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Executive Skills

Response Inhibition- The capacity to think before you act-to resist the urge to say or do something allows us to evaluate a situation and how our behavior might impact it.

Working Memory- The ability to hold information in memory while performing complex tasks. An ability to draw on the past learning or experience to apply to the situation at hand.

Emotional Control- The ability to manage emotions in

Reflection And A Look Ahead

Once I get past the overindulgence of Thanksgiving and the mayhem of the Christmas season, I reflect on my business and what went well, what flopped, who we reached out to, who reached out to us, and what populations and communities we helped in the greatest frequency.

2015 was most definitely a year of new challenges. We saw greater numbers of students looking for general subject support, homework support and "study skills". As the school year got into full swing we saw more calls for resources to help with executive skills deficits. The new PSAT was administered igniting hundreds of questions about the new SAT.

2015 has set the stage for our focus in 2016. We plan to bring more resources, both at the student level and professional development level, for Executive Function Skills and Coaching. We will guide our juniors as they navigate the new SAT and position them for admission to their first choice schools. We will offer more resources for summer study; SAT prep, College Essay writing groups, Executive Skills Coaching, Social Skills in Health Education, Social Skills Camps, Professional development classes.

Keep us on your radar and let us know how we can help!

If you find our monthly newsletter helpful, pass it along to a friend and like us on [Facebook](#). Please give us a call at 603.953.5025 if you would like to see us tackle a specific challenge in one of our monthly newsletters.

A handwritten signature in black ink that reads "Allison Neal".

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In the News

Hechinger Report (December 29, 2015) *What Happens When Instead of Suspensions, Kids Talk Out Their Mistakes?*- When freshman Hope Parent left her cell phone unattended, at Pittsfield Middle School last year, her classmate saw a chance for a little fun...In traditional school discipline programs, students face an escalating scale of punishments for infractions that can ultimately lead to expulsion. But there is now strong research that shows pulling students out of class as punishment can hurt their long term academic prospects. ([read more](#))

order to achieve goals, complete tasks or control and direct behavior.

Flexibility- The ability to revise plans in the face of obstacles, setbacks, new information or mistakes.

Sustained Attention- The capacity to maintain attention to a situation or task in spite of distractibility, fatigue, or boredom.

Task Initiation - The ability to begin projects without undue procrastination, in an efficient or timely fashion.

Planning/Prioritization- The ability to create a road-map to reach a goal or to complete a task. Being able to make decisions about what's important to focus on and what's not important.

Organization- The ability to create and maintain systems to keep track of information or materials.

Time Management- The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines.

Goal-Directed Persistence- The capacity to have a goal, follow through to the completion of the goal and not be distracted by competing interests.

Meta-cognition- The ability to stand back and take a birds-eye view of oneself in a situation.

New York Times (October 28, 2015) *The Test-Optional Surge-* For those who argue that the SAT and ACT should be dropped as criteria for college admissions, this has been an affirming year. Forty-seven colleges and universities have announced test optional policies, bringing the total to more than 850, according to FairTest, the National Center For Fair and Open Testing. ([read more](#))

KQED.org (December 10, 2015)- *Why Identity And Emotion Are Central To Motivating the Teen Brain-* Adolescence is a tornado of change: Not only is it the period of fastest physical change in life- aside from infancy- but also new found drives, motivations, and feelings of sexuality are amplified. There are profound shifts to metabolisms and sleeping cycles, as well as social roles- especially in the context of school. Within the tumult of pre-teens or teens is an opportunity to enhance their desire and interest to learn. ([read more](#))

What Are Executive Skills?

When children go to school, we expect them to learn how to read, write and calculate. We ask them to demonstrate they've learned academic skills and knowledge in a variety of ways from completing worksheets to participating in class discussion and taking exams. For students to demonstrate this learning, they need to draw on another set of skills not typically seen as part of the curriculum, yet essential to academic success. These skills are called **executive skills**. Youngsters deficient in executive skills, are often viewed by parents and teachers as chronic underachievers. Most at risk are those during the middle and high school years. These skills include Response Inhibition, Working Memory, Emotional Control, to name a few. New England Tutors, in collaboration with [Peg Dawson](#), has created a Coaching Program to identify, modify, teach and motivate teens with Executive Skill Deficiencies so they can begin to see success in school and beyond. Give us a call to learn more [603.953.5025](tel:603.953.5025) or visit our website at www.netutors.com.



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Upcoming Events

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January 18 2016

Seacoast United Jr. Academy Jamboree. Stop by our booth for special offers for the student athlete. [Learn more here](#)

February 12-29

PDP Productions presents Smokey Joe's Cafe. NET is a proud sponsor of this organization. [Learn more here](#)

February 13, 2016

New SAT prep classes begin. Reserve your spot early as we sell out fast. [Learn more here](#)

The Critical Role of Reading Non-Fiction

The average child in the United States spends roughly 8 1/2 hours a day watching TV, listening to music and playing video games. And how much of their leisure time do they spend reading nonfiction?

Less than 4 minutes a day.

That's the finding from a national study sponsored by the Kaiser Family Foundation (Rideout, Foehr, & Roberts, 2010). Sure children are *reading* outside school- about 25 minutes a day, according to the study. But most of the reading appears to be fiction. Another study found that juvenile fiction outsells nonfiction by more than 4 to 1 (Milliot, 2012). Why should we care what our students are reading as long as their reading you ask? Read our entire blog [here](#).



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