

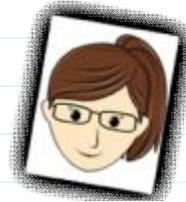
The Thinking Cap

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Alexandra in Tutorland

alexandra's musings



Cut me a break

Breaks are important parts of the study process. Working nonstop for too long can lead to exhaustion which can cause work standards to wane: our brains and bodies need a hiatus every once and awhile. With a good break, we can be more focused when we are working. These are some tips on how to make the most of a break.

- Schedule a time. Plan out your work period. That way you'll know when and how long to focus
- Use your time wisely. A good break clears your mind, gets your body moving, but does not distract you completely from the task at hand. Don't engage in something that you will not be able to stop after a few minutes.
- Move around. Often we make the mistake of taking a break and staying in our chairs. Instead, get moving. Take a walk around the block or go shoot baskets.
- Get back to work. A study break should last about 5 minutes. If you have a hard time getting back to work, use a timer to let you know when to stop and start your breaks.

A good break can really help to optimize the study process. It not only allows you to take a step back, but it also allows your brain to get a quick recharge. Just remember: a break is just that. It's not a time to push homework aside for fun. So take five and then get back to the books!

Send your questions to:
info@thinkingcapstutoring.com

Sense and Sensibility
you ask, we answer

Q: OMG finals. Where do I begin?

A: Finals, as a whole can be daunting, however if you break each exam into manageable tasks, the study process comes a lot easier. Begin by assessing which classes will be giving final exams. Then figure out if it will be comprehensive of the whole year, or just the spring term. Look through old tests to see what types of questions were asked, what you understood and what you found to be difficult. Make it a point to compare notes with classmates or to meet with your teacher to ask specific questions. Then, make a list of the material you will need to focus on whether it is a unit in geometry or connecting the dots between historical events. Give yourself weekly goals and the study process becomes more of a to-do list than a headache!

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Great Expectations

ü Check out Alexandra's articles at Unigo.com and www.radicalparenting.com

ü ThinkingCapsSummer Registration begins in May!

ü Watch us on KVUE Austin on May 18th for great summer study tips

ü Upcoming test dates:
 ACT: June 11th
 SAT: May 7th and June 4th

Have questions?

Let's chat!

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Much Ado About Learning

our tips and helpful hints

Useful ideas on ways to stay energized through the end of the school year

Make a plan: outline when you are going to do homework each day and block the time out on your calendar. Uphold that commitment as if it were a class itself. Once you have finished your work, you will have time to enjoy the spring weather. —Ashley Leeds

Remember, enjoying the sunshine shouldn't be a distraction but a reward. Set rewards for yourself that you can enjoy after getting your work done."

—Alex Caulfield

Allow yourself to work hard but play hard. Set aside a set amount of time to study, say example, 3-4 hours, and reward yourself with an hour to relax and enjoy outside.

--Johanna Lou

As the end of the school year nears and all I can think about is summer getting closer, I like to use the nice weather to my advantage and motivate myself to study. If I have reading to do or notes to look over, I like to take them to the park and maybe even bring myself a mini-picnic. I get to soak up some sun while I soak up some test knowledge. If I sit down inside to study, and find myself distracted by the sun outside, I take a walk around the block every one to two hours. The most important thing for me is to get some solid study time in while enjoying the weather a few minutes at a time. —Maryann Aita

A study I recently read showed that playing video games for one hour a day helps alleviate stress, increase focus, and raise your self esteem. (Also, a quick game before a test also increases test result scores by diminishing stress.) Of course, you should study first and play later. So an hour of play a day keeps the bad grades away!

—Marsha Salcie-Gautreaux



The (academic) Odyssey

review of education news



Sun, surf, and a side of learning

Summer is just around the corner and we're gearing up for break programming. If you'd like more information on the classes or are interested in personalized programs, please don't hesitate to let us know!

ThinkingCaps Summer Programs are held in New York (New York City, the Hamptons, Westchester County, Northern New Jersey, and Connecticut) and Austin, TX.

In Austin we're partnering with the Khabele School and Paragon Prep for awesome summer classes. For more information contact us or the schools directly.

Summer π

A full summer course intended for students seeking a thorough review of fundamental concepts and complete introduction to next grade-level curricula. We work with students who are seeking remediation and enrichment support. Grades 3-12.

The "Write" Stuff

Students select one of several tracks and explore language and writing through reading of notable works of literature, participating in hands-on learning activities, and writing original narratives. Grades 3-12.

Bootcamp

A fast-paced and shorter version of our math programs that fit into 2-week pre- and post-camp sessions. Grades 3-12.

Multiple Choice Mastery

Preview of concepts and strategies for the ISEE, SHSAT, SAT, and ACT. This course is aimed at strengthening knowledge of key concepts and alleviating rush of test prep during the fall. Multiple Choice Mastery can be combined with standardized test prep tutorial during the academic year. Grades 5-12.

As always, our classes are offered one-on-one and in small groups!





A Tale of One Tutor

lessons we learned along the way



A balancing act

What can I say about college life? Well, to be honest, it's not what I expected it to be. You grow up watching classic movies like *Animal House*, *Revenge of the Nerds*, and *Old School* and you come to think of college as a four-year-long party. Well, it's not. That is, if you're doing it right. Sure, there are parties, and there are college students who make partying their number one priority, but what you don't see in the movies is that there's an inverse relationship between how much you party and how much you study. The more you party, the worse your grades are; the more you study, the better your grades will be, but, of course, the fewer parties you will attend. My point is that you can't have it

both ways – you can't have your cake and eat it, too. What's a college student to do then? Well, I'll let you know when I figure that out . . .

I think it's better to think of college as a learning experience. Sounds obvious, right? Well, by learning experience, I'm not necessarily talking about academics. College is where you learn a lot about who you really are and what you really want out of life. You make friends that you will have forever, you take courses that will prepare you for your future career, and, most importantly, you learn how to live on your own – without a parent holding your hand. To quote Max Fisher from the Wes Anderson film *Rushmore*, "I guess you've just

gotta find something you love to do and then do it for the rest of your life. For me, it's going to Rushmore." This quote would make a bit more sense in context, but Max's outlook on life is clear – and appropriate. In the end, we all want to be happy. The question is: what's gonna make you happy? College is the place where you try to learn the answers to this question. I guess you've just gotta find that one career, that one group of friends, and that one *whatever* that makes you happy and then do it for the rest of your life.

—Anthony Nicolaysen



Cat's Cradle

tantalizing brain ticklers

Hi. Hola. Privet. Guten Tag. Fun facts about world languages.



Fact #1: There are approximately 6,900 living languages in the world.

Fact #2: Mandarin Chinese has the most native speakers.

Fact #3: It can reasonably be inferred that English has more words than most comparable world languages. English was originally a Germanic language. However, it also adopted words from the Latin and French. Because English accommodates foreign words easily, the language has absorbed many words over the course of history.

Fact #4: Papua New Guinea has the most languages spoken in one country.



Thinking Caps Tutoring is an innovative, after-school educational company that helps students acquire the skills and confidence needed to succeed in school, college, and beyond. TCT, through an individualized, descriptive screening process, matches students with student tutors best capable of overcoming a child's weak points and emphasizing strengths. Services provided at TCT include subject tutoring, skills coaching, homework support, standardized test prep and more.

For more information about TCT or any of the programs, please call us at 917.779.8183 or send an email to info@thinkingcapstutoring.com.