

CHOICES in EDUCATION

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TO BUILD A COLLEGE
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RISING STARS

ACADEMY

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Programs evolve at Macomb like students' careers

Tessa Lau was on a liberal arts track until she discovered a creative outlet in 21st century welding. Tyler Giza had never heard of global supply chain management, now he's majoring in it. Leslie Borst was taking art classes when computer coding caught her eye and her interest.



In February, a group of 30 students in Macomb's two-year-old Global Supply Chain Management Program saw firsthand how supply chains work at Suburban Bolt in Roseville.

Like these three Macomb Community College students, the class of 2030 will likely have jobs that haven't been invented yet or have evolved into something no one imagined. That's why Macomb continues to review and revise its curriculum to meet market demands. Programs introduced in the past few years have included Cybersecurity, Global Supply Chain Management and Cloud Computing. This year, Marine Technician, Building Performance and Energy Management, and Vehicle Engineering Technician join the list.

"Macomb is providing training to individuals that matches the pace of technological advancement and addresses employers' needs," said Patrick Rouse, Macomb's director of Workforce and Continuing Education, Engineering and Advanced Technology. "The new Marine Technician Program is one demonstration of how Macomb is creating pathways for individuals to enter high-demand fields."

When it launches this spring, the program will prepare students to repair and maintain inboard and outboard engines.

It can be completed in five weeks and is the only program like it in southeastern Michigan. Developed in collaboration with the American Boat and Yacht Council, the Michigan Boating Industries Association and local marinas, it addresses the demand for marine service technicians in Michigan, second only to Florida in the number of registered watercraft.

With residential, commercial and industrial buildings accounting for nearly 40 percent of the total energy usage in the U.S., Macomb is introducing another new program this fall to meet the growing demand for skilled technicians familiar with green construction principles and cloud-based applications for monitoring and controlling energy usage.

"The Building Performance and Energy Management Program is unique in that it is a collaboration of energy and energy management, climate control and information technology," said Lisa Richter, facilities design professor. "It will prepare students by educating them in the concepts of energy management, automated building controls, and programming,

networking and internet security."

Also debuting in the fall is the Vehicle Engineering Technician Program, developed by Macomb's Center for Advanced Automotive Technology. With integrated electrical, mechanical and computer software skills, program graduates will be prepared to assist engineers in developing, modifying and testing new products and experimental prototypes.

"The Vehicle Engineering Technician Program is Macomb's response to the transformation that is occurring in the automotive industry where the integration of various technologies is now the norm," said Don Hutchison, Macomb's dean of Engineering and Advanced Technology. "Previously, we never would have considered combining concepts like embedded C programming with automotive service courses, but the industry is demanding a new kind of workforce that is able to adapt to and apply technology as needed."

"I felt like I was at home at Macomb."

Jessica,
Macomb student

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IN THE CLASSROOM

Tips for students and teachers to get through the midyear slump

There comes a certain point during every school year when students and educators alike are at risk of suffering from a mid-year slump. One solution to staying motivated? Adding some color and vibrancy to everyday tools used in the classroom. Here are five ideas for doing so:

- A change of scenery has the power to inspire. Students can revamp their lockers and desks at home with new decorations, artwork and organizational tools, like a color-coded bulletin board. Teachers can make the same updates to classrooms to give students and themselves a fresh perspective.

- Add a fun splash of color to music-making. With Casiotone CT-S200 keyboards, you can select

from vibrant red or white, in addition to the standard black. The ability to hook up to any portable music player so that the user can play any music downloaded to the device offers versatility in lesson planning, practice and performance.

- Any calculator can be easily customized with skins, but if you want to keep it simple, some models are stylish and colorful right out of the box. One such example is the fx-9750GII. Available in black, blue or pink, this can be a great way to give young mathematicians a fun and useful tool to see them through finals, college entrance exams and more.

- If you didn't purchase new accessories like backpacks, gym bags or laptop cases at the beginning of

the school year, maybe it's time for a refresh. Slick new carrying essentials can give a student greater confidence while traveling from home to the classroom, and help brighten the school day.

- From quotes and messages greeting students each morning to building out lessons with pictures from around the globe, a projector designed to work well in the classroom can be a versatile tool for teachers looking to liven things up or engage students in a lively conversation.

By embracing colorful tools, students and teachers can work their way out of the midyear slump for a strong finish to the school year.

Story courtesy of StatePoint Media



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By embracing colorful tools, students and teachers can work their way out of the midyear slump for a strong finish to the school year.

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UM-Flint's New Degree Programs Meet Modern Demands

GREEN CHEMISTRY

Had the principles of green chemistry been practiced when fire-retardant PFAS chemicals were originally developed, Michiganders may not be reading headlines about their pervasiveness and potential harm today. Graduates of UM-Flint's new bachelor's degree program in green chemistry — the only program of its kind in the state — are trained in cutting-edge principles that result in safer, healthier and more sustainable chemical products and processes.

SUBSTANCE USE TREATMENT AND INTERVENTION

The opioid crisis is devastating lives the world over. UM-Flint offers Michigan's only online bachelor's degree in substance use treatment and intervention. Program graduates possess the knowledge and skills to help those suffering from addiction and to provide substance use treatment in a variety of clinical settings.

RN TO BSN

To meet today's healthcare challenges, the National Academies of Sciences, Engineering, and Medicine have called for an increase in the number of BSN-prepared nurses. UM-Flint's School of Nursing has designed its RN to BSN program to help meet this demand for a highly educated nursing workforce. The program is online, flexible, and intended for the working RN who seeks to advance their education, career, and service to patients.

HEALTH CARE ADMINISTRATION

As Michigan's population gets older, demand for health care services is increasing, making the training of empathetic, ethical and effective health care administrators a top priority. For those seeking to affect this trend, the online format of UM-Flint's bachelor's degree in health care administration delivers a convenient, world-class education, resulting in professional success, personal advancement and patient well-being.

ENTREPRENEURSHIP AND INNOVATION MANAGEMENT

Flint is a hub of entrepreneurial energy. UM-Flint's School of Management has been at the forefront of this movement, serving as the home of the Hagerman Center for Entrepreneurship and Innovation and establishing a bachelor's of business administration degree with the same focus. Ideally situated to leverage other key resources and partnerships, such as the University Center for Community and Economic Development and University Outreach's two Innovation Incubator locations, UM-Flint's globally recognized business educators have created a program perfect for those with big dreams and ideas.

PARENTING

How math can become your child's favorite school subject

Ask kids what their favorite school subject is and fewer and fewer will say "math" as they age. While 37% of 4th graders report that math is one of their favorite subjects, only 15% of 12th graders say the same, according to National Center for Education Statistics.

At a time when a strong math foundation is more important than ever before, you may be wondering how to keep the subject fun and interesting for kids, even as the workload grows more complex and challenging with each passing year.

Here are a few ideas for infusing fun into the equation:

- **Set a good example:** Don't make math out to be a subject you yourself don't enjoy. Whether you're talking about the batting average of your favorite player, working out your budget or watching a news report citing statistics, you can point out the many ways in which math is used to think about the world and spark a numbers-fueled conversation.

- **Embrace a love of tech:** Your children are digital natives, so when it comes to mathematics, let them use the tech tools that feel most natural to them without limitations. You can feel particularly good about this decision when it comes to calculators.

Many calculators today are much more intuitive to use than their predecessors, allowing students to spend more time learning the joy of math rather than figuring out how to operate the device. For a high-quality scientific calculator, check out the fx-300ES from Casio, which has over 250 functions. Once a graphing calculator is needed, a good choice is the fx-CG50, which has a high-definition, three-dimensional display.

- **Check in:** Many stu-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

While 37% of 4th graders report that math is one of their favorite subjects, only 15% of 12th graders say the same, according to National Center for Education Statistics.

dents stop loving math once it gets hard. Unfortunately, a lot of students don't mention they are struggling until it's too late to easily catch up, as most lessons build on previously taught

material.

Periodically check in with your student to ensure they are keeping up with their classmates. Let them know there is no shame in getting an extra

bit of help. Many teachers will meet with students before or after class to offer assistance and answer questions. Study buddies, tutors and online tutorials can also help students

grasp the material, achieve good grades and ultimately, continue to enjoy math.

There is no doubt about it, a love of math is a good thing. By making it approachable and offering

the right tools, you can help your young mathematician continue to embrace the subject.

Story courtesy of StatePoint Media

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TECHNOLOGY

The same tools at school and home can help students achieve

Cutting-edge technologies have long been used in classrooms to help students engage with material and better grasp tough concepts. And now, many of these same technologies are becoming available for use at home.

Here are a few ways that educational technology can help students transition from classroom instruction to home study seamlessly:

- **Digital learning:** Software tools make it easier for students to connect with classroom materials long after the bell rings. Apps such as Edsby, give students access to lesson plans, study guides, homework assignments and school calendars 24/7, while providing a convenient platform for teachers to communicate with parents.

- **Better visuals:** Sharp, bright imagery provided by ultra short-throw projectors, such as the XJ-UT351WN from Casio, allow students in even the smallest classrooms to harness the power of visual learning. And now that the market has widened accessibility to high-quality projectors, students can use them in bedroom-sized spaces to review lesson plans, research term papers, cram for exams and more.

- **More math:** Mathematics software is giving students an all-in-one platform to grasp new concepts both during classroom instruction and while doing homework. The free online calculator, Classpad.net, includes calculation, graphing, geometry and statistics functionality and is particularly versatile for students on-the-go, as it auto-saves work to a free cloud account that can be accessed anywhere, as well as allows students to customize their workspace with resizable and draggable “sticky notes.”

- **Updated reading:** E-readers give students a burden-free way to take home vast quantities of reading materials with them, and an ink-free way to annotate text. When connected to the internet, students can collaborate on group projects or discuss passages in-depth with each other from anywhere, and teachers are able to see how students are interacting with the reading.

As access to technology tools widens, students will benefit from the seamless transition that using the same platforms at home and school provides.



Top: As access to technology tools widens, students will benefit from the seamless transition that using the same platforms at home and school provides.

PHOTO COURTESY OF
WAVEBREAKMEDIA / ISTOCK VIA
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Left: E-readers or tablets give students a burden-free way to take home vast quantities of reading materials with them, and an ink-free way to annotate text.

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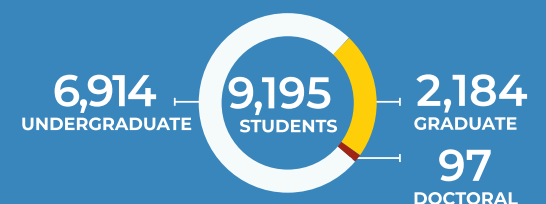
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MUSIC EDUCATION

How to foster a love of music in children

Music enriches people's lives in myriad ways. Age is of no consideration when it comes to benefitting from and appreciating music, but it seems that young people in particular have a lot to gain from music education.

According to the New England Board of Higher Education, various studies have found that consistent music education can improve vocabulary and reading comprehension skills. In addition, the National Association for Music Education says that research has found a significant relationship between arts participation at school and academic success.

Parents who want their children to reap the benefits of being involved with music can try the following strategies aimed at fostering a love of music in young people.

- Turn the television off and turn music on. Exposing youngsters to music is one of the simplest and most effective ways to get them to embrace it. For example, in lieu of turning on the television while preparing meals, parents can play music instead. Let youngsters pick their own songs or mix it up by including some of mom and dad's favorites as well. Such exposure can be incredibly valuable for youngsters. In fact, a 2016 study from researchers at the University of Southern California found that musical experiences in childhood accelerate brain development. Music is especially effective at helping children in language acquisition and reading.

- Replay kids' favorite songs. Another way to build kids' enthusiasm for music is to replay some of their favorite songs. While mom and dad may cringe at the



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

Music enriches people's lives in various ways, and exposure to music at a young age can be especially valuable to children.

prospect of hearing "Baby Shark" several times in a row, they should take note of how enthusiastic their kids become when hearing a favorite song. And that enthusiasm can benefit their language skills as they listen to the lyrics in an effort to memorize the words. Youngsters may not be so receptive if they don't like what they're hearing.

- Dance to music. Kids are bundles of energy, and dancing is a fun way for them to expend some of that energy. Dancing also provides a great reason to

play music. Physical activity set to music can help kids burn off some extra energy as they develop their brains, making dance sessions a win-win for both parents and children.

- Embrace opportunities to see live music. Kids are often captivated by seeing musicians perform in person. When possible, take youngsters to concerts, local music festivals and/or restaurants that showcase local musicians. Such excursions may prompt youngsters to want to learn how to play, which

can provide a host of additional benefits, even for especially young children. In fact, a 1996 study published in *Nature* found that first grade students who took part in music classes during art study programs experienced marked improvement in reading and math proficiency.

Music enriches people's lives in various ways, and exposure to music at a young age can be especially valuable to children.

Story courtesy of Metro Creative Connection



Research has found a significant relationship between arts participation at school and academic success, according to the National Association for Music Education.

TECHNOLOGY

Screen time: What research says and what parents can do



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

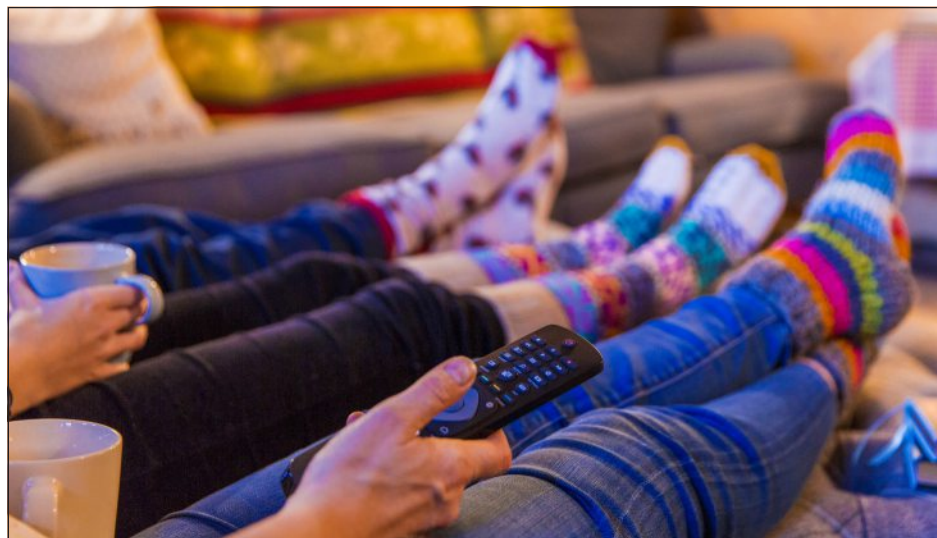
Research is still working out the long-term impact of devices on kids.

Screen time is a hot topic for parents and researchers alike. While digital devices are the norm, and children can certainly use them to their benefit, parents can also help children learn healthy digital habits.

Research is still working out the long-term impact of devices on kids. Here's what's known so far, and what you as a parent can do about it.

- **Devices Before Bed = No Sleep:** It's undisputed: when it comes to bedtime, devices are a big no-no. According to Hoag Medical Group, devices are known to emit a specific light wavelength that messes with sleep patterns. Doctors recommend that kids don't use devices for at least one hour before bed.

- **The fix:** At night, stick to the basics. Read to your children or tell them a bedtime story. When they're old enough to read to themselves, encourage them to

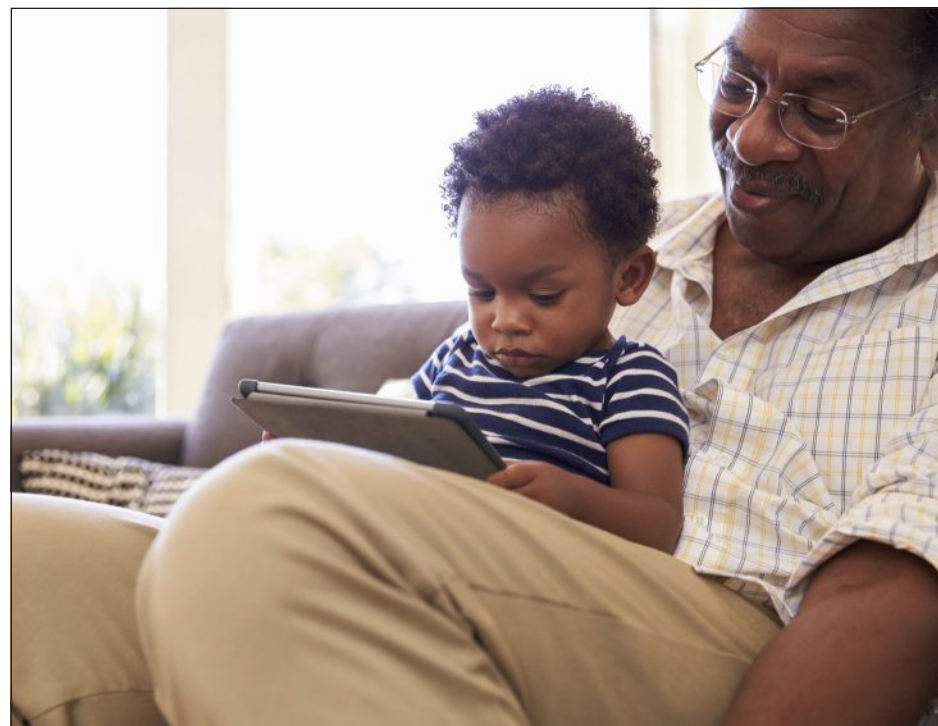


Screen time is a hot topic for parents and researchers alike.

stick with the habit of curling up with a good book before light's out.

- **Screen Time Linked to Depression and Anxiety:** According to a study published in *JAMA Pediatrics*, kids who spend a lot of time in front of screens are at a

greater risk for emotional issues and low self-esteem. This is in part because the more time kids are spending in front of screens, the less time they're spending doing healthy activities like socializing or being active. Additionally, cer-



While digital devices are the norm, and children can certainly use them to their benefit, parents can also help children learn healthy digital habits.

tain content can increase anxiety, particularly social media.

- **The fix:** Distract kids with fun, thought-provoking alternatives. Whether it's a trip to the playground, board games or fort-building, putting screens away

gives children's imaginations time to flourish.

- **Verbal 'Warnings' Do More Harm Than Good:** Every parent knows the struggle of limiting device use. Handing a tablet over is easy enough, but getting it back? That's when the struggle begins. According to research, giving kids a warning that screen time is coming to an end increases the chances that kids will fight back and defy their limitation.

The fix: Setting clear limits on tech use is not just important, it's essential. New technology can help you do so much more seamlessly than an idle warning. Think apps that don't lead kids into the next level of a game or give parents control over kids' devices remotely.

One such tool is a parental control app called OurPact. To start, parents sign up for a free account. After pairing their child's de-

ices, they're able to manage them remotely through at-a-touch blocking or automated schedules. It's great for setting bedtime schedules, ensuring devices don't cause homework distractions and for enjoying ping-free family dinners. It works on Wi-Fi and all cellular connections, meaning you can manage access whether you're at the grocery store or at home. To learn more or download, visit OurPact.com.

And of course, open the lines of communication about device use with your kids early on, and keep the dialogue going. Explain why screen time rules are important and set a good example. If you don't want your kid to look at their device in the middle of a conversation, hold yourself to the same rule.

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Story courtesy of StatePoint Media

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Making the most of your college experience

Sydney Reed, Senior



Since the start of my CMU journey, I've always known that my purpose stretched beyond going to classes and getting a degree. For me, being a student here has been about impacting others and making the most of my college experience.

Over the past four years, I've had leadership roles that have prepared me for my professional career, engage in growth-provoking experiences and met mentors who have shaped me into the person I am today.

One of my favorite CMU experiences was being involved with IMPACT, a program designed to support the collegiate transition of incoming students from underrepresented backgrounds. With a focus on mentorship, IMPACT provides students with the tools, resources and connections needed to succeed at Central Michigan University.

There are very few schools in the state of Michigan that offer a program like IMPACT. This experience helped me find a family away from home, connect to important campus resources and become an active student leader early in my college career.

IMPACT truly set the foundation for every connection and experience I've had at CMU. Some of my most notable accomplishments include serving as the conference chair for the Multicultural Student Leadership Conference, program chair for IMPACT and recently being recognized as CMU's 2019 Homecoming Gold Ambassador - the first black woman to receive this honor in 22 years.

Additionally, I've been able to grow as an aspiring professional and impact our campus community through my roles as an onsite coordinator for LeaderShape, intern for University Communications and mentor for New Student Orientation.

I find so much joy and fulfillment in nurturing student success because I owe much of who I am to our campus community. As you prepare to continue your education, I strongly encourage you to join our CMU family and discover the magic in being a student at Central Michigan University.

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EARLY EDUCATION

The role of free play in early education

Glance at a typical family schedule and you would no doubt see that afternoons are jam-packed and many children — even the youngest among them — have full itineraries of structured after-school activities.

In an effort to raise well-rounded and intelligent children, many parents enroll their youngsters in all sorts of extracurricular activities, including sports leagues, travel teams, enrichment clubs, and musical instruction. While these activities benefit kids in myriad ways, it's also beneficial to let kids be kids and to provide ample time for them to engage in free play.

According to the popular toy and learning company Alex Brands, structured activities can teach children how to follow rules and routines and help them build developmental skills. But free play can improve critical skills as well. One of the biggest benefits to free play is it can foster kids' creativity and help kids discover their interests on their own. Free play also helps children learn independence and how to keep themselves occupied.

The United Nations recognizes free play as a basic right of every child and underscores its importance. Despite this, unstructured play seems to be on the decline, with more structured activities taking over young children's days.

Even in school settings

free play has given way to more time spent at desks and devices in preparation for standardized testing. Recess, which has been cut or reduced in many school districts, has become a hot-button issue for many free play advocates. The development of Recess for All Florida Students, as well as proposed legislation in other states, has redirected attention to free play and the importance of it. Recess is a form of free play and provides students with a break from the rigors of learning.

In a 2011 article in the *American Journal of Play*, Peter Gray, Ph.D., a researcher at Boston College, indicated that "lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control." Gray also indicated that without play, "young people fail to acquire the social and emotional skills necessary for healthy psychological development."

Free play also can benefit youngsters in the following ways:

- Enables kids to learn dexterity and improve on other strengths;
- fulfills exercise requirements for growing kids;
- helps kids conquer fears and develop confidence;
- establishes natural leadership roles and hierarchy in social groups;
- contributes to emotional well-being by giv-



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

Top: "Structured activities can teach children how to follow rules and routines and help them build developmental skills."

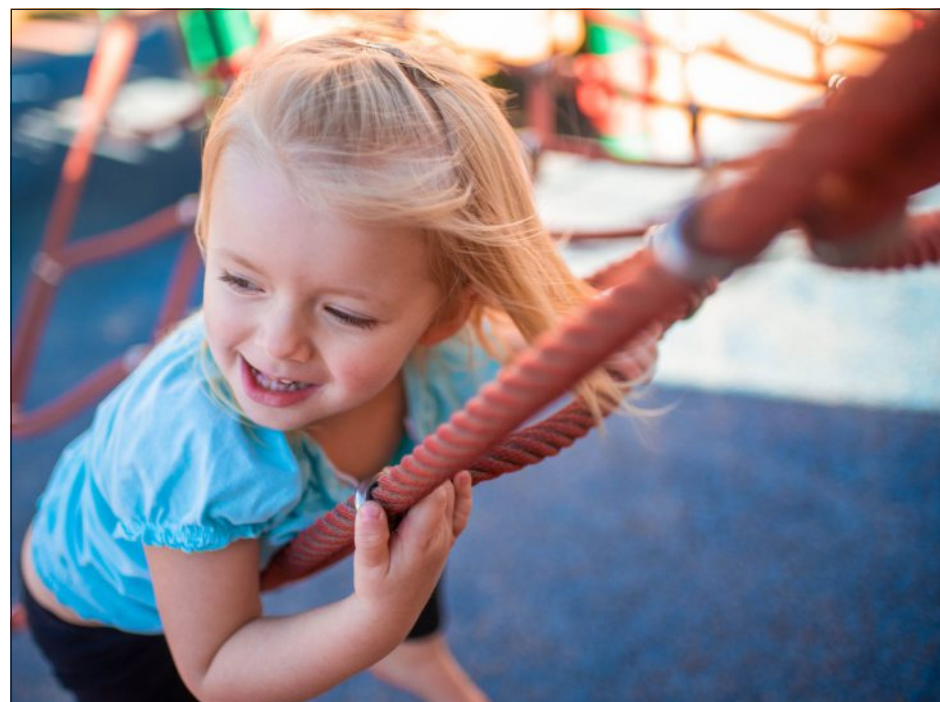
Bottom: "Free play is an important component of learning and exploration for children."

ing children a respite from schedules; and

- helps teach self-responsibility, which may translate to better behavior at home and in school.

Free play is an important component of learning and exploration for children. A mix of structured and unstructured activities is key to raising well-rounded individuals.

Story courtesy of Metro Creative Connection



One of the biggest benefits to free play is it can foster kids' creativity and help kids discover their interests on their own. Free play also helps children learn independence and how to keep themselves occupied.



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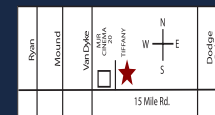
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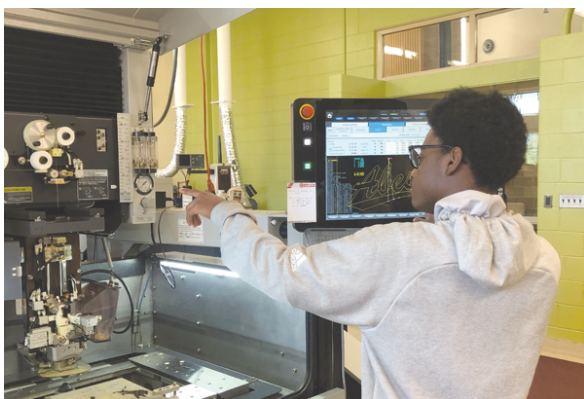
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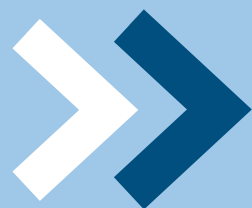




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PLANNING AHEAD

Learn the best ways to build a college fund

College is the next logical step for many newly minted high school graduates. The National Center for Education Statistics indicated that, in fall 2019, roughly 19.9 million students were slated to attend colleges and universities in the United States. Statistics Canada stated that, for the 2015-16 school year, the most recent for school statistics, just over two million students were enrolled in Canadian universities and colleges.

Families need to begin thinking about how to pay for college as early as possible. According to the Wall Street Journal, the average college graduate's student loan debt is \$37,172. And the most recent data from the Federal Reserve Bank of New York indicates the overall student loan debt in America alone is roughly \$1.3 trillion. The average expense of sending a child to college has been rising at double the rate of inflation for more than a decade, offers CNBC.

A robust college savings account can help future students avoid considerable debt. The following are some ways to save for college.

- Open a tax-advantaged 529 college savings plan. The U.S. Securities and Exchange Commission says a 529 is a savings plan designed to encourage saving for future education costs. The person funding the account pays taxes on the money before it's contributed to the 529 plan. Funds can be used for education expenses. There are two types of 529 plans: prepaid tuition plans and education savings plans. The prepaid plans allow account holders to purchase units or credits at participating colleges and universities. With education savings plans, account holders open investment accounts to save for qualified future higher education expenses, including room and board.

- Invest in a Coverdell Education Savings Account. A Coverdell account is a tax-advantaged method to contribute up to \$2,000 per year to a child's account. Individuals need to be under a certain income level to contribute. The funds will grow free of federal taxes.

- Consider a Uniform Transfer/Gift to Minors account. This is a custodial account

that holds and protects assets for beneficiaries, who are typically donors' children. The custodian controls the assets until the minor reaches legal age. The money will not grow tax-free, and it can be used for purposes other than school expenses. The account also may count against the student and parent when applying for financial aid, which is something to keep in mind.

- Open an IRA. IRAs are often associated strictly with retirement savings. However, they also can be used for qualified college payments as long as the contributions have been made for at least five years, advises Nationwide Insurance.

- Use a standard savings account. Even though it may not grow as quickly as investment accounts, routinely saving money in a savings account can be another means to saving for college.

Starting early can give families ample time to save substantial amounts of money for youngsters' college educations.

Story courtesy of Metro Creative Connection



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Families need to begin thinking about how to pay for college as early as possible.

PARENTING

How to ease kids' transition to a new school

Being the new kid in school can be a tall order for youngsters. Children who change schools may face a host of challenges that studies suggest can affect both their social and academic development.

In a 2010 study that followed students who entered kindergarten in 1998 through 2007, the Government Accountability Office found that 13 percent of students changed schools four or more times by the end of eighth grade. Such mobility can adversely affect students, as a study of 13,000 students in the city of Chicago found that children who had changed schools four or more times by the sixth grade were roughly a year behind their classmates.

In addition to the toll



PHOTO COURTESY METRO CREATIVE CONNECTION

Transitioning to a new school is not easy for many students.

transferring schools can take on their academic performance, students also may experience difficulty assimilating into their new schools. Though there's no formula to make such transitions easier, parents can try various strategies to help their kids successfully

adjust to new schools.

- Speak with children about the transition. Pathways.org, a not-for-profit organization devoted to providing free child development information to parents and health professionals, recommends parents speak with their children

about transitioning to a new school. Encourage children to share what excites and worries them about the transition. The way parents discuss transitions can go a long way toward shaping how kids view the change.

- Stay true to your routine. Pathways also recommends parents of students who are transitioning to a new school do their best to replicate first day of school routines from years past. Some familiar traditions might help calm kids' concerns about their first day in a new school.

- Assimilate into a new community before the school year begins. The education resource Edweek.org notes that the most common causes of students changing schools are residential moves related

to parents' jobs or financial instability. Parents on the lookout for a new job or those who may need to relocate for financial reasons may want to delay moving until the current school year has ended. Moving between school years gives families time to acclimate to their new communities. That means kids will get time to make new friends. Some familiar faces on the first day at a new school can go a long way toward alleviating the fears children may have.

- Volunteer at your child's new school. Parental involvement at school can have a profound impact on children. The National Education Association notes that children whose parents are involved at school are more likely to perform

academically than students whose parents are uninvolved. In addition, such students are more likely to have good attendance and exhibit stronger social skills than children whose parents do not involve themselves in their children's school. It stands to reason that students transferring to a new school may benefit from parental involvement even more than other students, as seeing their parents approach a new school with excitement and energy may inspire children to follow suit.

Transitioning to a new school is not easy for many students. But parents can help smooth that transition in various ways.

Story courtesy of Metro Creative Connection

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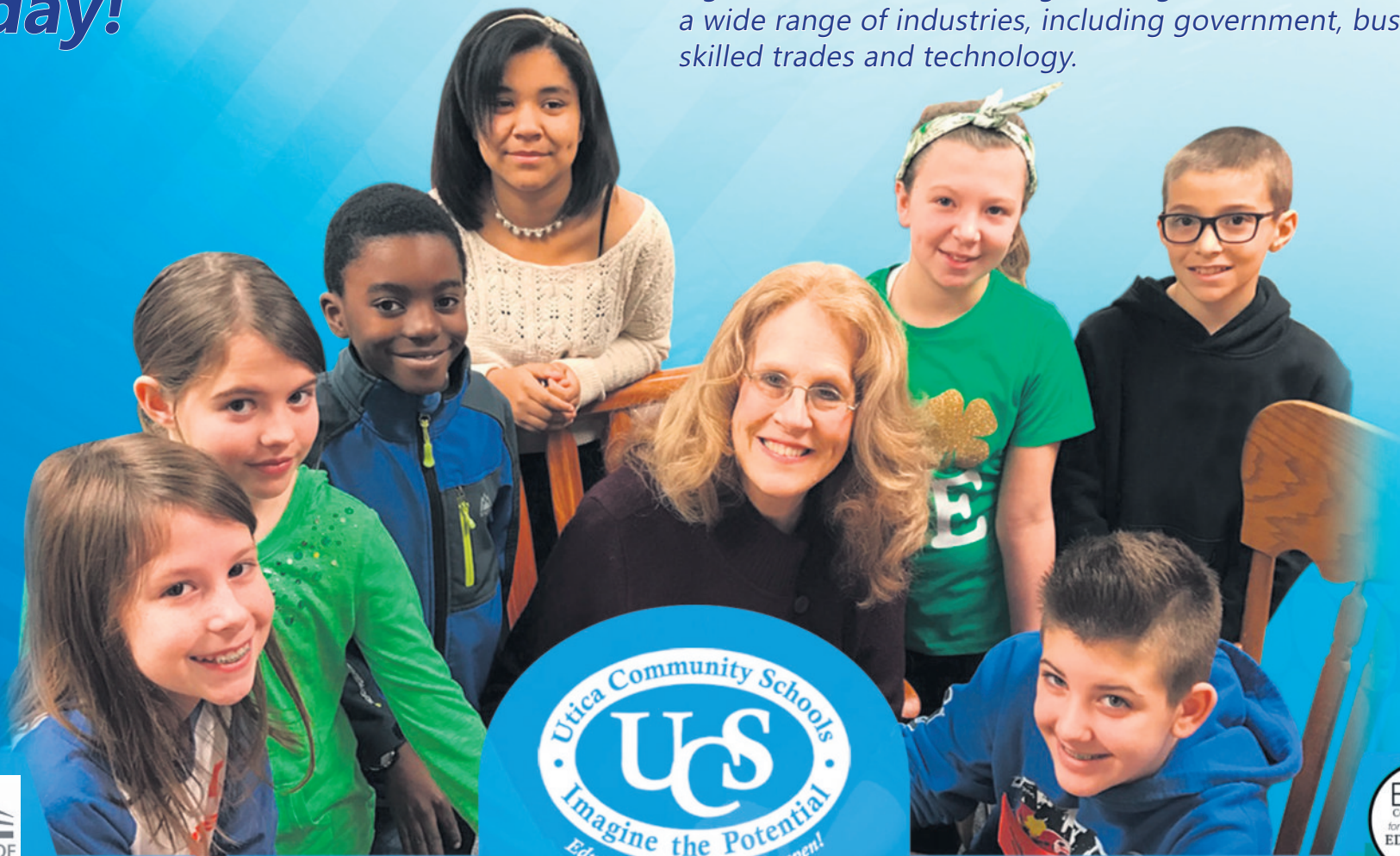
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TEST PREP

5 tips to ace college entry exams

Because most colleges and universities require applicants to submit ACT or SAT results as part of admissions consideration, preparing for the test itself can be a critical component of that process.

While it can oftentimes be hard to deal with the anxiety that comes with a rigorous test meant to show your mastery of certain subjects and concepts, such as reading and mathematics, consider these test prep tips to help boost your score while simultaneously lowering stress.

Register Early

To allow yourself as much flexibility as possible, taking college entrance exams during your junior year of high school is encouraged. If you don't get an ideal score, you can refine your approach and retake the exam with a better idea of what to expect.

Take a Practice Test

Any test prep plan should start with a practice SAT or ACT exam. Taking practice tests under realistic conditions can help you gain a better understanding of the content of the test, improve your time management and help combat test anxiety. You can use your practice test as a baseline to set goals and focus the rest of your prep on areas you would like to improve before the real thing.

Sign Up for a Prep Course

If you find studying on your own difficult or not as successful as you'd hoped, a prep course can put you through the paces and hold you accountable. Complete with homework and in-class practice, prep classes can range from small groups to larger classes taught by test experts. Some school districts even offer after-school programs dedicated to ACT or SAT prep.

Gather Supplies

To help reduce test day stress, gather everything you'll need the night before. Check the list of banned items - cellphones aren't permitted - to make sure you



don't accidentally bring something you're not allowed to have. Ensure your bag is packed with your admission ticket, valid photo identification, several sharpened pencils with erasers, an approved calculator (with fresh batteries) and a watch, if allowed.

Get a Good Night's Sleep and Eat Breakfast

While it can be tempting to stay up late the night before the test to cram, you're likely to perform better with a full night's sleep. Sleep is important for retention, and eating a balanced breakfast before heading out the door can aid in your ability to focus. To make your morning easier, prep breakfast before bed to keep an early morning from starting even earlier.

Remember, the college admissions process involves more than just test scores. Visit eLivingtoday.com for more education tips and information.

Story courtesy of Family Features/eLivingtoday.com



Top: Any test prep plan should start with a practice SAT or ACT exam.

PHOTO COURTESY OF GETTY IMAGES

Left: If you find studying on your own difficult or not as successful as you'd hoped, a prep course can put you through the paces and hold you accountable.

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HEALTH

The role of school nurses

The health care industry leans heavily on nurses. Qualified nurses play integral roles in hospitals, assisted living facilities, private practices, and community health centers. Nurses also play vital roles in schools.

School nurses are valued members of both the medical and educational communities, and have been for more than a century. According to the National Association of School Nurses, the practice of school nursing dates back to 1902. Lina Rogers was the first school nurse, and she was hired as a means of combatting absenteeism. School officials felt Rogers could play a vital role in reducing absenteeism by helping students and their families understand their health care needs in relation to communicable diseases. And the role of school nurse has been evolving ever since.

Advocacy

The NASN notes that school nurses act as advocates for individual students, working with them in promotion of self-management practices that enable students to manage their conditions and make life decisions. In addition, school nurses affect policy by serving as agents of change whose experience can be invaluable in health care reform and the implementation of new policies.

Community health

Modern school nurses follow in the footsteps of Lina Rogers by educating students and their parents on a wide range of topics, including healthy lifestyles, preventive self-care, risk-reducing behaviors, and developmental needs. These efforts can help reduce the spread of communicable diseases, which can affect both the school and overall community. School nurses also can share information about local health care services and financial resources with local families who may have difficulty uncovering those services on their own.

Care coordination

The NASN notes that school nurses can serve as case managers who coordinate student health care after working with physicians, families and school officials. School nurses can deliver care during the day by administering medication and performing routine treatments and procedures. School nurses also can educate their fellow educators about students' chronic conditions or special health care needs to ensure children's needs are effectively managed during the school day.

These are just a few of the roles school nurses play every day as they work to provide quality care for their students and protect the health of the communities in which those students reside.



Top: Modern school nurses follow in the footsteps of Lina Rogers by educating students and their parents on a wide range of topics, including healthy lifestyles, preventive self-care, risk-reducing behaviors, and developmental needs.

Left: School nurses are valued members of both the medical and educational communities.

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