

From	Advanced Learners & TutorSelect
Subject	Happy Halloween

ADVANCED LEARNERS

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October 2006

Happy
Halloween

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Quote of the Month

"It is not the answer that enlightens, but the question."

Eugene Ionesco

Decouvertes

Parent Websites

www.MVParents.com

www.parenting.com

www.parenting.org/

Monthly Topic

End of the 1st Nine Weeks... Trick or Treat?

Have you received that 1st report card of the year? Whatever your expectations may be, many students feel anxious when delivering report cards to their parents. In fact, with busy activity schedules, on-going preparation for state standardized tests, increased amounts of homework, and external social and peer pressure, it's no wonder we see more and more STRESS in our children.

Here's some advice for helping your students deal with stress. This information is from Duke University's Student Health Services:

What can I do to help prevent anxiety?

Anxiety occurs when life's demands feel greater than your ability to cope with them. Therefore, prevention means improving your coping skills or modifying the demands and expectations in your life. To prevent anxiety, try these techniques:

- relaxation techniques such as self-hypnosis and meditation
- behavioral techniques aimed at improving ways of coping (exercising, eating balanced meals, getting adequate rest)
- counseling aimed at changing stressful life circumstances
- broadening and deepening positive relationships by finding group activities that encourage give and take and provide a feeling of support

Knowing how to lessen anxiety can build emotional strength to cope with life events that cause anxiety. To minimize negative stress that can cause anxiety:

- Exercise for 20 minutes, at least 3 times a week.
- Change drinking, eating, and sleeping habits:
- Rest or sleep 6 to 9 hours a day.
- Eat 3 balanced meals a day.
- Drink at least 4 glasses of water a day.



Success Story

"We can't believe how great our tutor, Heather, is. Thanks for finding her for my children."

Sandra, Orlando, FL

Halloween Fun

Deck the halls with spider webs and skeletons. Carve a spooky jack-o-lantern. Gather together all your little ghosts and goblins for an evening of creepily delicious fun.

Whether it's a totally haunted dinner or just some ghoulish snacks, these creepy ideas will definitely put you in the Halloween spirit.

Spooky treats

www.familyeducation.com

www.todaysparent.com

**WE WANT TO
RECOGNIZE A JOB
WELL-DONE BY
YOUR STUDENT.
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For more information
please contact me directly,
kearneyt@tutorselect.com

Victoria Kearney
Director of Tutoring
Services

- Reduce coffee and alcohol consumption.

Find improved ways to manage stress:

- Identify what causes your stress.
- Modify or eliminate stressors.
- Develop methods of relaxation like talking with positive-minded people, listening to music, walking, or enjoying hobbies.
- Learn to use stress management techniques like muscle relaxation exercises, mental imagery, and deep breathing.
- Use affirming and hopeful thoughts to overcome negative ones, such as telling yourself, "I am doing the best job I can given the circumstances."
- Ask for help when the load is too great to handle.
- Seek professional help for dealing with life events that produce stress, and for developing helpful, effective ways of managing stress.

For more information, visit http://healthydevil.studentaffairs.duke.edu/health_info/Anxiety.html



[Tasty Pumpkin Treats](#)

- [Rats Baked in Blood](#)
- [Pumpkin Face Cookies](#)
- [Meringue Bones](#)
- [Gravestone Cookies](#)
- [Severed Fingers with Toxic Dip](#)
- [Bloody Punch with Floating Hand of Death](#)
- [Zombie's Brain with Tombstone Toasts](#)
- [Maggoty Pumpkin Soup](#)

Higher Grades

Higher Self-Confidence

Higher Achievement

We apologize if you have received this email by mistake,
[click-here](#) and we will take you off our list

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