD Assoc.: [www.add.org](http://www.add.org)

Learning Disabilities Online:

[www.ldonline.org](http://www.ldonline.org)

Learning Disabilities Assoc.:

[www.ldantl.org](http://www.ldantl.org)

National Center for LD:

[www.ncld.org](http://www.ncld.org)

Council for Exceptional Children:

[www.cec.org](http://www.cec.org)

International Dyslexia Assoc.:

[www.interdys.org](http://www.interdys.org)

**ADVOCACY AND LEGAL:**

Wrightslaw: [www.wrightslaw.com](http://www.wrightslaw.com)

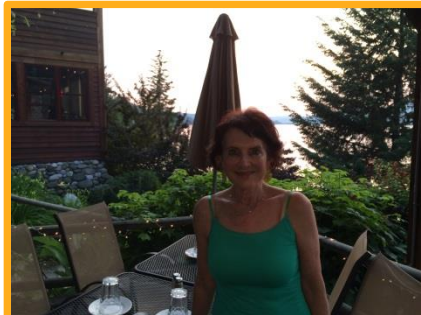
Disability access information:

[www.janejarrow.com](http://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 and programs in Missouri, Wisconsin, Montana, Idaho, and Colorado and I have additional upcoming trips planned to Oregon and Vermont.

While traveling, I do check my voicemail daily and will try to return all phone messages within 24 hours. Thank you all for your patience.



# Is it Depression or ADHD?

First the bad news: Depression is estimated to be 2.7 times more prevalent among adults with attention-deficit/hyperactivity disorder than among the general adult population. Now the good news: Effective remedies for depression are readily available, and they work just as well for adults with ADHD as they do for others. If you think you have the condition, there is no need to suffer.

## Primary vs. Secondary Depression

Some adults with ADHD become depressed for no obvious reason—the condition strikes even in the absence of unpleasant life circumstances or events (difficulties at work or in school, job loss, relationship problems, chronic illness, and so on). Risk for this form of depression, known as primary depression, seems to be largely inherited.

## Take Charge of Secondary Depression

In other cases, depression arises as a direct consequence of the chronic frustration and disappointment of living with untreated or poorly managed ADHD. By some estimates, 25 percent of adults with the disorder haven't gotten appropriate treatment. Such cases of depression are said to be secondary to ADHD.

## Telling ADHD and Depression Apart

To complicate matters, doctors may mistake ADHD for depression. Differentiating the conditions can be difficult because both disorders bring mood problems, forgetfulness, an inability to focus, and lack of motivation. There are, however, subtle distinctions between ADHD-induced symptoms and those caused by depression.

## What You Should Treat First

"I would not go after ADHD and primary depression at the same time," says Lenard Adler, M.D., director of the adult ADHD program at the NYU Langone Medical Center in New York City. "Work first on the condition that causes the greater impairment. Problems raised by ADHD are real, but depression can be life-threatening."

Most of the time, depression improves substantially with the first antidepressant tried. If it doesn't work, a second one probably will. About half of those who take antidepressants achieve complete relief of depressive symptoms.

## Do-It-Yourself Relief

When depression is secondary to ADHD, minor medication or lifestyle adjustments may be all it takes to get out of a funk. What if depression persists despite adherence to an ADHD drug regimen? Doctors recognize that lifestyle changes are likely to help. Aerobic exercise "has a profound effect on the mood level of people with ADHD," says William Dodson, M.D., a Denver-based psychiatrist. "If you can't motivate yourself, exercise can normalize your mood."

Many ADDers find that their mood darkens when they have nothing to do. "The ADD nervous system feeds on interest and challenge," says Dodson. To guard against idleness, he recommends setting up an "interest closet": Whenever you come across something interesting—a good book, for instance, or a craft project—stash it in a closet. The next time you find yourself looking for something to do, there will be something waiting for you.

## Meditation and Psychotherapy

Meditation also has its place in treating depression. Sit quietly, with your eyes closed, and focus on your breathing. Each time you exhale, silently repeat a one-syllable word—"one" or "peace" or "om." Do this for a minute or so, or try it for 10 to 20 seconds whenever you have trouble moving from one activity to another.

Along with, or instead of, meditation and medication, a form of psychotherapy known as cognitive behavioral therapy (CBT) has proven to be highly effective against depression. The first goal of CBT is to enable the patient to identify and reduce frequent, intense negative thoughts—"This is too hard to do," for example.

The next step is to replace these self-destructive thoughts and beliefs with more realistic and constructive thoughts—"Yes, this is hard. How can I make it more manageable?" You're acknowledging the difficulty, but not wallowing in it. You're pointing yourself toward positive action.

The goal is to reduce the frequency and intensity of symptoms. Don't expect to eliminate them. But you can manage symptoms that once got in the way of living a happy life.



## 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](http://www.specialolympicstexas.org) or contact Renee Klovenski at 713-290-0049 or [rklovenski@satx.org](mailto:rklovenski@satx.org).

## UPCOMING Special Olympic Events

**Fire Truck Pull | Beaumont**  
Area 5- Beaumont  
September 6, 2014

**Birdie on the Bay**  
Area 2 - South Texas  
September 12, 2014

**Fire Truck Pull | Conroe**  
Area 6 - Heart of East Texas  
September 13, 2014

**Guardians of the Flame Fashion Show**  
Area 20 - San Antonio  
September 13, 2014

**Run with the Heroes 5K**  
Area 13 - Central Texas  
September 14, 2014





## The Colleges with the Happiest Students, According to the Princeton Review's 2014-15 Ranking

If you feel like a room without a roof, you're either Pharrell Williams or a Commodore. That's because Vanderbilt University, located in Nashville, Tennessee, recently scored the number one slot in the Princeton Review's ranking of colleges with the happiest students.

The list was released Monday in conjunction with Princeton Review's annual guide, "The All Princeton Review lists are based on survey from 130,000 students at colleges and universities across the U.S.

Trailing behind Vanderbilt, Claremont McKenna College in California earned the silver medal, followed by Clemson University in South Carolina and Tulane University in Louisiana. There's just something about sunshine that makes college students happy.

**See the Princeton Review's top 12 schools with the happiest students for 2014-15 in the list below and head over to Princeton Review for the full list.**



1. Vanderbilt University
2. Claremont McKenna College
3. Clemson University
4. Tulane University
5. Virginia Tech
6. Rice University
7. Kansas State University
8. Bowdoin College
9. Vassar College
10. Hillsdale College
11. Whitman College
12. The College of Idaho

[http://www.huffingtonpost.com/2014/08/06/happiest-students-2015-princeton-review-vanderbilt\\_n\\_5652502.html?utm\\_hp\\_ref=tw](http://www.huffingtonpost.com/2014/08/06/happiest-students-2015-princeton-review-vanderbilt_n_5652502.html?utm_hp_ref=tw)

## Preventing School Refusal



Parents or other caregivers can do several things to control school refusal before it becomes a routine, troublesome behavior.

Listening to the child's actual concerns and fears of going to school is important. Some of the reasons for refusing to attend school may include another child at school who is a bully, problems on the bus or carpool ride to school, or fears of inability to keep up with the other students in the classroom; these issues can be addressed if they are known. On the other hand, making too big a deal of school refusal may promote the child's behavior to continue.

Firmly getting the child to school regularly and on time will help. Not prolonging the goodbyes can help as well. Sometimes it works best if someone else can take the child to school after the parent or caregiver says goodbye at home.

It truly helps to believe that the child will get over this problem; discuss this with the child (the parent or caregiver needs to convince himself or herself of this before trying to convince the child).

The parent or caregiver should reassure the child that he or she will be there upon the child's return from school; this should be repeated over and over, if necessary. Let the child know that the parent or caregiver will be doing "boring stuff" at home during the school day. Always be on time to pick the child up from school if you provide transportation rather than a school bus.

Supportive counseling is often made available at school in these circumstances so as to minimize reinforcement of school-avoidant behaviors and to prevent secondary gain from school refusal and should be encouraged for any student who wishes to have it. If the child simply refuses to go to school, some parents have found that decreasing the reward for staying home helps. For example, do not allow video games or television, or find out what work is being done in the school and provide similar education at home, when possible.

[http://www.emedicinehealth.com/school\\_refusal/page11\\_em.htm#prevention\\_of\\_school\\_refusal](http://www.emedicinehealth.com/school_refusal/page11_em.htm#prevention_of_school_refusal)

## Important Test Dates to Remember

[www.collegeboard.com](http://www.collegeboard.com)
[www.actstudent.org](http://www.actstudent.org)

SAT Test Dates			ACT Test Dates		
SAT	Registration Deadlines		ACT	Registration Deadlines	
Tests Dates	Regular	Late (fee required)	Tests Dates	Regular	Late (fee required)
October 11, 2014	September 12, 2014	September 26, 2014	September 13, 2014	August 8, 2014	August 22, 2014
November 8, 2014	October 9, 2014	October 24, 2014	October 25, 2014	September 19, 2014	October 3, 2014
December 6, 2014	November 6, 2014	November 21, 2014	December 13, 2014	November 7, 2014	November 21, 2014
January 24, 2015	December 29, 2014	January 9, 2015	February 7, 2015	January 9, 2015	January 16, 2015

### Concordance between ACT Scores and SAT Scores

ACT Composite	SAT CR + Math	ACT English/Writing	SAT Writing
36	1600	36	800
34	1490-1530	34	770-790
32	1400-1430	32	710-720
30	1330-1350	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

### The NEW Common Application (CA4) Effective 08/01/14

- Elimination of the ability to upload a resume, unless specifically requested by the particular college.
- A new layout is in place in its language section to better capture proficiency levels.
- The application added new demographic and background questions.
- The new Common App is removing the "topic of your choice" essay option. Instead, there will be four or five topics that may change from year to year.
- The 250-word minimum and 650-word maximum is strictly enforced.

### ON TAKING THE SAT/ACT



Juniors and Seniors - Making Your Plans for to Take Standardized Tests? See Dates for the 2014-2015 School Year.

Though standardized tests are not the only piece of information an admissions office will review in the application process, it will be important to take the tests if the colleges require them for admission.

Register for SAT (<http://www.collegeboard.com>) and ACT with Writing (<http://www.act.org>) for the fall.

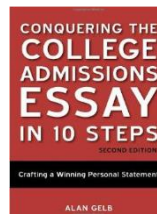
To see if a college has a test optional policy check <http://www.fairtest.org>.

<http://www.college-path.com/standardized-test-dates-2013-14-school-year/>

## LINDY'S BOOKSHELF

### Conquering the College Admissions Essay in 10 Steps, Second Edition: Crafting a Winning Personal Statement

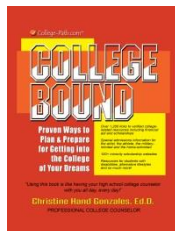
By: Alan Gelb



A guide to crafting a meaningful and polished college admissions essay that gets students into the school of their dreams by expressing their unique personality, strengths, and goals.

### College Bound - Proven Ways to Plan and Prepare for Getting into the College of Your Dreams

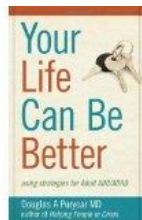
By: Christine Hand-Gonzalez, Ed. D.



The 2014/15 Edition of *College Bound: Proven Ways to Plan and Prepare for Getting into the College of Your Dreams* by Christine M. Hand Gonzales, Ed.D. gives you everything you need to know about how to plan, navigate the admissions process and finance your college education. Over 1,200 live links to essential resources.

### Your Life Can Be Better, Using Strategies for Adult ADD/ADHD

By: Douglas A. Purvear



This book is about using strategies for adult ADD or ADHD to make your life better. It has more information, too, especially about studying and learning, but it's really about strategies. It is personal; it tells of how I and my patients and my friends cope, and sometimes fail to cope, with our ADD/ADHD.

### The Post-College Guide to Happiness

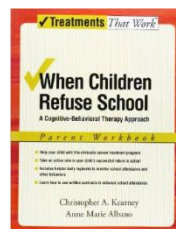
By: Bryan Cohen



Even though most people in the world are looking for ways to be happy, they tend to look in the wrong places. It starts with their definition of happiness. Author Bryan Cohen has extensively researched the subject of fulfillment and his exercises draw from some of the best material on there on how to change your life for the better. His books on writing, life improvement and happiness have sold over 13,000 copies.

### When Children Refuse School: A Cognitive-Behavioral Therapy Approach Parent Workbook (Treatments That Work)

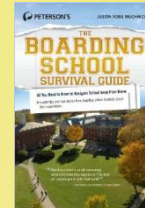
By: Christopher A. Kearney, Anne Marie Albano



School refusal behavior is a common and difficult problem facing parents of children and teenagers. The behavior can have severe consequences by contributing to a child's academic, social, and psychological problems. A child's absence from school can also significantly increase family conflict. If your child experiences anxiety or noncompliance about attending school and has trouble remaining in classes for an entire day, this workbook, and the corresponding Therapist Guide, can help.

### The Boarding School Survival Guide (Peterson's the Boarding School Survival Guide)

by Justin Ross Muchnick

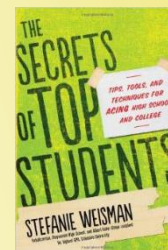


Attending boarding school is a serious commitment in many realms, whether emotional, financial, academic, or otherwise. With that in mind, it is important to understand what boarding school is all about. This valuable resource is full of insights from students who attend or recently graduated from a boarding school. *The Boarding School Survival Guide* provides a variety of perspectives that help both prospective students and parents decide if boarding school is the right choice for them, and assists current students in navigating the twists and turns of school away from home.

- Written by students for students-in a fun, easy-to-read manner with essential, up-to-date information
- An honest and insightful look at life at today's boarding schools
- Anecdotal testimonies from current boarding school students and those who've recently graduated
- Helpful tips and strategies for students who are considering applying to boarding schools or are getting ready to attend one

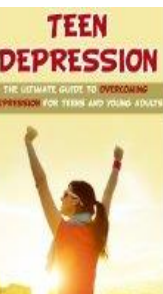
### The Secrets of Top Students: Tips, Tools, and Techniques for Acing High School and College

By: Stefanie Weisman



Stefanie Weisman was a top student all her life, graduating number one in her class from both Stuyvesant High School and Columbia University. But it wasn't because she was a "natural" or smarter than everyone else -- in fact, she succeeded as a student in spite of an undiagnosed learning disability. What she gradually realized was that her classmates were making mistakes, and lots of them.

*The Secrets of Top Students* is a conversational, down-to-earth guide for high school and college students on how to maximize their learning and get the grades they want. It is full of innovative tips from Weisman and 45 other top students -- including Rhodes scholars, Goldwater scholars, Fulbright award winners, college valedictorians, Intel Science Fair finalists, a National Spelling Bee champion, and more -- that not only work but have received little or no attention in other books. *The Secrets of Top Students* will appeal to students of all levels, providing them with the advice they need from a voice they can trust.



### Depression- Teen Depression: The Ultimate Guide To Overcoming Depression For Teens And Young Adults

By: David Leman

Each chapter is divided into two halves, and addresses both the victim and the parents. Each half contains information for both the sufferer and the parents on what to do when faced with depression. So whether you are a teen and suffering from depression, or a parent looking for some help for your teenager, this book is for you both.

**\*\*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](mailto:lkahn@educationalconsulting.com).**



# THE ADVANTAGES OF BOARDING SCHOOLS

*If you are considering sending your child to a boarding school, you may wonder if the educational advantages and other opportunities will outweigh the disadvantage of not having your child in your home. Only you can make that decision, but there are some compelling reasons why a boarding school might be a perfect fit for your child's educational needs. Boarding schools give children a chance to develop academically, socially and emotionally in a stable atmosphere.*



## Responsibility

Children who attend boarding school must learn to take responsibility for their possessions, assignments, behavior, schedules and relationships. This leads to increased maturity and self-confidence and prepares children for college life. While boarding schools offer a great degree of support from the faculty, the student is free to make decisions that will impact his daily life, such as how to balance work, play, and extracurricular activities.

## Academics

Typically, boarding schools offer academic opportunities that are superior to day schools. Smaller class sizes, numerous Advantages Placement and advanced courses, high standards, supervised study times and highly qualified teachers are the norm at boarding schools. Teachers are often accessible throughout the day, which makes it easy for students to find the help they need. Student participation is encouraged, and teachers often develop close relationships with their students, making them more effective at mentoring and developing their students' abilities.

## Extracurricular

Boarding schools typically offer many types of extracurricular activities and students are encouraged to try new things and to stretch their abilities. Boarding schools eliminate the need for long hours spent driving to music lessons, sports practices, and tutoring sessions. Most boarding schools have great sports facilities, art programs and media centers, sometimes exceeding what is found on the average college campus.

## Relationships

Boarding school offers students the chance to develop close friendships that can last a lifetime. Students become part of a community of peers and faculty dedicated to excellence and personal development. Boarding schools make an effort to recruit students from many different cultures, countries, and socioeconomic backgrounds, giving students a chance to become friends with a diverse group of individuals and to learn from each other.

## Stability

Boarding schools offer the stability that is often lacking in today's hectic world. They are an attractive option for children whose parents must travel frequently, move a lot or spend long hours at the office. Many children thrive at boarding schools, thanks to the consistent routines, set meal times and clearly defined rules and schedules. Boarding schools offer more continuity from year to year, with little change in their staff, standards and student body.



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## Back to School Study Tips

- 1. Understand your study topics in your own words:** Your teacher or lecturer can explain something to you, you can learn it from a text book, your friends can study with you, even your own notes can explain it to you but all these explanations are of little use if, by the end, you can't explain what you have learned to yourself.
- 2. Don't be afraid to ask study questions:** Of course, depending on what you're studying, it may be quite difficult to get into a position to understand a concept, theory or other information you need to learn. This is where it is invaluable to ask questions of your teachers, lecturers or other educators. Don't be afraid of asking a 'stupid' question – there really is no such thing when it comes to study and learning! Embrace your curiosity.
- 3. Quiz yourself:** Once you feel you understand a concept or a topic, it is important to test yourself on it. Try and replicate exam conditions as much as possible: turn your phone off, don't talk, time yourself etc. You can set yourself a study quiz or practice exam questions and, so long as you approach it with the right mindset, you can get a very good idea of how much you know. Flashcards are ideal for boosting your memory and help you recall theory, definitions and key dates – these are great for quick study sessions, especially straight before an exam.
- 4. Get Creative with online study tools:** Don't feel obliged to just sit in front of a book with a highlighter; there are many different ways to study. You should pick whatever works for you. Try using as many study tools and techniques as possible to help you study better and find what works best for you.
- 5. Set your study goals and create a flexible study plan:** In order to achieve exam success you need to know what you want to achieve. That's why it is extremely important to set your Study Goals now and outline to yourself what you need to do.

<https://www.examtyme.com/blog/achieve-your-study-goals-with-these-top-5-study-tips/>

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