

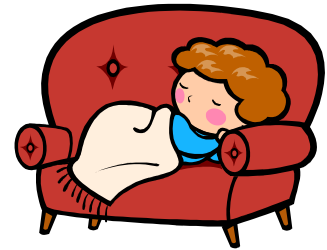


Confident Student has been selected as an "Approved Provider" by the Maryland State Department of Education Department of Rehabilitative Services (DORS)

REALIZING A CONFIDENT STUDENT

How Does Sleep Deprivation Affect the Teen-ager?

Sleep deprivation can impair memory and inhibit creativity, making it difficult for sleep deprived students to learn. Irritability, lack of self confidence, and mood swings are often common in a teen, but sleep deprivation exacerbates these symptoms. Depression can result from chronic sleep deprivation. Not enough sleep can endanger teens' immune systems and make them more susceptible to serious illnesses.



Here are a few special sleep hygiene tips for teen-agers:

- Stay away from caffeine and nicotine, both of which are stimulants, after noon. Also avoid alcohol which can disrupt sleep.
- Avoid heavy studying or computer games before bed, they can be arousing.
- Avoid arguing with your adolescent just before bedtime.
- Avoid trying to sleep with a computer or TV flickering in the room.
- Avoid bright light in the evening, but open blinds or turn on lights as soon as the morning alarm goes off to aid awakening.
- Let them sleep in on the weekend, but no more than 2 or 3 hours later than their usual awakening time or it will disrupt their body clock.

Monitoring your child's activities is also an effective guard against sleep deprivation. Along with school, teens often play sports, take specialized lessons in the arts, work part time, attend school functions and clubs, and spend time with their friends. If he or she has too much on his schedule, have him choose the most important ones and stick to a reasonable schedule that allows time for homework and adequate rest.

<http://www.stanford.edu/~dement/adolescent.html>

BRAIN BYTE

True or False? Learning to read comes naturally.

False!

Learning to read, unlike learning spoken language, does not come naturally. Whereas spoken language has specialized areas in the brain, reading does not. Direct instruction must be taught to learners in order for them to link the sounds of language to the letters of the alphabet.

DID YOU KNOW?



Supplemental Educational Services (SES) and No Child Left Behind (NCLB)

Under NCLB, low-income families whose children attend schools that have been identified as being “in need of improvement” have the right to select a state-approved SES provider to deliver federally-funded academic services to their children. NCLB requires public school districts to set aside a portion of their federal education funds to pay for these services.

UPCOMING EVENTS

College Expo at Towson University - Towson Center Arena – Towson, Maryland

8000 York Road. Towson, MD 21252 - P:(410-704-2000)

Sunday, September 23 1-4 PM

www.towson.edu

12th IRA Regional Reading Conference Billings, Montana

Presentation: *Motivating Students to Read: Research and Strategies*

October 18-19, 2007. Time: Friday, October 19th from 2:45pm to 3:45pm

http://www.reading.org/association/meetings/12_rockymountain.html



INSPIRATION CORNER

The mind aware of itself is a pilot... vastly freer than a passenger mind.

—Marilyn Ferguson



LEARNERS WANTED...TO BE THE BOSS!

Learners, ever wanted to tell *us* what to do? Here's your chance! Confident Student needs your help! We are currently developing courses for this coming summer and we need learners to participate in our student input groups for two math courses. The student input groups are FREE and learners who participate in every session of their chosen course will receive a certificate upon completion of the class and a gift certificate to Towson Town Center! These courses will be held at our Towson office, 502 Baltimore Ave, Towson MD 21204. The dates and times for each course are listed below. Pizza and sodas will be provided. Just fill in the attached sign-up form, mail it, and join us for some innovative math excitement!

Building Math Confidence: Multi -Sensory Math Workshop

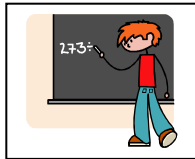
Designed for middle and high school students who have completed a pre-algebra course, this course makes Algebra fun for everybody! This class utilizes a small teacher/student ratio to create different multi-sensory techniques such as manipulatives, games, hands-on and teamwork activities, creating an enjoyable and interesting learning process.

Dates & Times

Sat. Oct. 13 10am-1pm

Sat. Oct 20 10am-1pm

Sat. Oct. 27 10am-1pm



Core Algebra: Foundational Skills for Algebra II

Designed for middle and high school students who have completed Algebra I and those who had a challenge in Algebra II. This course uses specially designed experiments to provide unique hands-on learning of traditionally abstract Algebraic concepts, learner-to-learner teaching, and small group work. The high instructor to learner ratio allows for personalized instruction to help learners exactly where progress is needed.



Dates & Times

Sat. Oct. 20 1:30pm-4:00pm

Sat. Oct. 27 1:30pm-4:00pm

Student input groups are open to 5 learners per course

Registration Form

Name: _____

Which class would you like to attend?

- Building Math Confidence: Multi -sensory Math workshop
- Core Algebra: Foundational Skills for Algebra II
- Both

Emergency Contact information:

Name: _____

Phone: _____

Home address: _____

Email address: _____

Please answer the following question

How do you rate yourself on the following math topics?

	Expert				Help!
	5	4	3	2	1
Working with negative integers					
Graphing equations					
Solving equations					
Factoring					

