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## Academics Plus®, Inc. Educational and Assessment Center Newsletter

*“Educating for Success since 1989”*

**Facts, Fun, and Information**

**May 2010**

### **From the Desk of the Center Director**

It seems we often underestimate the need for stimulation, particularly the mental variety. Children and adults often obtain some type of physical stimulation daily, but are they receiving enough mental stimulation? Video games and TV don't stimulate our brains because, as Dr. Amir Soas of Case Western Reserve University Medical School in Cleveland told the Associated Press "...your brain goes into neutral..." when you watch TV. So how do we get our brains out of neutral? Anything that requires us to think, such as reading or working puzzles, stimulates our brains. It seems simple, but many of us just want to relax our brains after a long day at the office. That is a reasonable desire. But what about extended downtime? During the summer, children can't afford to be without mental stimulation. Parents need to ensure their children keep active mentally. And wouldn't you know it, Academics Plus Educational and Assessment Center can help. Our summer "stimulus" program can do just that. So call us for a free consultation. At \$25 an hour, our prices are the lowest in town.

**B. R. Coe**  
**Learning Center Director**  
**Academics Plus, Inc. Educational and Assessment Center**

### **EOG Survival Tips**

Each year students take an End of Grade (EOG) test. It can be a stressful time for students and parents alike. Academics Plus®, Inc. has a few helpful tips for parents and students to make taking the EOG less stressful.

1. **Eat Breakfast**—Your brain is going to be doing a lot of work and needs something to help keep it going.
2. **Get Sleep**—Make sure you get a good night's sleep the night before testing to help your brain perform at its best!
3. **Review**—Go over some concepts that have given you trouble and review subjects covered earlier in the year.
4. **Manage Time and Focus**—Do not waste time trying to answer difficult questions. Make a mark and come back to them if you have time. Also, make sure you are putting your answers on the correct number in the correct section.
5. **Believe in yourself!**—Success can be undermined by self-doubt. Approach the test with confidence and stay that way.

Good luck on the EOG!

### **Quote of the Month**

The highest function of the teacher consists not so much in imparting knowledge as in stimulating the pupil in its love and pursuit. Attributed to Henri Amiel

How many 6 and 7 letter words can you make using the letters in **Stimulation**?

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Place commas in the following sentence wherever necessary.

Janie's uncle Bob who lives in Osaka Japan spoke to our class using the Internet.

Find the errors in the following sentence.

There's many wholes in the back yard; so watch out.

Are you smarter than North Carolina 5<sup>th</sup> Graders?

1. Which of the following **best** explains the build up of soil in a flood plain?
  - A. Soil is washed away.
  - B. Farmers plant crops, which creates new soil.
  - C. New soil is deposited during floods.
  - D. Plants break down to create new soil.
2. Scale models are **best** used to identify what?
  - A. migration patterns
  - B. the water cycle
  - C. population areas
  - D. landscape features
3. Which of the following is closest to  $\frac{1}{5}$  of a dollar?
  - A. \$0.80
  - B. \$0.20
  - C. \$0.50
  - D. \$0.10
4. A remodeling project was estimated to cost \$559,000. The actual cost was \$745,000. The actual cost was about how much more than the estimated cost?
  - A. \$250,000
  - B. \$200,000
  - C. \$150,000
  - D. \$100,000

Stimulation: Over thirty 6 and 7-letter words are possible, including: sultan, simian, Taoism, mutant, litmus, alumni, stimuli, autism, mutton, and tonsil

Grammar: A comma should follow "uncle", which is separate from "Bob" in this case, and commas should be placed before and after the "who" phrase.

A common mistake, "there's" should only be used with a singular subject. Since "wholes" is plural, the contraction should be "there're".

Also, "wholes" should be "holes", and "backyard" is a compound word, not two separate words.

*Are you smarter than North Carolina 5<sup>th</sup> Graders? answers are: C, D, B, B*