



TOP 3 TIPS ON HOW TO STUDY SMARTER, NOT LONGER

Having good study skills is always helpful. But it's even more important now during the COVID-19 pandemic. Many students worry about family or friends who may get sick. Others feel more general stress.

These conditions can distract from your lessons. Plus, students are likely to have to do more without a teacher or parent looking over their shoulders. They will have to manage their time and study more on their own.

For more than 100 years, psychologists have done research on which study habits work best. Some tips help for almost every subject. For example, don't just cram! And test yourself, instead of just rereading the material. Other tactics work best for certain types of classes. This includes things like using graphs or mixing up what you study. **Here are 3 tips to tweak your study habits.**

1. Space out your studying - Nate Kornell "definitely did cram" before big tests when he was a student. He's a psychologist at Williams College in Williamstown, Mass. He still thinks it's a good idea to study the day before a big test. But research shows it's a bad idea to cram all your studying into that day. Instead, space out those study sessions.

2. Practice, practice, practice! - Musicians practice their instruments. Athletes practice sports skills. The same should go for learning.

3. Don't just reread books and notes - In one study, some college students read a text twice. Others read a text just once. Both groups took a test right after the reading.



WHAT'S INCLUDED

TOP 3 TIPS ON HOW TO STUDY SMARTER, NOT LONGER

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TUTOR SPOTLIGHT

HOW TO MAKE YOUR EXTRACURRICULAR ACTIVITIES STAND OUT WHEN APPLYING FOR COLLEGE

[Test results differed little between these groups](#), Aimee Callender and Mark McDaniel found. She is now at Wheaton College in Illinois. He works at Washington University in St. Louis, Mo. Too often, when students reread material, it's superficial, says McDaniel. Rereading is like looking at the answer to a puzzle, rather than doing it yourself, he says. It looks like it makes sense. But until you try it yourself, you don't really know if you understand it.

Whether it is back to school time or any time of the school year, studying equals academic success. Starting good study habits now can help you later in life. **Club Z! Tutoring can improve study habits that last a life time with our *Learning Built to Last*™ Study Skills Tutoring Program.**

Our study skills program teaches students how to listen, read, and overall study better. *Learning Built to Last*™ will help each individual understand study skills from a personal approach. We focus on students' own interests and experiences, which creates a more conducive learning environment. Our Study Skills book, workbook, and academic planner contain real world materials and relevant exercises. This will allow your student to apply their new found study skills in the classroom, and beyond.

Contact Club Z! today at **800-434-2582** or visit us online at clubztutoring.com/subjects-we-tutor/study-skills-tutoring and help your child develop the lifelong study habits that will help build their self confidence in and out of the classroom.

Please see link below to read full article:

sciencenewsforstudents.org/article/top-10-tips-study-smarter-not-longer-study-skills

AFTER A CHAOTIC PANDEMIC SCHOOL YEAR, HELP KIDS GET BACK ON TRACK THIS FALL

The 2020-2021 school year was unlike any other. Millions of students spent part - or most - of the year learning remotely. After months physically away from teachers, classmates and a traditional school day structure, some kids may feel a little out of practice when it comes to tackling the start of a “normal” school year this fall.

Here are some practical tips from educators, administrators and counselors to help students get the school year started off right:

1

Know it's OK to ask for help.

Encourage your child to ask teachers and other school staff for assistance, whether the issue is simple - like the location of the nearest restroom - or more in-depth, like needing extra help with a school subject or mental health support.

2

Set small, manageable goals.

If your student feels anxious about diving back into in-person learning and all it entails - navigating physical class changes, keeping papers organized, interacting with peers - then setting specific, manageable goals for the first days back may help. “Coming back can be a lot for a student, especially if they’ve been out for a year and a half, like some kids,” says Cody Strahan, a robotics teacher at Ramay Junior High School in Fayetteville, Ark.

3

Create a morning checklist.

Let's face it: Heading to in-person school does require remembering to pack a lot of things, particularly if your kids are doing after-school programs or sports. If your children are feeling rusty about the early morning rush out the door, make a daily backpack checklist using a whiteboard or sticky notes, so they won't forget any essentials.

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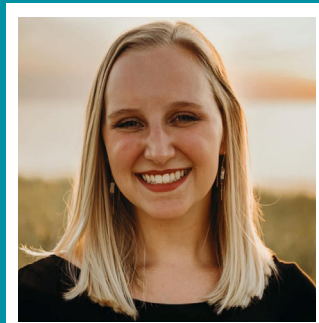
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800-434-2582

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**Limited time offer. Call for details.*

TUTOR SPOTLIGHT GRETA MILBRANDT



Club Z!
Tutoring Services

Greta has been a tutor with Club Z! since 2019. After graduating with her degree in biochemistry, she is pursuing a master's degree in Cosmetic Science. She has truly enjoyed working for Club Z! over the past two years and finds it very rewarding to see the joy of each student when they are proud and confident in their work. She is thankful for the opportunities Club Z! has provided and the many great people she has met.

Outside of school and work Greta enjoys taking road trips with friends and family to National Parks. Thank you Greta for all your hard work and dedication to Club Z!

Please see link below to read full article:

usatoday.com/story/life/2021/08/01/back-to-school-tips-help-kids-adjust-post-covid/7940286002/

HOW TO MAKE YOUR EXTRACURRICULAR ACTIVITIES STAND OUT WHEN APPLYING TO COLLEGE

If you're a high school student, you've probably heard that "colleges look at extracurriculars," but you might be wondering what that really means for you.

What are colleges evaluating when they look at your extracurricular participation, and how can you ensure that your activities make a good impression?

First, it's important not to spread yourself too thin. Colleges aren't looking for sheer quantity; they want to see passion and commitment to activities that you find meaningful. Choose a few activities that genuinely interest you and strive to take on leadership roles or otherwise contribute to the team, club, or group. Deepen and develop these interests over time.

Don't choose activities solely because you think they will impress admissions officers. They want to know what you enjoy so they can envision how you might get involved and contribute on their campuses. The bottom line is this: Participate in the extracurricular activities that you want to participate in, then think about how you can best lead and contribute in these areas.

If you're not sure where to start, consider signing up for one or more of the extracurricular activities listed below. Decide which activities fit your interests, then read our tips on how to maximize your participation and make your college applications more competitive.

1. National Honor Society (NHS) - National Honor Society is an organization for high-achieving students that focuses on scholarship, leadership, and service. To join, you must have at least a 3.0 GPA, and teacher recommendation forms are typically required. NHS prefers candidates who have demonstrated good character, as well as a commitment to service and leadership. NHS members are considered leaders and role models in their schools. They plan and participate in a variety of activities that benefit the school and community.

If you enjoy giving back to the community, value academic excellence, and want to be a leader at your school, National Honor Society is a great fit.

2. Student Government Association - Another great activity for passionate leaders is the Student Government Association (SGA). SGA members represent the student body to the faculty and administration. They also sponsor and organize service projects, school dances, and spirit activities, and they oversee or work with many other student organizations.

The SGA is headed by the student body president and other class officers. To get one of these positions, you'll need to campaign for votes and give persuasive speeches to your fellow students.

3. STEM Clubs - If you're interested in science, technology, engineering, and mathematics, it's a great idea to join a STEM-related club at your school. This is especially true if you're applying to a college like CalTech or MIT, where the admissions team wants a class of students who are deeply curious and passionate about STEM fields.



WHAT OUR CLIENTS SAY



"We have been so happy with Club Z!. My daughter struggled at the beginning of the year with math. She is extremely shy and hates to ask for help. After meeting with our local Club Z! owner, she set my daughter up with a tutor that fit my daughters' personality perfectly! She now excels in math, and looks forward to the tutoring sessions!"

- Melody W.

