## CHOICES in EDUCATION TESTING, TESTING SOUNDS GOOD COLLEGES ARE RETHINKING STANDARDIZED TESTS IMPORTANT WAYS MUSIC EDUCATION HELPS STUDIENTS PAGE 12 PAGETO

#### **PARENTING**

### How young children's vocabularies benefit from being read to

A recent study from re- der 300,000 words prior to searchers at The Ohio State entering kindergarten. University found that the disparity between the number cabulary is not the only of words young children who benefit kids reap from beare frequently read to have ing read to. Reach Out and understanding heard compared to those Read, a national nonprofit of the world by who have not been read to that champions the positive is significant. The study effects of reading daily and first appeared online in the engaging in additional lan-Journal of Development and guage-rich activities with and times they Behavioral Pediatrics and young children, reports that found that young children language-based interactions whose parents read them five help children develop combooks a day entered kinder- munication skills, patience, garten having heard roughly empathy, and literacy. Read-1.48 million words. By coming to young children also parison, children whose par- enhances their understandents never read to them had ing of the world by transheard just over 4,600 words porting them to places and by the time they entered times they have never expekindergarten. Even children rienced. who are read to daily hear significantly fewer words effects that reading to young parent and child. than children whose parents children can have on the relaread them five books a day. tionship between parent and Story courtesy of Metro

Exposure to a larger vo-

Such children hear just un- child. That study, authored Creative Connection

Reading to young children also enhances their transporting them to places have never experienced.

by researchers at the University of Wollongong in Australia and Boston University and published in the journal Archives of Disease in Childhood, found that reading to young children supports a One study also noted the strong relationship between



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Exposure to a larger vocabulary is not the only benefit kids reap from being read to.

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#### **PARENTING**

## Parents can help kids struggling with social media

of young people's lives. Psy-tagram app is contributing chology Today reports that to body image issues and social media use is now the most common activity children and teenagers engage larly females. Social media in, with the majority of usplatforms use algorithms ers accessing social media to enhance users' engageplatforms several times ment. Feeds may be driven each day through their per- toward polarizing topics or sonal cell phones.

benefits, and being able to ing teens down a negative keep in touch with friends path. and family remotely was one of the saving graces teen generation is faced in the early stages of the COVID-19 pandemic when people were isolating in to their handheld devices. their homes. But there's a Children may not be dedark side to social media velopmentally ready for ble, having trouble sleep- noted a significant uptick company that oversees so-vides nor the constant on-phone usage. cial media giants Facebook slaught of content. As a

Social media is a big part several years that its Insother mental health problems for teens, particuthose that have the most Social media has its shock value, further lead-

The current tween and with constant information being delivered right



There are steps parents can take to help tweens and teens who may be struggling and need assistance managing social media.

as well. Recently leaked the immediate gratifica- ing and are spending more in depression and suicidal tent. It's a parent's job to be dia so it does not become documents from Meta, the tion that social media pro-time alone as a result of thoughts over the past sev-

company has known for are becoming more irrita- says recent studies have screens.

eral years for teens, es-The Harvard Gradu- pecially those who spend engage with certain soand Instagram, suggest the result, teens increasingly ate School of Education multiple hours a day using cial platforms, even when Story courtesy of Metro

and teens who may be struggling and need assistance managing social me-

place to police social mehave to set their own pa- him or her take a break or rameters for use. Putting delete the account. phones down at meal times, turning off alerts close to bedtime, and making cer- ents and other caregivtain days "a rest from tech- ers have to find a way to nology" can help.

a parent, not a best friend. Giving in to requests to all health. they do not align with Creative Connection

There are steps parents one's beliefs or values, can can take to help tweens be harmful. Set limits on which platforms children are allowed to use.

Regularly monitor kids' usage. Parents should look • Set real limits. The through their kids' phones Harvard T.H. Chan School and accounts on a regular of Public Health suggests basis to see which sites are that until meaningful gov- being visited and how kids ernment oversight is in are engaging with others. If social media is affecting a dia platforms, parents will child's mental health, have

Social media is everpresent in kids' lives. Parassist struggling tweens Block upsetting con- and teens with social mea detriment to their over-

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SUNDAY, MARCH 27, 2022 THE OAKLAND PRESS | SPECIAL SECTION | 5

## BACK TO NORMAL. FORWARD TO EXCEPTIONAL.

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#### **CAREER PATHWAYS**

## Explore career paths in the agriculture sector

As the world population grows, the role of the agricultural sector will become even more prominent. There should be significant demand for agricultural professionals capable of meeting the challenges facing the world as it confronts climate change and food shortages. That makes now a perfect time for students to explore po- chemists will contribute tential career paths in the to the development of agagricultural sector.

• Agricultural engineer: Agricultural engineers employ engineering principles to solve issues related to agricultural production. An agricultural engineer may design facilities or machinery or develop solutions to address ist. problems related to irrigation and soil conservation, among other projects. Students interested in a career as an agricultural engineer can expect to study mathematics, physics, chemistry, computer engineering, and, of course, engineering analysis and design as they pursue their degrees.

 Agronomist: Agronomists work with crops and soil management and may work as analysts, environmentalists or forecasters. Agronomists may be tasked with analyzing soil structure and chemistry and study how water is moving within soil. Students will study agriculture, biology, chemistry, and physics en route scientists study chemis- ogy, virology, and physito earning a degree that will help them become an agronomist. Mathematics also will be part of their studies, and statistics courses will be part of those studies.

■ Biochemist: Biochemists study the chemical and physical principles of food production. living things and biological processes. Within the Plant pathologists special- Story courtesy of Metro agricultural sector, bio- ize in analyzing issues re- Creative Connection

Agronomists work with crops and soil management and may work as analysts. environmentalists or forecasters.

ricultural products, including those that will serve a medicinal function. Biochemistry, chemistry, biology, calculus, and physics will be part of students' courseload as they pursue degrees that prepare them for a career as a biochem-• Climatologist: Clima-

tologists will figure prominently in the agricultural sector as the effects of climate change manifest themselves more readily over the next several decades. Climatologists study ity and the biosphere. Climatologists offer insight lated to plant diseases. about the effects of climate Research features promchange on the growth and inently in plant patholdevelopment of agricul- ogists' work, and many tural products, including work in university setfruits, grains and vegetables. The natural sciences feature prominently in climatologists' educations, and students also will study meteorology as part sary to work as a plant paof their coursework.

try, biochemistry, microbiology, and engineering so they can assist in the development of new food products. Food scientists may manage processing plants and some serve as researchers in an effort to solve problems related to dress issues facing the ag-

• Plant pathologist:



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

climate change, variabil- The agricultural sector employs millions of people across the globe.

tings. Some plant pathologists work for companies attempting to develop pest-resistant plants. Advanced degrees are necesthologist, and students will • Food scientist: Food study mycology, bacteriolology, among other subjects, as they pursue their degrees.

> The agricultural sector employs millions of people across the globe. Many of those people do interesting work as they attempt to adricultural sector.



Food scientists may manage processing plants and some serve as researchers in an effort to solve problems related to food production.

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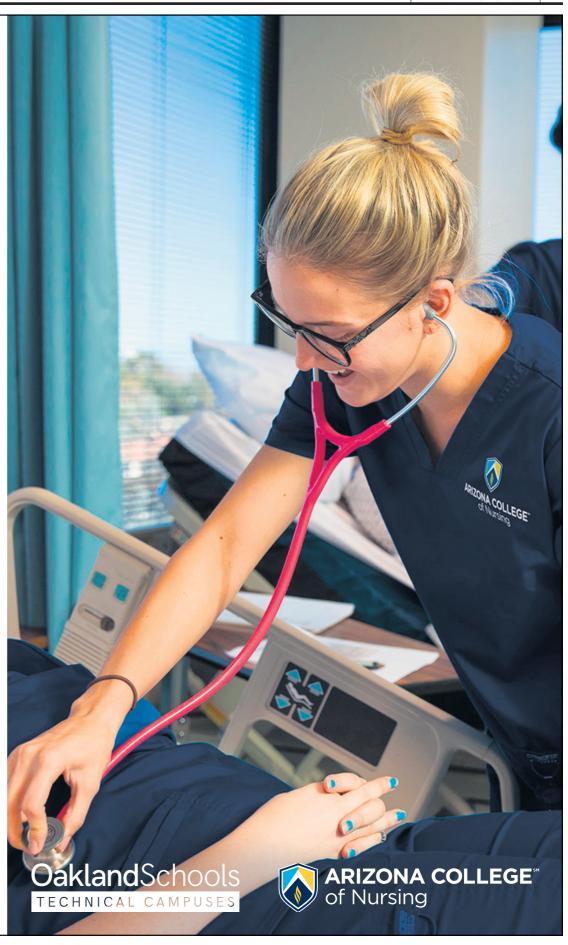


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#### STUDY STRATEGIES

### How to help kids with math

Many parents recall ious ways. struggling with math at one point or another in their teachers teach math. It may academic careers. According to PBS, little is known about the neurobiological or environmental causes of math disabilities. Many experts attribute them to various deficits in a handful of Core State Standards Ini- opponent will need to score skill types, including difficulties connecting the relamath in a new way. Parents ers can be given books that tionship between numbers of students who are strug- help children build fundaand the quantities they represent and an incomplete tact their children's teachunderstanding of the language of math.

Determining what's behind a student's struggles with math may require a collective effort on the part of parents and educators. Parents also may need to relay mathematical convice on relating concepts to make a concerted effort cepts. Kids may find mate- at home. Teachers may be to help their children with rial more relatable and eas- limited in regard to how math at home, and they

not take long before parents recognize that math is now taught differently than it likely was when they were still students. Beginning in 2010, the Common how many touchdowns the tiative attempted to teach to tie the game. Young readgling with math can con- mental math skills like ers to learn the methods they're using in the classroom. Ask for pointers on math lessons is a great way presenting the material at home and do your best to grasp the new approach.

into lessons. For example, • Learn the ways modern parents can use sports to reinforce concepts kids are being taught in the classroom. If a child's favorite football team is winning by 21 points, parents can ask children to determine counting, addition and subtraction. Incorporating kids' hobbies into home to build their enthusiasm for math.

 Speak with teachers. Utilize kids' interests Ask teachers for their adier to understand if parents they can teach math in the



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Parents can try various strategies to help their kids grasp mathematical concepts more

be able to offer some tips to that point, parents can children in the past. make materials more relat- reach out to tutors. Some able at home.

ents who are struggling to may recommend local tucan approach that in var- incorporate their interests classroom, but they might kids. Before things reach successful results for their Creative Connection

schools provide tutoring not uncommon. Parents • Work with a tutor. Par- programs, while others can try various strategies

grasp the new ways math tors. Fellow parents also is taught can easily be- can be great resources and come frustrated, and that may be able to recommend frustration could rub off on tutors who have produced Story courtesy of Metro

Struggles with math are to help their kids grasp mathematical concepts more fully.



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#### **MUSIC EDUCATION**

## Important ways music education benefits students

Researchers increasingly are finding that "dore-mi" may be just as essential to children's development as "A-B-C." Music education, which was once required in the classroom, is increasingly absent from school curriculums. However, proponents feel there should be a greater push for musical education as part of school curricula because of the many benefits students reap from music education.

#### Taps into multiple skill sets

Music participation goes beyond playing an instrument or singing notes from a page. Experts at Music Together, an early childhood music development program, say that participating in music education involves many different skills, including listening, vision, fine motor skills, problem solving, and utilizing large and small muscle groups.

#### **Transformative** effects

A growing body of research points to music for its transformative effects on voungsters. Participation in music education may help improve communication skills, foster better memorv and help children focus their attention more effectively, according to the instrument retailer Zing Instruments. Music may provide the common ground to a common goal.

#### Improves language skills

Neurobiologist Dr. Nina "The Harmony Project," which involved a series of experiments among second and third graders. Dr. attendance rates Kraus discovered conclusively that music enhanced sound processing and cog- for Music Education deter- cluded there is a correla- and insufficient allocation piano and voice lessons Creative Connection



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Music education plays an important role in childhood development and acquisition of skills in and out of the classroom.

nitive skills (memory and mined that schools that of- tion between music educaattention). Music helps stufor processing language. A don't (84.9%). 2014 study by Arete Music unite children in pursuit of Academy found children who study music tend to have larger vocabularies and more advanced reading skills than those who Kraus participated in do not participate in music education.

#### More consistent

fer music education have tion and better retention dents develop the left side of better attendance rates the brain, which is known (93.3%) than those that

#### Higher grades

A study in The Journal for Research in Music Education found that students who participated in excellent music programs mathematics and English/ language than students enrolled in lower-quality music programs or none

of material.

#### Support from parents and teachers

Both educators and parents strongly believe has a positive impact on of Psychological Science overall academic perforscored higher on tests in mance, indicates NAMM Schellenberg at The Uni-Foundation and Grun- versity of Toronto at wald Associates LLC. Mississauga found that, to ensuring school curric-They also feel that bud- over the course of nine ulums include it. get cuts in music educa- months, six-year-old par-The National Association at all. Researchers contion or deficits in supplies ticipants who were given Story courtesy of Metro

#### **GREAT MUSICAL INSTRUMENTS FOR BEGINNERS**

Playing a musical instrument benefits people of all ages, including children. Young children may take to music education more readily than adults, acquiring skills in record time. While many instruments are beneficial to kids, certain choices are best for children just starting out.

#### Piano

The piano is a great instrument to learn because it enhances fine motor skills and often serves as a foundation for music education. The good news is one doesn't have to purchase a piano to get started. Digital keyboards and even online piano keyboards can replicate piano sounds quite well and provide an inexpensive way to learn piano.

Ukuleles are affordable and their small size makes them ideal for kids. It's easy to learn a few chords and play familiar songs. Plus, parents may appreciate that the ukulele is a relatively quiet instrument.

#### Recorder

A recorder often is one of the first instruments introduced to children in music classrooms. A recorder is an ideal introductory wind instrument because it is easier to play than a flute or clarinet. Nonetheless, it still requires students to learn coordination and breathing techniques.

#### **Drums**

Drums teach children rhythm, which is an essential component of all music. Drums are attractive to kids because they can be great fun to play and help reduce stress by getting out all that nervous energy. Electronic drum kits are available as quieter alternatives and are great options when space for a regular drum set is unavailable.

As children acquire skills on these instruments, they can continue or move on to more complicated alternatives.

Courtesy of Metro Creative Connection

of resources is detrimen- tested on average three tal to students.

#### Increased IQ scores

An experiment pubthat music education lished in a 2004 issue conducted by E. Glenn

IQ points higher than those who had drama lessons only or no lessons at

Music education plays an important role in the lives of students, paying dividends that might surprise even those devoted

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## MERCY

HIGH SCHOOL







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#### **COLLEGE PREP**

## U.S. colleges are rethinking standardized tests

#### By Janet Lorin

Bloomberg

The pandemic forced a pause on colleges requiring standardized testing, long the gold standard for admissions in the U.S. As COVID-19 restrictions ease, widespread mandatory reliance on the ACT and SAT entrance exams isn't springing back as quickly. One reason is that schools anticipate more COVID disruptions and want to provide predictability to applicants. Another is concern over large race-related gaps in SAT scores, which have been blamed for unequal educational opportunity for people of color.

#### 1. What are the SAT and ACT?

The SAT, administered by the New York-based College Board, and the Iowa City-based ACT are decades-old screening tools for U.S. college admission. Both are multiple-choice, written exams heavy on high school students typically in their junior year, sometimes senior. The SAT was invented in the 1920s. Harvard University, in the early 1930s, was the first school to use the SAT as an instrument in admissions decisions, initially to determine recipients of one small scholarship program. according to Nicholas Lemann, author of "The Big Test: The Secret History of the American Meritocracy." The College Board, an association of educational institutions, adopted the SAT to replace a battery of eswar, and the SAT became a be the primary focus of any "Test-optional admission is receive bachelor's degrees

PHOTO COURTESY OF METRO CREATIVE CONNECTION

The SAT and ACT are multiple-choice, written exams heavy on math and reading, taken by high school students typically in their junior year, sometimes senior.

mass-administered exam. admission decision." The ACT emerged in the late 1950s as a competitor.

#### 2. How important are thev?

math and reading, taken by National Association for College Admission Counsel-SAT test scores in deciding which applicants to accept, down from 60% in 2004. The scores are also considered for scholarships, an such as the University of Georgia and the University of Florida still require them. "A high score on the SAT or ACT will not compensate for a non-competitive" grade point average in say tests during World War high school, the University II, a change billed as tem- of Georgia says on its weblasting, Lemann said. Col- to three-and-a-half years'

#### 3. Who has moved away from the tests?

The Common Application, the nonprofit behind In a 2018 survey by the the standardized application form, said only 5% of about 850 member schools ing, nearly half of colleges are requesting scores in said they gave "considerable 2021-2022, compared to importance" to ACT and 55% in 2019. The University of Chicago and Brandeis University were among schools that had stopped requiring testing before Covid-19. The pandemic. important means of tuition by forcing the cancellasupport for many students. tion of most in-person test-Some large public systems ing, accelerated the reconsideration of standardized tests. All eight Ivy League schools have made them optional for current high school juniors. Harvard has suspended it for students as young as current 8th graders, and Cornell, for some of its undergraduporary that instead proved site. "Your record of three ate schools, won't even aclege Board membership ex- worth of rigorous academic of California system abol-

director of FairTest, a non-College Board in 2021 also dents without testing. eliminated the essay section from the SAT.

#### 4. Who's still taking the tests and sending scores?

Even though many colleges aren't mandating scores, at least one group of students are still sending them: wealthier ones. In the current application cycle for current high ing book, "How to Be an Anschool seniors, 52% of students in the wealthiest households submitted scores this school year, according to data from the Common Application mean score was 1,060. A perthrough February. Only 39% of the poorest did so. cept scores. The University Applications among firstgeneration students panded greatly after the work in the classroom will ished testing requirements. those whose parents didn't

the new normal," said Bob — grew by 21% from two Schaeffer, interim executive vears prior. Only 37% of underrepresented minoriprofit that has led the "test-ties sent in scores in 2021optional" movement for 30 22, compared to 52% of years. "These schools aren't non-unrepresented migoing to go back even if they norities. It's not clear how led the way by making want to in most cases." The schools are evaluating stu-

#### 5. What's the concern about racial disparities in testing?

"The use of standardized tests to measure aptitude and intelligence is one of the most effective racist policies ever devised to degrade Black minds and legally exclude Black bodies," Ibram Kendi wrote in his bestselltiracist." In the most recent report for the class of 2021, the mean score was 1,112 for White students and 934 for Black students. (The overall fect score is 1,600.)

#### 6. What explains the disparity in scores?

A variety of factors, ac-

cording to experts. For one thing, wealthier families can afford to send their high schoolers to test-prep courses that teach strategies for excelling on written exams. Wealth also influences the quality of schooling a given child receives. William Spriggs, an economist at Howard University in Washington, D.C., says Black students "are less likely to be in schools where there are advanced math courses," such as calculus. Priscilla Rodriguez, a vice president at the College Board, said the SAT is not a racist instrument. "Every question is rigorously reviewed for evidence of bias and any question that could favor one group over another is discarded," she said. "Further, changes made to the test over its 100-year history have removed all vestiges of an aptitude or 'IQ' test."

#### 7. What alternatives are there?

Bowdoin College, which admission tests optional starting in 1969, considers what courses were available at an applicant's high school, whether the student chose the most or least challenging and how the person performed relative to peers. James Nondorf, vice president for enrollment at the University of Chicago, said students can show their strengths in competitions such as chess, debate or math. (About 68% of applicants to Chicago chose to apply with test scores this year, down from 75% in 2021.) "I love entrepreneurship competitions, hack-a-thons, coding competitions," Nondorf said. "In some ways it's better than testing. It showcases a particular skill as opposed to testing, where you're seeing a whole set of things measured."

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#### **COLLEGE PREP**

## Guide to preparing for college admissions

Junior year is a pivotal and universities have abanschool students. Junior vear marks a transition to upper classmen, and students begin to ponder their post-high school academic as well. The college prepathrough the steps and can ated with the tests. offer advice. Well-meaning parents may want to share their own experiences, but much has changed since parents were looking ahead to their own college experiences. That doesn't mean parents can't offer important assistance, particularly when they learn the ropes of today's college preparatory process.

#### Speak with a guidance counselor to plan courses

Parents and students can meet collectively with a guidance counselor to courses that enable students to earn college credit.

#### **Discuss** extracurricular activities

Colleges and universities do not just look at grade and test scores; they consider the entire applicant. Therefore, high schoolers should dabble in various clubs, organizations and sports to make them more appealing to admissions de- applying for financial aid partments.

#### Enroll in a test preparation course

Though a growing number of American colleges dent Aid. The FAFSA will Creative Connection

time in the lives of high doned ACT and SAT scores as part of their admissions process, many schools still require those scores. Students can benefit from taking test prep classes either careers around this time in school or through outside tutoring businesses. ratory process can seem Learning strategies for the daunting, particularly if tests as well as seeing sama student does not have a ple questions can remove sibling who recently went some of the anxiety associ-

#### Visit schools and attend college fairs

Parents and students should make appointments to visit several college campuses that offer courses students are interested in. Getting one's name in admissions departments' databases also opens up students to emails about upcoming events and application deadlines.

#### Learn about The **Common Application**

The Princeton Review talk about goals and course- says most schools will use work. Many high schools The Common Application offer Advanced Placement as part of the admissions classes or dual enrollment process. This enables students to enter all of their information and apply to multiple schools using the same help determine eligibility account. However, schools will typically have different supplemental essav topics or test score requirements. Essays typically are from federal income tax required to be around 650 words.

#### **Get financial** paperwork in order

Applying to college and (which every student should do regardless of income) are seem confusing, but a few two separate processes. In simple strategies can make the United States, students it easier to navigate. will start with the Free Application for Federal Stu- Story courtesy of Metro



PHOTOS COURTESY OF METRO CREATIVE CONNECTION)

The road to college may seem confusing, but a few simple strategies can make it easier to navigate.

for grants, scholarships, federal work-study, and student loans. The FAFSA requires information taken statements. Parents can help guide their students further by following up on school transcripts, teacher recommendations and providing application cost fees, which vary from \$50 to \$100 per school.

The road to college may



Applying to college and applying for financial aid (which every student should do regardless of income) are two separate processes.

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SUNDAY, MARCH 27, 2022

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