



Educational Resources

A Newsletter of

KAHN EDUCATIONAL GROUP, LLC; Consulting and Placement Services

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Editor: Lauren Williams

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

What Your College Application Decisions Won't Tell You

With many colleges releasing early admissions decisions (MIT will drop their decisions on 12/13/14 at 15:16), seniors are creating more parallel universes than the Matrix movies combined. This "what if" game is so intense, it's easy to think you'll know all about your future life, once the college says yea, nay, or maybe.

And that is absolutely wrong.

Applying to college isn't easy, especially when you're still on two sports teams, taking demanding classes, and preparing for your last Winter Concert. But all the applications you completed, letters of recommendation you tracked down, and essays you wrote (by yourself--right?) are designed for one purpose only--to help a college decide if they should admit you. When it comes to other parts of your life, a college decision tells you absolutely nothing about:

"A no from a college doesn't make you nobody; that happens when you decide their denial is a character indictment, instead of an opportunity to build a great life at another school."

Succeeding at that college Most colleges are receiving more applications than ever before--so many that they can't say yes to every qualified student. If you hear from a college this week and they deny or defer you, it doesn't mean they don't want you; it means that, like a good restaurant, they have more people that want to partake than they have space. That has nothing to do with you. If a college admits you this week, it means they think you **can** do the work--but nothing's guaranteed. Getting in is time to celebrate, but not time to put your feet up; use the rest of high school to take your academic game to another level.

Your ability to have a happy life I could pull out data from studies showing where you go to college has nothing to do with average income, career achievement, or life satisfaction--but numbers just aren't that comforting right now. Instead, think back to a time in life when you didn't get something you really wanted. It was disappointing, it hurt, and for a while, you weren't sure what you were going to do. You then found Plan B, and realized that the opportunities it brought were just as good--or better--than what you had hoped Plan A would bring. If a college tells you no this week, Plan B awaits.

Your value as a person This is the time of year when we believe, more than ever, that the right "stuff" will make us a complete person. When you see ads with people thrilled to get the latest smartphone, automatic vacuum cleaner, or big screen TV that's larger than a school bus, you can't help but wonder why we just don't buy one for everybody, since that is clearly the key to world peace. But stuff doesn't do that--and neither does a college decision. A yes from a college doesn't make you somebody; the work you put into earn that yes did that. A no from a college doesn't make you nobody; that happens when you decide their denial is a character indictment, instead of an opportunity to build a great life at another school.



Either way, your worth isn't waiting in an e-mail that's going to drop on 12/13/14 at 15:16 o'clock. Your worth is within you, and it isn't waiting for much of anything, other than your recognition of its existence.

Applying to college is a big deal, and there are a lot of people who love you for who you are. They hope it all works out for you when college decisions are announced. Whether it works out or not, they'll still love you for who you are.

http://www.huffingtonpost.com/patrick-oconnor/what-your-college-applica_b_6309996.html

Winter Checklist for High School Juniors

- Junior grades will say a lot about your academic performance. Study hard!
- Scared you'll bomb the SAT or ACT? Make a test prep plan immediately to avoid disaster.
- Take your extracurricular activities to the next level.
- Millions of dollars of scholarships go unclaimed every year. Get scholarships for college by starting your search.
- Refine your choices of college by comparing schools and attending college fairs.

<http://www.campusexplorer.com/college-advice-tips/BFDD+D28/High-School-Junior-Timeline-and-Checklist/>

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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

www.collegeconfidential.com

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 and programs in Florida, Utah and Arizona.

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.

Music: Sound Medicine for ADHD



Music therapy is used to help victims of severe brain trauma, children on the autism spectrum, and seniors suffering from Alzheimer's disease. For children with ADHD, music therapy bolsters focus, reduces hyperactivity, and strengthens social skills. Music is rhythm, rhythm is structure, and structure is soothing to an ADHD brain struggling to regulate itself to stay on a linear path.

"Music exists in time, with a clear beginning, middle, and end," says Kirsten Hutchison, a music therapist at Music Works Northwest, a nonprofit community music school near Seattle. "That structure helps an ADHD child plan, anticipate, and react".

MUSIC FIRES UP SYNAPSES. Research shows that pleasurable music increases dopamine levels in the brain. This neurotransmitter -- responsible for regulating attention, working memory, and motivation -- is in low supply in ADHD brains.

MUSIC IS SOCIAL. "Think of an orchestra," says Tomaino, a 30-year veteran in music therapy. "If one instrument is missing, you can't play the piece. All 'voices' are necessary."

"Students learn to listen, take turns, anticipate changes, and pick up on cues in ways they might not do outside of a music-therapy session," says Hutchison.

Everyday Ways to Tune In with Your Child

Turn Off the TV "Kids with ADHD attend to everything," Catalano says. "They are more sensitive to auditory stimulation and less able to tune things out." Replace the chatter of *Family Guy* with the calming rhythms of music. Tomaino suggests experimenting with different styles, tempos, and artists to see what calms or rouses your child.

Set the Mood Hearing songs of varying rhythms can slow down or speed up your child's mental and physical processes. By selecting songs carefully, you can trigger an intuitive, neurological reaction that your child doesn't know he is having.

Create a Playlist "Wash face. Brush teeth. Get dressed. Eat breakfast." Sure, you could write out each step in your child's morning routine and tape it to the bathroom mirror. Or you could download, create, and string together songs into a morning playlist that keeps him moving and reminds him to stay on task.

Bang a Drum "When I work to extend a child's attention, I sit alongside him with a drum," says Catalano. "I play a beat with clear phrases, the child repeats it, and we add beats each time. I'm asking him to listen, pay attention, and control his impulses. I'm also showing him that his turn is worth waiting for."

Don't Be a Critic Your child may insist that Metallica helps him study. You may prefer Bach, but that doesn't mean he's wrong.

"Why are we attracted to one song or one symphony over another? It's a complex and personal brain function that is immeasurable," says Catalano. What's playing through those headphones doesn't matter as much as its impact. If Eminem helps him focus, let it be.

<http://www.additudemag.com/adhd/article/9558.html>

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@sotx.org.

UPCOMING Special Olympic Events

2015 Regional Table Tennis Competition
To be confirmed
January 24, 2015

2015 Area Basketball Tournament
Cy-Fair ISD Various
Gymnasiums
March 28, 2015

St. John's Local Track Meet
St. John's School
April 11, 2015

2015 Regional Tennis Tournament
Homer Ford Tennis Center
April 25, 2015

2015 Area Spring Games Competition
Turner Stadium, Humble ISD
May 9, 2015



More Colleges Expanding Programs For Students On Autism Spectrum

Students with Autism Spectrum Disorder (ASD) have always been on college campuses, but with the lack of screening technologies just a few years ago, they struggled through schooling virtually invisible. Today, however, the number of children on the spectrum has risen from 1 in 150 to 1 in 88 in less than ten years, and colleges are beginning to acknowledge that these young adults are eager to receive their college degrees.



Colleges and universities across the country have established programs to ensure that they will get enhanced services like academic and executive functioning tutoring, anxiety reduction instruction and social skill workshops. Most don't need all these support services, however, and simply sign up for what meets their individual needs.

How The Schools Are Responding

Rochester Institute of Technology is a co-op school, meaning that they require students to have real, paid work experience before they can graduate, and attracts about 20-30 students on the spectrum each year. The Spectrum Support Program there specializes in job preparation and offers a 15 week program involving in-depth seminars on job interviews, networking, resume building, behavioral based interview questions and body language tips that bolster students' confidence in the job search process. RIT caters to the more independent, high-functioning students.

For students looking for special social services, Mercyhurst University in Erie, PA offers an entire residence hall devoted to the Asperger Initiative at Mercyhurst (AIM) program. It is a Living Learning Environment that houses twenty-five students on the spectrum and one graduate student mentor. They provide optional meal gatherings, coordinate Asperger support group meetings, and group outings to events on and off campus.

There are, however, schools like Rutgers University that aim to totally mainstream their students on the spectrum. Rutgers students can be placed in dorms anywhere on campus and take any classes. "We want them to function as Rutgers students because they came here to be Rutgers students," says Pam Lubbers, coordinator of College Support Program for Students on the Autism Support Spectrum (CAPS) at the university. The fee at Rutgers will be \$3,000 in January.

Nova Southeastern University, in Fort Lauderdale, FL, will receive its first student this coming fall and offers a very individualized plan. Each student has a unique plan of support based on what they need assistance with, which always evolves over time.

Finding The Right Fit

Although there is no "one size fits all" program, each school offers something unique that works for the student in conjunction with the campus culture. "There has to be a really good match between the student and the whole university, not just the program," says Susan Kabot, Executive Director at Autism Institute of Nova Southeastern University. "Look at the size of the campus, how easy it is to navigate, the number of students, class size and that the type of support offered is what matches what you think your child will need in a new, unfamiliar environment."

<http://www.forbes.com/sites/paigecarlotti/2014/07/31/more-colleges-expanding-programs-for-students-on-autism-spectrum/>

Colleges for Students with Asperger's - The Very Friendly Ones

Arizona State University

Carnegie Mellon University

Dowling College

Drexel University

Marshall University

Southern Illinois University – Carbondale

The University of Arizona

University of Southern California

Wright State University

<http://www.collegexpress.com/lists/list/colleges-for-students-with-aspergers-the-very-friendly-ones/421/>

Important Test Dates to Remember

| SAT Test Dates <i>*Anticipated SAT Test Dates for 2014-2015</i> | | | ACT Test Dates | | |
|--|------------------------|----------------------------------|------------------|------------------------|------------------------|
| SAT | Registration Deadlines | | ACT | Registration Deadlines | |
| Tests Dates | Regular | Late (fee required) | Tests Dates | Regular | Late (fee required) |
| January 24, 2015 | December 29, 2014 | January 9, 2015 | February 7, 2015 | January 9, 2015 | January 16, 2015 |
| March 14, 2015 | February 13, 2015 | February 27 th , 2015 | April 18, 2015 | March 13, 2015 | March 14-27 |
| May 2, 2015 | April 6, 2015 | April 17, 2015 | June 13, 2015 | May 8, 2015 | May 9-22 |
| June 6, 2015 | May 8, 2015 | May 22, 2015 | | | |

www.collegeboard.com

www.actstudent.org

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 |

Revamped SAT test to be implemented next year

Old SAT test

- A student would be penalized a quarter of a point for a wrong answer.
- A calculator could be used for any part of the math section.
- An essay was required.

New SAT test

- A student can take a "wild guess" and they won't be penalized.
- The reading prompts have changed as there are not as many obscure words in the vocabulary section.
- As for math, there will be more algebra, less geometry, and more trigonometry problems. A student can use a calculator for only certain portions of the math section.
- An essay will be optional, but it is recommended students to complete that part of the test because most colleges want to see it.
- Scoring will be on a 1600 scale. It was originally at 1600, then 2400, and now back to 1600.
- Paper and digital formats of the test will be utilized.

http://homenewshere.com/daily_times_chronicle/news/burlington/article_7b41c31a-a18d-11e4-a1bd-a36a6aab3f4d.html

ON TAKING THE SAT/ACT



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

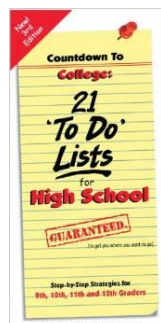
Though standardized tests are not the only piece of information an admissions office will review in the application process, it will be important to take the tests if the colleges require them for admission.

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>.

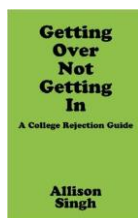
<http://www.college-path.com/standardized-test-dates-2013-14-school-year/>

LINDY'S BOOKSHELF



Countdown to College: 21 'To-Do' Lists for High School
By: Valerie Pierce and Cheryl Rilly

These invaluable "To-Do" lists show 9th, 10th, 11th, & 12th graders WHAT to do and WHEN to do it to ensure their admission to the college of their choice. There will be no missed deadlines or missed opportunities with these step-by-step strategies for success.



Getting Over Not Getting In: A College Rejection Guide
By: Allison Singh

Everyone talks about getting into college. No one talks about not getting in...until now. Getting Over Not Getting In speaks to students who gave it their all, but still got rejected from their dream college and want to know why. The author, a former rejected applicant herself, draws upon current studies, interviews and her personal experience to show students that college rejection should not be taken personally - in fact, it is often based on factors beyond their control.

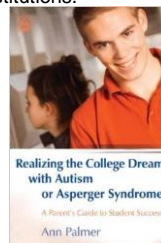
****ALUMNI - Please share your news with us about the events in your life. Tell me about moves, weddings, promotions, etc. Email me at lkahn@educationalconsulting.com.**

The Greenes' Guide to Boarding Schools, 1st edition
By: Howard Green



A thorough overview of the boarding school world. This title provides parents, students, and counselors with an overview of a wide range of boarding schools. From schools with a focus on the arts, experiential education, international study, or community service; to those with a small, supportive environment to the more demanding, traditionally structured elite institutions.

Realizing the College Dream with Autism or Asperger Syndrome
By: Ann Palmer



Realizing the College Dream with Autism or Asperger Syndrome is both a practical and a personal account of one ASD student's successful experience of going to college. This accessible book focuses on how to get there and stay there: deciding to go, how to get in and how to get the most out of it.

Best of the Best: Becoming Elite at an American Boarding School

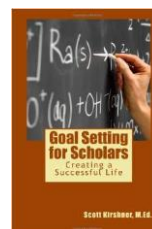
By: Ruben Gaztambide-Fernandez



For two years, Rubén Gaztambide-Fernández shared the life of what he calls the "Weston School," an elite New England boarding school. He sat in on classes, ate meals in the dining halls, cheered at sporting events, hung out in dorms while students baked cookies or celebrated birthdays. And through it all, observing the experiences of a diverse group of students, conducting interviews and focus groups, he developed a nuanced portrait of how these students make sense of their extraordinary good fortune in attending the school.

Goal Setting for Scholars: Creating a Successful Life

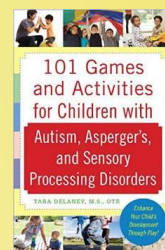
By: Scott Kirshner



Goal Setting for Scholars: Creating a Successful Life by Scott Kirshner, M.Ed. provides a simple and highly effective method for setting goals in a manner that is well defined using a step-by-step process. This book is targeted toward scholars, students, and young people who have a strong desire to accomplish their goals and need to learn how to create well written goals. This is also a valuable resource for parents who want to teach and interact with their kids on goal setting.

101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders

By: Tara Delaney



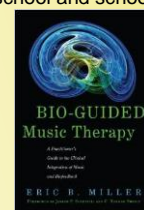
One of the best ways for children with autism, Asperger's, and sensory processing disorders to learn is through play. Children improve their motor skills, language skills, and social skills by moving their bodies and interacting with their environment. Yet the biggest challenges parents, teachers, and loved ones face with children on the autism spectrum or with sensory processing disorders is how to successfully engage them in play.

Pediatric occupational therapist Tara Delaney provides the answer. In *101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders*, she shows you how to teach your children by moving their bodies through play. These interactive games are quick to learn but will provide hours of fun and learning for your child. These interactive games are quick to learn but will provide hours of fun and learning for your child. And many of the games can be played indoors or outdoors, so your child can enjoy them at home, outside, or on field trips. More than one hundred games that help your child:

- make eye-contact, stay focused, and strengthen his or her motor skills
- associate words with objects and improve language and numerical skills
- learn how to interact with others, how to take turns, and other social skills needed for attending preschool and school

Bio Guided Music Therapy: A Practitioner's Guide to the Clinical Integration of Music and Biofeedback

By: Eric B. Miller



Bio-Guided Music Therapy explores the clinical integration of music and biofeedback, providing the practitioner with a rationale, historical context and detailed step-by-step instructions for implementing real-time physiological data driven music therapy. This practical guide introduces the fundamental principles of biofeedback and explores the use of music therapy interventions within the context of achieving skills in self-regulation of physiological response. This book looks at the primary modalities of biofeedback, in conjunction with the assignment of digitally sampled musical voices to specific body functions. Music therapy interventions covered include guided imagery to music, toning, mantra meditation, drumming and improvisation. This book clearly demonstrates how these techniques can be successfully applied to the treatment of stress, high blood pressure, back pain, insomnia, migraine, neuromuscular deficiencies and depression, as well as being an effective therapy for clients with autism spectrum disorders and attention deficit disorder advice they need from a voice they can trust.

BOARDING SCHOOL DEMYSTIFIED



Whether you think it seems totally glamorous or downright intimidating, boarding school certainly has a bit of mythical appeal. Why leave the comforts of home to live at a school far from your family and friends? Students decide to attend boarding school for a number of reasons. For many, it offers opportunities that are simply not available in their hometowns. They can also offer a wider variety of classes and activities outside the standard educational framework.

There are several types of boarding schools, and selecting the right one is key. There are therapeutic schools for students who need extra support because of learning disabilities or disciplinary issues, as well as religious schools for those who want an immersive dual-curriculum, but the majority are college preparatory schools. They offer advanced academic programs that help prepare students for the demands of university life, and often give students the opportunity to explore a large range of subjects or specialize in a certain field at a young age.

Demanding academics are a draw for lots of boarding school students. Many schools offer alternative approaches to learning. For example, Phillips Exeter Academy uses the Harkness method, a system based on a conference format for teacher and student interaction. The high-pressure educational environment also helps to prepare students for the stresses of college. Schools also help students manage the workload by providing an academic schedule that extends beyond the school day.

A major advantage that boarding schools have over other high schools is a wide variety of extracurricular activities—and living at school means you can *really* get into them.

One of the hardest parts about attending boarding school is not living with family. Your teenage years can be rough as it is and being away from that support system can be lonely. Being on your own also means taking on a lot more responsibility and learning to be self-sufficient. But armed with the right skills, students learn to manage.

Boarding schools are very similar to college when it comes to the living situation; most students live in dorms with roommates and/or suitemates. Since students are away from home, friends become de facto family. Boarding schools also provide an opportunity to meet people with different backgrounds, as many host students from around the world.

<http://www.teenvogue.com/advice/school-advice/2014-01/boarding-school>

Friendly Apps for Social Success



Inattention, hyperactivity, and impulsivity can prevent kids with attention deficit from making -- and keeping friends. Here are our top picks for apps to help your ADHDer develop the social skills he needs to navigate the social sphere

How Would You Feel If... - [How Would You Feel If...](#) poses that question in 56 different life situations designed to lead to discussions of a child's reaction and feelings. Each illustrated "card" asks a question, such as, "How would you feel if your favorite football team lost?" The appropriate and incorrect responses receive feedback, and a child's results can be viewed on a graph.

Social Quest - Developed by a speech-language pathologist, [Social Quest](#) helps kids improve their language comprehension as they navigate a variety of social situations. This story-based intervention app incorporates narratives about real-world

situations and asks the user to identify a correct response to each social situation. As they travel on their quest, kids earn "rewards" linked to social competencies.

Model Me Going Places - This app presents slideshows of children modeling appropriate behavior in everyday places, such as school, a store, or a restaurant. Each slide is accompanied by audio narration and descriptive text. The app helps reinforce expected behavior and lessens the fear of new places in a child with autism or Asperger's syndrome.

Touch and Learn – Emotions includes photos of children with different facial expressions to provide safe practice in recognizing feelings. Accompanying audio guides the user in trying to identify which child is showing which emotion. This program helps children with developmental delays learn to read body language and recognize and name common emotions.

Social Adventures Created by parents, [Social Adventures](#) offers an eight-week social skills awareness program that can double as individual lessons as needed for practicing relationship behaviors and initiating interactions. Designed for children with autism spectrum disorders and social difficulties, this app offers valuable practice in thinking about and behaving during a variety of social situations.

<http://www.additudemaq.com/slideshow/84/slide-1.html>



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Good New Year's Resolutions for College Students



1. **Don't procrastinate.** *If you're like most college students, time is one of your most prized possessions. Promise to manage it with the utmost care so you aren't always feeling rushed -- and stressed. Learning good time management skills (including how not to procrastinate in the first place) can be one of the best gifts you'll give yourself all year.*
2. **Learn to say "no."** *College is full of amazing, exciting, fantastic things. But there are only so many hours in a day, and only so much you can reasonably expect of yourself. Learn to say "no" early -- and to be okay with doing so -- so that you aren't constantly demanding more of yourself than you can actually deliver.*
3. **Get academic help, even if you don't think you need it.** *Sure, your paper will probably earn you a passing grade. But heading to the writing center, for example, for some helpful feedback just might make it an out-of-the-park-home-run paper. Why not take that extra moment of time and utilize the academic resources you have access to?*
4. **Make healthy choices.** *Instead of setting weight-loss or exercise goals, for example, aim to start small and make healthy choices. For example, you can decide to eat at least 2 more fruits or veggies a day, sleep at least 6 hours (if not more!) a night, exercise 3 times a week, or drink only one cup of coffee a day. Think about it in terms of making healthy choices (e.g., get more sleep at night) instead of avoiding unhealthy ones to set yourself up for a positive outlook.*
5. **Find fun, cheap ways to manage stress.** *Managing your stress may be one of the best resolutions you can make for the new year. Learn how to take your mind off of things -- without blowing your budget, of course -- before your stress gets the best of you.*