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## Stability Through Transition Is It Possible To Achieve?

Merriam-Webster defines stability as "*The quality or state of something that is not easily changed or likely to change.*" Then we have the definition of transition as "*A change from one state or condition to another.*" It doesn't appear that the two would be compatible. As I watch families and students struggle with transition from grade to grade, school to school, town to town, I would agree they are not compatible words or events.

Yet, as I work with the many families facing various transitions in their educational lives, I find that *stability* is the key to any successful transition. Our students often find they have very little control over the contents in their lives and how they move through them when they are under our care. Many times, a student dreads change because she feels lost and out of control. The more stable and structured we can make other aspects of their lives, as they journey through the transition they are on, the better. Keeping routines at home the same, like bedtimes, meal times, and chore expectations allow students to feel secure.

Another important element of transitioning your student that is often not planned for is preparation for the transition. Reviewing what is going to happen and is expected to transpire can remove stress from the unknown. Visiting the new school, home or town and spending enjoyable time in the new environment can be key. This allows the student to gain some familiarity as well as associate the new place with positive feelings.

If you are planning a transition, or are in the middle of one, and would like some additional tips or some professional advice, give us a call at 603.953.5025.

If you find our monthly newsletter helpful, pass it along to a friend and like us on Facebook. Please send me a message at [allison@netutors.com](mailto:allison@netutors.com) if you would like to see us tackle a specific challenge in one of our monthly newsletters.

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## Anxiety

**Anxiety is rising in our society as well as our schools. Some Statistics and resources below.**

**Anxiety Disorder** are the most common mental illness in the US affecting 40 million adults 18 years and over.

**AD's are highly treatable** yet only about one third of those suffering receive treatment.

**\$42 Billion a year** is the cost of anxiety disorders in

total mental health bill.

**Panic Disorder** Women are twice as likely to be affected as men.

**Social Anxiety Disorder** affects 15 million and is equally common among men and women typically beginning around age 13.

**OCD** (obsessive compulsive disorder) Equally common among men and women with 25% of cases occurring by age 14.

**PTSD** (Post traumatic stress disorder) Women are more likely to be affected than men. 45.9% of women who are raped will develop the disorder.



## Finding Help is the Key to Taking Charge In the News

**Helpguide.org** is a non-profit organization dedicated to providing an online experience that empowers people to help themselves create better mental health.

**Health.com** offers 19 natural remedies for anxiety.

**International OCD Foundation** Find an extensive resource directory for therapists, treatment programs, clinics, support groups, and organizations specializing in OCD and related disorders.

**ADAA** (Anxiety and Depression Association of America) this is an international non-profit dedicated to prevention, treatment, and cure. This site is for both consumers and professionals. A great resource.

**US News And World Report (September 14, 2016) The Teacher Shortage Is Here-** As students headed back to school this year in and around Tampa, FL, thousands of teacher positions had yet to be filled. It followed a year in which tens of thousands of teachers were hired on emergency or temporary credentials to fill empty slots around the country - 900 of them in Oklahoma alone. [\(read more\)](#)

**Education Week (September 23, 2016) New SAT Design Disadvantages Low-Scoring Students -** The College Board designed the Math section of the new SAT in a way that puts low-scorers at a disadvantage according to an investigation by the news agency Reuters. The story by Reuters uses internal documents to make the case.... [\(read more\)](#)

**Union Leader (September 21, 2016) UNH Celebrating 150 Years By Waiving \$50 application Fee To In-State Students -** Robert McGann, Director of Admissions at UNH, says students must apply by November 18 for the fee to be waived. [\(read more\)](#)

**NPR (September 19, 2016) Sixth Grade Is Tough; It Helps To Be Top Dog -** Middle schoolers report higher rates of bullying and fights than students in any other grade span, and their academic performance also tends to dip. But things could be a little better - if we just got rid of middle schools, according to a big new study. [\(read more\)](#)

## What is New This Fall At New England Tutors?

We have been working hard all summer while most of our students have been relaxing. Not only have we added some new programs and tweaked some current popular programs, but we have also added many exceptional new tutors to our network.

Check out some of the new and/or improved programs

## Upcoming Events

October 1st

SAT's- are you prepared?

- [Executive Skills Coaching For The College Student](#) - Transitioning from high school to college can be a daunting experience for some. NET understands the unique needs of

NET's first *Day of Development* for Educators and Professionals wanting to learn more about Executive Skills; supporting and coaching K-12. Register and [Learn more here](#)

- [Awaken the Scholar Within](#)- VAK Therapy (Visual, Auditory, Kinesthetic) Program. For students who struggle with dyslexia, ADHD, learning disabilities, and ASD.
- Professional Development: [Executive Skills Coaching for the Teen and College Student](#)- A 5-part series conducted by Peg Dawson, Ph.D. This course emphasizes the unique differences between coaching versus tutoring.
- [Bullet Essay Prep](#)- This 1.5 hour course gets to the meat of creating a dynamic and effective essay for the SAT. With the essay now being optional, we encourage students to still perfect their essay for that extra edge.

### November 2nd

Join NET and Zebra Crossings as they co-host the Dover Chamber morning Mixer. [Register here](#)

### November 5th

Last chance for seniors to take the SAT. Register early [here](#).

### November 12th

NH-PTA annual conference in North Conway, NH. Stop by our table for a great give away. [Register here](#).

## Introducing Our Newest Tutor Resources

**Jamie B.**- Although Jamie joined our team back in April 2015, she graduated this spring from our Executive Skills Coaching class and is now helping students in high school and college successfully navigate their educational lives.

**Michelle H.**- is an experienced educator working with our middle and high school students. She has been teaching since 2002 and has extensive experience working with ADD/ADHD students. Her passion is American Studies and US History.

**Alex S.**- is a civil engineer by day, and a tutor extraordinaire by night. Alex truly enjoys helping students of all ages understand math. He is an avid sailor and is a certified sailing instructor and race coach.

**Christine C.**- has her B.S. in Biological Sciences with a minor in English and is currently a veterinary assistant. She loves her animals! She is a math and science specialist. We can never have enough math and science :)

**Matt N.**- is a special education tutor who holds a B.A. in Psychology and is completing his Master's of Special Education. He holds a dual teacher certification for elementary/special education. Matt works with our elementary and middle school students in math, reading and executive function.

*These are just a few of our recent additions. If you have a student with a specific need, we are confident we can make the perfect match.*



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