



Successful Student



Attention Parents & Students: De-Stress for Spring Success

In years past, the onset of spring signaled to students the beginning of the end of the school year. Today, this season has increasingly become one of the most stressful times of the year due to the convergence of extracurricular activities, sports, end-of-year assessments, projects and, for high school students, college admissions.

The many stressors of the final months of school can lead to frustration and hinder academic achievement. However, parents can help their children reduce spring anxiety and achieve a balanced, healthy and academically successful year.

"As stress builds for students during the second half of the school year, the best release to this 'academic pressure cooker' may also be the most simple- time!" says Richard E. Bavaria, Ph.D. and vice president of education for Sylvan Learning Center. "Through effective time management and other strategies, students can create 'found time' and find themselves better prepared for all of the activities and challenges that come along with the final months of the school year."

As a leap year, 2008 offers an extra 24 hours – some of which will be spent in the classroom by students. Yet outside of the classroom, there are many ways that students can manage their workload and create time for stress-reducing activities at home.

The education experts at Sylvan Learning Center have created the following tips to create "found time" and achieve academic success this spring.

- **Spring cleaning:** Organization - both at home and at school - will save students time by eliminating the need to search for homework assignments, books and other items necessary for spring success. Create a "homework zone" that houses study tools and allows students to study without distraction.
- **Spring check-up:** Stay informed about the end-of-school activities for which your child will be responsible. Encourage students to use planners to create timelines or place a large calendar with deadlines and test dates in a visible area of the house.
- **Spring in your step:** Exercise is a great way to alleviate stress and stimulate the mind. Taking short exercise breaks between assignments can refresh a student's energy level and renew focus.
- **Spring forward:** Use your family's "found time" to celebrate spring successes! Show your child that you are confident in his academic abilities and reward the little things – improved concentration while studying or proactively organizing his homework space.
- **Spring tune-up:** Save yourself and your family time by helping your child pinpoint her "skill gaps" – academic areas that can be strengthened. The Sylvan Skills Assessment® can help your child boost her academic performance and achieve success by reaching her full potential.

For parents who want to gain a better understanding of areas where their children need the most help and to identify ways to help students work at peak performance levels before the end of the school year,

from February 11 – March 30, 2008, participating Sylvan Learning Centers will offer a discount on our Sylvan Skills Assessment as part of our "**Celebrate Sylvan Success**" promotion.

Sylvan's trained and certified personal instructors will use a unique combination of standardized tests, diagnostic tools and personal interviews (including vision and hearing screening) to create a blueprint that illustrates the learning areas that need attention. Using our proven approach, Sylvan will then use that information to work with your family to develop a personalized learning program addressing the skill gaps for your child.

The end of the school year is right around the corner. Getting your child personalized instruction now can make a big difference in your child's confidence and performance for the remainder of the school year and beyond.

With Sylvan's personalized instruction, your child will develop the skills and confidence to achieve academic success.

From February 11 - March 30, 2008, parents should call 1-800-EDUCATE, go to www.educate.com, or visit their local participating Sylvan Learning Center in the United States or Canada to learn more about this limited-time offer.

Celebrating Sylvan Success in Reading – One Family at a Time

Unfortunately, some children have trouble learning. "It is difficult for a parent when you know in your heart that your child is intelligent, but you cannot reach him," explains Sandra, mother of three Sylvan reading students.

Joseph and Aengus are 8 year-old twins who are home schooled and are in the third grade. Joseph enrolled in Sylvan's Academic Reading program in November 2007 and Aengus began his reading program at the Bel Air, MD, Sylvan Learning Center in January 2008. In addition, Luke, Sandra's oldest son, is a Sylvan success story after he was told in third grade that he would not be able to achieve a high school diploma.

"Luke fell behind in public school when writing became integrated in all of his academic subjects in the third grade. He excelled after attending Sylvan's reading program for just one year. So, when the twins began to struggle in reading, I knew Sylvan

was a resource," says Sandra. "Three of my four children have attended Sylvan. Sylvan helped my oldest son have fun and enjoy learning when he was at his most discouraged point. Sylvan provides tangible results and celebrates each student's personal successes."

Sandra credits Sylvan for providing a reading foundation that allowed Luke to obtain the self-confidence and the motivation needed to excel in elementary school and throughout college. In fact, Luke is now a junior at the University of Maryland – College Park with a 4.0 in the physics program.

"A parent knows his or her child better than anyone else. You know your child's potential. You have to find a method that works for your child. After the Sylvan Assessment gauged where he needed help, Sylvan provided a personalized learning plan for Luke that was customized to fit his exact needs," comments Sandra. "Sylvan realizes that each child has a unique learning style. That's why we came back to Sylvan."

Does Sandra have advice for parents whose children are academically struggling? She believes that learning and reading do not have to be difficult.

"Parents need to use Sylvan as their advocates in the school system. Each child should be given an assessment to see where he or she has skill gaps. Parents should ask Sylvan to share the Sylvan Assessment results with the child's school to ensure the school, parents and Sylvan continue to work in tandem."

Sandra recommends that parents receive supplemental assistance while the student is young because she believes that all children can be taught that learning is a positive experience. "Students need self-confidence in order to succeed and attend school day after day. Sylvan provides that academic self-confidence," she adds. "Parents can pay for tutoring when the immediate need arises or they can 'pay' later via low self-esteem."

To learn how the Sylvan Skills Assessment pinpoints a child's exact skill gaps and uses those findings to create a personalized learning plan for each child, please contact your local center by calling 1-800-228-3413 or visit <http://educate.com> for additional information.