

Collection

Articles

[OF]



BY

Kim



PREFACE



Being in the corporate sector for over two decades, most of my earlier vision was centered on climbing the corporate ladder. However, while working, in Management and Leadership roles, I observed a pattern of candidates applying for or occupying roles lacking the basic discipline to manage, such as; maintaining calendars, running meetings or communicating effectively and worst still most people believed they could not learn anything new. My passion for education and desire to help children learn life skills beyond core academics lead me Tutor Doctor.

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1.0

WE ARE NOT PARENTING TEENS; WE ARE RAISING ADULTS

Clearly every adult had a different upbringing and culture that impacted the values instilled in us, but if we are parenting teens today, they are sharing a homogenous experience that very likely differs – on a very large scale – from the teen years that we experienced. They have luxuries we deservedly may be a little envious of, but there also exists a teen culture that frightens and overwhelms us.

“In my day” my parents’ number one concern was whether I would get into a good college and earn a degree so that I could provide for myself and future family. That was really it (I asked them to be sure). Among my network of fellow parents, mentors and business owners who commit their energy and vocations to helping teens and their families, we experience things outside factors that often seem to carry an elusive and greater force than power of our parenting can overcome. Things such as social media, self-harm, vaping, anxiety, suicide, and losing motivation to even try at school were almost completely out of the periphery, if even in existence, at the time we were teenagers.

We have to accept that we are not prepared for every challenge of the generation; no parent ever was. But was are not raising children, we are raising adults, and if we maintain that awareness of the bigger

picture we may be able to stay ahead of newest trends and distractions that seek to suck our teens away from us. Every good grade, bad grade, break-up, and act of defiance is an opportunity to listen and grow with our children. As adults, we are smarter, faster at doing chores, making dinner, doing homework (unless it's calculus, oof!) but this chapter of life is being written for our teens; ours was many pages back. It inarguably feels more comfortable and efficient to impose our opinions, do the laundry and prepare the meals, than it does to spend countless minutes teaching and reteaching our kids how to separate clothing for different loads of laundry, and endure eating soggy pasta and over-salted sauce when they are first learning.

Parents, when we aren't feeling over-burdened, it's okay to admit that it actually gives us a sense of importance and fulfillment to do things for our kids because we recognize they need us less and less as they gain independence. In those opposite moments, when we are feeling exhausted and taken for granted, it seems justified to yell at our teens for not remembering to do something we've told them to do no less than five times! Or, when we see our teen struggling with something that to us seems mundane with an obvious solution, that we want

to impose our opinion of what our kids “should” do. This may work in the short term, but will likely develop a resentful or falsely-complicit young adult (which sounds like: “yeah mom/dad” or “sure, whatever”).

Our intentions are good, and in the moment, it really does seem like we are being helpful - the clothes are ready for tomorrow, meals are in their bellies, the homework's done, and we told them exactly what to about that mean track coach. But consider our role as Parent. It isn't to prove and re-prove what we have already mastered, it is to model what “adulthood” looks like. When mow down obstacles (you may have heard of the “Lawnmower Parent”) for our children, we are actually impeding their growth, denying them the opportunity to make mistakes and fail safely in their homes while they are developing their sense of identity. And what about purpose? Self-assurance? If we give them a purpose within our households, such as “Because of Cade, the trash always gets taken out,” can we imagine that Cade will be more likely to feel he has a purpose and a belief that he can succeed in the world beyond our front door?

If we can't do everything for our teens or tell them what to do, and we certainly can't do nothing - what DO we do with them? Here are three condensed ways to reposition our parenting to raise children into adults we can look forward to knowing.

One: Ask and Listen with compassion.

Assuming and knowing are not interchangeable. Their answer doesn't matter. You may discover what you thought was their worry or source of frustration, isn't. They may not answer you at all. When you are consistent in showing them they can count on you to be there, they will talk to you. And, they do need your compassion in a world that may seem so judgmental and unfair.

How to begin: Start with just 15 minutes. No phones. No driving. Make eye contact. Ask an open-ended question like: “how are you feeling about ____ (school today, getting your driver's license, your friend's rude text...)?” and listen. With compassion. Repeat. Repeat.

Two: Know your family values

Ethics, values and self-identity start in the home or family unit. Values do not need to be

preached, lectured or yelled. Most importantly, we cannot assume our children know our values unless we regularly discuss them situationally, and model them. We all need to stand for something and crave a sense of belonging. If our teens don't know what we stand for, or what they stand for, they will follow the path that beckons them in the moment. Conversely, if our teen believes that they are healthy and worthy of living a life of their own design for example, they will not see how drugs and sex fit into or improve that sense of self, so saying “that's not for me” becomes almost involuntary.

How to begin: When a “learning opportunity” arises (in other words, when we may be tempted to judge or scold!), after taking a calm breath, try saying: “We are a family who believes in ____ (ex. helping others when they're down on their luck, eating healthy, higher education...). When you did ____, it ____ (ex. “goes against it makes me sad to see you in that light.” Circle back to Number One: “How are you feeling about ____”

Three: Steady the handlebars, then let go!

If life were a bike, there is only one seat. Once we have shown our teens we are here to listen, and have helped them define their belief system, steady the wobbly handlebars and let go! We will always be in the grass to cheer them on, or mend a scuffed knee, and embrace them when the tears come. They may just may find a better route than we thought - if only we get out of the way and let them pedal.


What I'm coming to realize with my own growing children, is that teens are much like big toddlers. The “no's” from the toddler years are often replaced by silence and one-word answers, but these are all ways of testing boundaries and discovering which rules stick, whether or not we will let them get away with it, or follow-through on our words. Our teens may never realize or admit, but they want boundaries because they provide safety and show our love for them; which are two of the seven fundamental human needs.

It's not “your teen” or “my teen” - it's all of them and all of us. We won't always parent the most effective way but as bittersweet as it is, there will always be another opportunity for us to try again. Let's not let them down.

2.0

RAISING RESILIENT CHILDREN:

DEVELOPING HABITS THAT WILL STICK



Habits are crucial to our physical, mental, and emotional well-being, but they can be challenging to form and even harder to break. It's crucial to instill excellent habits, especially in children, as they can have lasting benefits. Making habits a part of our daily routine takes time and effort. In this article, we will discuss practical tips to develop positive habits that will have a significant impact on our lives.

Encouraging a Growth Mindset

Having the proper mentality to deal with difficulties and disappointments is essential for leading a successful life since how we perceive ourselves and our talents can significantly impact our performance at work, in our studies, and in everyday life.

People with a growth mindset believe that even if they struggle with certain skills, their abilities aren't set in stone and they believe that with time and hard work, they can improve their skills. Having a growth mentality is crucial for forming good habits because many of the important routines we adhere to "pay off" in the long run rather than instantly reward us. A student will be more motivated to maintain excellent habits, even the less amusing ones, if they know they will benefit them in the future.

Seeing Failure in a Positive Light

Similar to encouraging a growth mindset in students, it is also important to encourage

students to view failure in a positive light. Failures are inevitable in life and while it is understandable to feel discouraged by them, it is also crucial to let people know from an early age that it is okay to slip up once in a while. It is more important to learn from our mistakes in order to figure out what went wrong. Learning from our mistakes helps us become more resilient and capable of fixing problems. Hence, if your child appears to be finding it difficult in their academics, let them know that it's okay to make mistakes as they can always learn from them and improve themselves.

Forming Intrinsic Motivation

Children need to be intrinsically motivated to do something in order to maintain a habit or routine. Intrinsic motivation has us act or behave in a way for our own sake, or to feel inwardly rewarded rather than out of a desire for an external benefit. Intrinsic motivators are those that come from within an individual, including; a sense of personal happiness, fulfillment, and interest, and are not reliant on praise or incentives from others. In other words, children must be driven to do things from within, rather than as a result of any outside influence.

Those who genuinely desire to modify their lifestyle have a significantly better probability of success than those who don't (rather than being forced to do it by external factors). If your child is motivated by their own will, it will be much easier for them to develop positive academic habits.



3.0

LET'S STOP ASKING HIGH SCHOOL GRADS WHERE THEY ARE GOING TO **COLLEGE!**

For years, earning a college degree has been seen as the conventional path to success for students. The notion that a college degree is necessary for a happy and affluent life has been instilled by parents, teachers, and society. Yet, as time goes on,

viewpoints shift, and more people are beginning to question whether a college degree is truly the best choice for everyone or if there are other possibilities to be explored. [Whitney Fleming](#), in her article 'Let's Stop Asking High School Graduates Where They Are Going to College'

highlights this new perspective.

In her article, the author notes that college can be an excellent choice for some people, and it can provide opportunities to develop new skills, increase knowledge and improve career prospects. However, college is not necessarily the only choice students should have after high school, and there may be other paths a student would want to take such as joining the military or a trade school or even starting entrepreneurship, apprenticeships, internships or even taking a gap year. In fact, there is an increasing demand for people with technical skills and the labor market needs more skilled laborers. People who want to pursue careers in skilled trades can benefit from vocational schools, apprenticeships, and job training. Not all of these careers will require a college degree.

Additionally, there are several chances for self-employment and entrepreneurship that don't require a college degree because, [according to the IRS](#), 15% of the US income comes from self-employment.

Those with technical talents who don't want to pursue college may find that starting their own business or working for themselves is a more reasonable option. Starting your own business will however require hard work and dedication but for those who are ready for the task, it can be a successful and meaningful career path. The high expense of tuition is an additional important element that may discourage people from enrolling in college. Public colleges in the United States charge more than \$10,000 year on average for tuition for a four-year degree, while private colleges charge significantly more. This cost does not include room and boarding, textbooks, or other expenses. Many families simply cannot afford this expense, and even for those who can, the debt associated with student loans can be debilitating.

Furthermore, Whitney emphasizes that we must uplift all children, regardless of their future plans, and dispel the myth that young people must have their life plans figured out by the age of 18. As a high school senior, there is no need to have everything figured out or know precisely what career path to pursue and which college to attend. This stage of their lives marks the beginning of a new journey, and it's normal for

them to be uncertain about what lies ahead. Even those who have a well-defined plan can be thrown off course by unforeseen circumstances or changes in mindset, and they may end up taking a completely different direction.

It is possible to lessen the stigma associated with other professional pathways by normalizing the notion that a college education is not the only route to success. Not everyone is prepared for college because some people may find it difficult to meet the requirements academically or may have no interest in pursuing academic courses. Parents and educators need to actively make young people aware of their alternatives after graduation and encourage them to seek occupations that are a good fit for their interests and talents.

To conclude, it is becoming increasingly clear that college is not the ideal path for everyone. While it may be a great choice for some, there are many other viable options. Dismantling the stigma attached to non-college career pathways is necessary and students should be encouraged to explore all of their options. It is crucial to remember that success comes in many forms, and the most important thing is that students are equipped to pursue their interests and achieve their goals. Ultimately, the decision of whether or not to attend college should be based on individual needs, preferences, and abilities, rather than societal pressures or expectations.

4.0

WHAT DRIVES US FROM WITHIN

Let's talk about Intrinsic Motivation. Have you ever wondered what drives our behavior, why we do what we do, or rather what motivates us to behave a certain way? Motivation is an essential aspect of human behavior that drives individuals to perform tasks and achieve their goals. However, motivation can come from different sources and can be categorized into two broad categories: intrinsic and extrinsic.

Intrinsic Motivation

Essentially intrinsic motivation is when we act or behave in a way for our own sake, or to feel inwardly rewarded rather than out of a desire for an external benefit. Intrinsic motivators are those that come from within an individual. They are motivated by a sense of personal happiness, fulfilment, and interest and are not reliant on praise or incentives from others.

Some of the main intrinsic motivators that push people to engage in a certain activity are as follows:

- **Autonomy**

Autonomy refers to the desire to have control over one's work and the ability to make decisions. Individuals who value autonomy are more likely to be motivated when given a sense of control over their work. This intrinsic motivator is essential in creating an environment where individuals feel empowered and motivated to achieve their goals.

- **Passion**

Another intrinsic motivator that helps individuals find fulfilment is one that is driven by passion. Individuals who are passionate about their work are more likely to be motivated and committed to achieving their goals.

- **Learning and mastery**

The desire to learn new things and improve one's skills is a powerful driving force. When individuals are motivated by learning and mastery, they are more likely to take risks and challenge themselves to achieve their goals, which can further lead to

personal and professional growth and development.

- **Curiosity**

Curiosity, defined as the eager wish to know or learn about something, is another intrinsic motivator that can drive individuals to explore and discover new things. Those who are naturally curious are more likely to be motivated when given the chance to study and pursue their interests. In order to foster an environment where people are inspired to take chances and explore concepts, this intrinsic motivator is crucial.

- **Pride.**

Last but not least, pride is an inherent drive that results from a feeling of achievement. Those who place a high value on pride are more likely to be motivated when they take pride in and are satisfied with their work. This inner motivator is essential for assisting people in experiencing a sense of success and purpose in their work.



5.0

WHY YOU SHOULD BELIEVE IN YOURSELF



This may sound like a rhetorical question but it's not: Why is it important to believe in yourself?

Self-belief is that unwavering confidence in your abilities to accomplish goals and challenges. It is about finding your inner strength to embrace life with all its ups and downs and realize that each challenge brings new skills, understanding, and strength. Self-belief can be the difference

between a straight-A student and an average student, or any two equal students where one is filled with anxiety and doubts. Believing in yourself comes from several psychological experiences like self-worth, self-confidence, self-actualization, and self-respect.

As Henry Ford said, "If you think you can do a thing or think you can't do a thing, you're right."

We find ourselves tearing up our New Year's resolutions because they're just too hard or we don't have what it takes, let us take some time to build our self-belief!

Here are some tips to improve your Self-Belief this year:

Building self-worth:

It's pretty powerful to think that most times, people will value you just as much or as little as you value yourself. So, I advise you to place a premium on yourself! You are one of a kind, uniquely created, and there is no one else like you on this planet so embrace this uniqueness! Every goal or accomplishment starts in our mind and you have to believe that you are worthy.

Building self-confidence:

I recently read "[The Confidence Code](#)" and found this message from the book quite relevant here:

Believing you can do something (confidence) is more important than whether you actually can (competence) do it.

When I mentor a student or another business owner who is stifled by doubt, I encourage them to just take action. The action breaks inertia and creates momentum. Momentum leads to progress. Progress creates a belief that "I can!" Especially when you're scared, choose one small step toward your goal (maybe it's a complex calculus problem; start with one part of the equation you DO know).

Achieving goals:

Whether using OKRs postulated by John Doer or the SMART goal system, ensure to cut your big and audacious goals into small achievable chunks with a limited timeline for measurable progress.

Question: How do you eat an elephant?

Answer: One bite at a time. It works for acing the SAT, reading a big novel, or finishing challenging homework. Start with one problem / chapter / question at a time.

Remain in the driver's seat:

Many times we give our power away for people (parents, peers, teachers) to make choices for us and we are left with regrets when it does not go as planned. Since we end up facing the consequences of our actions by ourselves, we should make our own decisions whenever possible.

"If you choose not to decide, you still have made a choice." - Rush

Self-care, fitness and grooming:

Believing in yourself may be easier if you are confident in how you look and feel, so be sure to take care of yourself, improve your looks, eat a healthy balanced diet, and ensure to get adequate rest. If you're feeling crummy and want to snap yourself out of it, try dressing up more than normal and wear a nice pair of shoes, style your hair, or accessorize. I challenge you to tell me you don't feel a little bit better afterward!

A friend of mine [kenechukwu chinegwu](#) shared this viral quote in his country Nigeria with me

No gree for anybody!

which translates to being stubborn with your mission, goals, and objectives for 2024 and not being swayed by anyone or anything. So, my PSA as we get started this year is to build your self-belief as the foundation on which you can place your New Year resolutions.

6.0

HOW BOARD GAMES CAN IMPROVE YOUR CHILD'S LEARNING



Every holiday, I choose a new board game or puzzle (but I have learned not to wrap them or my teens will grumble about opening a board game!). I don't mind their initial mutters though; I was their age once too but I now know the benefits I gained from playing games with my parents and friends as a child and teen - and adult!

I was inspired to share this article to highlight

some of the cognitive development benefits of board games and offer some recommendations for games that I grew up playing with my mom and friends. A board game is a generic term for a game played by placing, moving, or removing pieces on a board in particular ways on a board marked with patterns (Shola Noda, 2019). Board games are for entertainment but help children in social and educational development in the following ways.

Playing Board games increases brain function:

Board games exercise the brain and stimulate areas responsible for memory formation and complex thought processes, thereby improving cognitive skills such as decision-making, strategic thinking, and problem-solving. Games like [Cluedo](#), [Chess](#), and [Risk](#) help improve deductive reasoning and logic.

Board games teach goal setting and patience:

Winning board games requires valuable skill sets for successful living, such as strategic planning, reflection, and patience. Also, board games encourage healthy competition and the spirit of sportsmanship, which help us learn to accept defeat.

Playing Board games helps build resilience:

You know, If I had to pick a favorite word in the dictionary, It would be resilience. In playing games, sometimes we lose, and it can be painful, but as the billionaire investor Ray Dalio teaches in his book [Principles](#),

Pain + Reflection = Progress

There's also the game of [snakes and ladders](#) that teaches that no matter how these snakes drag you back, (you've gotta keep moving).

Teaches children to obey rules and regulations.

All board games have a set of rules and regulations, and playing these games allows children to learn to adhere to the rules and regulations.

Playing board games can help build math skills.

Playing board games can help build maths skills, such as number recognition, counting, and arithmetic. Games with money like Monopoly, [Life](#), and [Payday](#) build on numeracy and financial management.

Playing board games can help build literary skills.

Playing board games can also help build literary skills in children, such as letter identification, spelling, and vocabulary. Also, children benefit from reading cards on their turn, which improves their literacy and concentration. [Scrabble](#) is one of the board games that can help build literary skills in children.

Playing board games helps build motor skills.

Board games require movement and eye/hand coordination that can improve your child's gross motor skills, spur creativity, and boost self-confidence. For example, games like [Jenga](#) can help build engineering skills.

Beyond leisure and recreation, board games encourage active learning and can tremendously improve your child's academic progress by engaging them in creative and fun ways. With numerous opportunities to learn and improve life skills like patience, following rules, finance management, negotiation, and teamwork, board game nights should be scheduled in a family's weekly routine or at least once a month.

What are some board games you enjoy? Please share in the comments session below.

7.0

WHY AVERAGE STUDENTS ARE OVERLOOKED IN THE CLASSROOM -

(and might deserve additional support)



In my tutoring agency, we support almost all learning levels, and today I wanted to shine a light on "the average students." Who are they? They are the kids whose grades are mostly fine (As, Bs, Cs) and whose standardized test scores are at, or slightly above or below state benchmarks for grade level. So

what's special about being average?

First, let me get this out of the way, average students are not destined for mediocre lives. They can grow to become some of the best entrepreneurs and performers in society, as Robert Kiyosaki explained in

his book''' [Why A' Students Work for C Students](#)

"Average students tend to generalize and can see the big picture, which guides them on an entrepreneurial path while A students tend to specialize and focus mainly on academic excellence"

In and of itself, there is nothing good or bad about being average. However, the average consists of individuals who are easy to overlook academically because no alarms are sounding. Within the mix, we have students missing significant fundamentals, but through a dilution of comprehension-relating grade calculations such as homework completion, quiz retakes, and participation, the overall class grade may still be "OK." We also have students who are just a few points away from consistent As and higher test scores if they just had some pointers to help them connect the dots or pace themselves better on tests.

Lack of Interest:

Many students are not interested in the subject(s) being offered and thus may lose attention in the classroom. In part, this is due to the instructional nature of a classroom, and in part the cognitive development of children during school years. They may not be able to connect academics with real-world applications so the lessons seem pointless. The electives offered in high schools and trade schools may be the first opportunity for their classes they may find more engaging.

Lack of individualized attention

Students near the median of benchmark scores are less likely to draw the kind of one-to-one attention from teachers and mentors than students who receive individualized resource allocations during the school day. Individual observation and some small tips could significantly boost a student's arsenal of academic tips and note-taking. Here's an example. In my earlier years of high school, I had a teacher point out that I should write questions from the lessons in class on the left-hand side of my notebook and try to answer them on the right-hand side during the lecture. This tip seemed logical and resonated with me, so it stuck, and I use it today while attending meetings to hold my questions.

Lack of Motivation:

From the outside, it's easy to equate average results with insufficient efforts and a lack the motivation; and this is probably right at least half the time. Motivations could be intrinsic or extrinsic, while most average students are extrinsically motivated by

grades, rewards, and external factors, exceptional students tend to be intrinsically motivated by an internal drive to succeed, learn, or master a subject. Educators and Parents need to learn to guide students toward intrinsic motivation by frequently and intentionally correlating lessons to how they can improve our lives and knowledge of the world.

Poor study habits:

The difference between an exceptional student and an average student sometimes lies not in innate intelligence but in habits. As Bestselling Author James Clear would call it, [Atomic Habits](#)

"Tiny changes that lead to remarkable results, when practiced consistently"

These habits could be improved note-taking skills, time management, and organization, less screen time, good communication, adequate sleep, and regular exercise.

In conclusion, being considered an average student has advantages like students' being relaxed with themselves without the pressure of scoring exceptionally high grades (always). This avails them the opportunity to innovate and develop their entrepreneurial or sports skills which can catapult them to become high achievers in the future, and likely avoid much of the stress and anxiety that torments high achievers. But parents and educators, if you see that "average" student who you believe needs some additional support to avoid falling behind, or another "average" student who could benefit from some one-to-one attention to soar, let's advocate for them!

The Mind is a Tabula Rasa:

Postulated by John Locke (but can also be traced to other great philosophers like Aristotle, Aquinas, and Descartes) this school of thought believes that people begin life in a “blank slate” and education is to pour in knowledge, skills, and experience. Here educators aim to impart knowledge and skills to the child.

“In his brilliant 1689 work [An Essay Concerning Human Understanding](#), Locke argues that

At birth, the mind is a tabula rasa (a blank slate) that we fill with 'ideas' as we experience the world through the five senses”

Education is Experimental and for solving Problems:

John Dewey, an educationist and philosopher, believed that learning was experimental and used for solving problems. He noted that education aimed to grow people out of their existing condition, tentative and yet maintain flexibility, and directed towards a set of activities with an end in view. His methodology for learning was mainly scientific and experimental, play/activity-based, excursions and projects which have been mainly adopted in today's education.

On learning by trial and error, he quotes

Failure is instructive. The person who thinks, learns quite as much from his failures as from his successes.
John Dewey”

Everyone can Learn Philosophy:

[Tutor Doctor](#) believes that learning should be tailor-made and unique for each child. The Tutor Doctor's approach to education meets the child where they are on their education journey. The Tutor Doctor approach extends beyond academic course work to academic discipline, helping the child develop executive functions like time management, prioritization, study skills, and building confidence.

Finally, do you want to know what Kim thinks about education? I'll be glad to share.

I believe education combines all the schools of thought mentioned above. Every child has a genius within, and education should impart desired knowledge and skills.

Furthermore, education should be experimental and practical to solving real-world problems, and, as a [Tutor Doctor](#) owner, I share the Tutor Doctor approach to education as well. In addition, education should lead to a positive change in behavior. In my subsequent articles, I will write about how although it is not sufficient, education can lead to behavioral change.

8.0

REALLY, WHAT IS EDUCATION? -



From my LinkedIn analytics, most of my readers are from the field of education, (rightfully so), and this got me thinking, "Really, how do we define education?"

First, I asked OpenAI's Chat GPT what education is, and this was the response, "Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits". That's pretty much it, right? But digging deeper into the history of Education for more insights, here are some findings:

Education is to pull out:

Education is derived from the Latin Word "Educere" which means to "pull out". This explains that

education is already within a child, and the job of educators is to help bring forth that which is already in the child. This school of thought believes that a genius is in every child and, with the right environment and teachers that genius can be nurtured to fruition. The great philosopher Plato, who founded one of the earliest formal institutions for learning "[the academy](#)" supported the idea that education was to pull out that which is already within the child.

The aim of education, according to Plato, is the welfare of both the individual and the society, his guiding principle was that

"Nothing must be admitted in education which does not conduce to the promotion of virtue."

9.0

TAKE NOTES, EFFECTIVELY

	<div style="text-align: right;">DATE</div> <h2>Title: Cornell Notes</h2>
KEYWORDS	<ul style="list-style-type: none"> ● Quick notes ● Abbreviations
QUESTIONS	<ul style="list-style-type: none"> ● <u>Key thoughts and</u> takeaways from lecture
★ ★ ★	SUMMARY

We all hear (and likely say to our kids) "Study your notes." But how do you know your notes are useful? What should you be capturing during a meeting or class?

Note-taking is a crucial part of the learning process, it helps students learn, retain and recall information

Note-taking encourages active learning and organizes information in a format that is understandable to you, it personalizes the learning experience and improves academic and workplace success.

There are multiple methods for taking notes but it's best to explore and develop your unique method. However, this article aims to share the Cornell Style of Note Taking, which you can adopt and add your distinct flavors to personalize your approach to note-taking.

Cornell University Professor, Walter Pauk popularized the Cornell note-taking method, in his book [How to Study in College he notes that](#)

"Becoming a successful student involves building a strong study skills foundation before gaining, retaining and ultimately explaining information".

To use the Cornell Note-Taking System, you divide your paper into three sections: a narrow column on the left for cues or questions, a larger area on the right for notes, and a section at the bottom for summary (As shown below)

For easy understanding, I will chunk the Cornell note method into three phases:

Phase 1 - During class, study, or online learning:

You take notes on the right section getting as

length + weight change - 1 st year?	length At 1 - $1\frac{1}{2} \times$ birth length
	Weight At 1 - $3 \times$ birth weight
What is more important than size?	Rate of growth - more important than size
possible reasons for Failure to thrive?	Failure to thrive - slow rate of growth - to point of health problem disease, lack of nutrients, Short/infrequent feedings, No attachment, Abuse, Neglect
<ul style="list-style-type: none"> - growth + development important in infancy. - need steady rate of growth - Failure to thrive - can be problem 	

many details as possible for the lecture or online course. While making notes you can use drawings, abbreviations, and formulas. The aim is to get details in a concise and clear format that you can easily understand. You can decide to use a notebook, iPad, or laptop.

Phase 2 - After class, study, or online learning:

Use the left-hand side of the note to write questions that cue learning, these questions can be in-depth to explore the subject of study and aid learning rehearsals which aid knowledge journey from short-term memory to long-term memory as explained in my previous article [how do we learn effectively?](#)

Phase 3 - The Summary

This is at the bottom of the note and aims for an overall view of the course of study to understand the root of learning or the "big why". This section can be instrumental, especially in explaining the concept to another person or in an examination.

According to an article on education in the [World Economic Forum](#)

"We tend to lose almost 40% of new information within the first 24 hours of reading or hearing it"

However, by taking notes effectively during meetings, seminars, or lectures we engage a higher level of cognitive function and we can retain and retrieve almost 100% of the information.



THE HOMESCHOOLING DEBATE: PROS AND CONS



Homeschooling is one of those hard topics to discuss in Education because we could have passionately opposed views; however, to assist parents and educators considering homeschooling, I throw some weight into the discussion by providing some background to stimulate thought.

Homeschooling is a flexible education system designed by parents for their children at home. The parents create a flexible curriculum to adjust to their schedule and their children's. Parents can decide what and how their children will be taught by homeschooling. According to the [National Home Education Research Institute \(NHERI\)](#)

"In 2020 there were up to 2.66 million homeschooled students and by 2020 the number had grown to 4.3 Million. Furthermore, the general statistics show that homeschooling will continue its steady upward trend in 2024.

Still from data from NHERI, the top three states in contention for the highest number of homeschoolers are North Carolina, Florida, and Georgia.

However, legal requirements for homeschooling differ across states, some have minimal to zero requirements and some states have structured requirements with standardized curriculum (so you will need to do a little research before homeschooling your kid). In Arizona, for instance, the state has an "[Empowerment Scholarship Award](#)" to redistribute funding to homeschool families that would have gone to the public schools.

Interestingly according to the Education blog [Brighterly](#)

"Homeschoolers score 15 – 30% higher than public school students on standardized tests. Typically, the average score for homeschoolers ranges between 85% to 87%"

Here are some of the reasons Parents may

consider homeschooling:

Provision of a safe environment:

With the rise of crime, gun violence, social media influence, and pressure, some parents might want to have more control over their children's learning environment and opt for homeschooling.

Availability of both or either of the parents:

With the rise of freelancing and work-from-home opportunities and businesses, parents may decide to spend more time at home with their kids and take responsibility for their schooling. This way the parents can directly monitor the academic progress of their kids.

Special Needs Education:

The traditional classroom setting may not meet a child's academic and emotional needs, and parents may opt for homeschooling their child with Special Needs.

Improved online learning:

With improved delivery in online learning, parents now consider the option of homeschooling their child because they have access to adequate learning resources online and enroll in online schooling options.

Quality Tutoring Services:

Parents now have access to quality tutoring services like [Tutor Doctor](#) which can supplement home-schooling with high-quality learning, individualized instruction, and identifying and strengthening a child's weakness.

Now, that we have identified the Pros of Homeschooling, here are some of the cons of homeschooling:

Inconsistency in Child Learning:

One of the greatest advantages of the formal education system is the consistency in learning and a defined timeline but emotions can heavily

drive homeschooling. A parent might not just be "in the mood" to teach the child, which is one day lost in the child's education.

Lack of Accountability:

In formal education, there are student evaluations, monitoring, yearly reports, and parent-teacher conferences. These are measures of evaluation and accountability; however, in homeschooling a parent is not obliged to produce a report.

Haphazard Curriculum:

With a lack of a structured curriculum, parents could nibble on bits of the curriculum, and miss out on a lot of Key areas. Most parents are not trained educators and may also miss out on key areas of the curriculum and not have well-defined lesson notes. At [Tutor Doctor](#) we experience this frequently households are using worksheets and field trips with no structured plan.

High Opportunity Cost:

The opportunity cost of homeschooling a child is high, recall that in Economics.

"Opportunity cost is the potential benefit forgone when choosing an activity over another – [Investopedia](#)"

This means that while you might think you are saving money homeschooling your child, the time that would have been spent in the production of goods and services is the forgone alternative and could be of higher financial value.

The list of pros and cons of homeschooling is extensive, but it all boils down to the decision of the parents. However, my recommendation is, if you opt for homeschooling your child, you should leverage additional support from professional tutors to supplement homeschooling efforts, for time, expertise, and diversity in your home education.

11.0

WHAT IS INTELLIGENCE, REALLY?



I was listening to a broadcast with a parent disappointed that his child was not "intelligent" What was worrisome to the parent was that his child was highly responsible and loving, and he tried so hard in school. However, the child struggled to meet state benchmarks. From my years in education, I have seen that this is a challenge many parents battle with, heightened by our educational system, which is fixated on standardized tests. In his book, "Frames of Mind," Howard Gardner explains the theory of multiple intelligence and how genius can manifest in different ways. So, while parents work to improve their children's academic grades, identifying and nurturing their zone of genius would be worthwhile.

Howard Gardner defines Intelligence as a person's ability to solve problems or do something valuable in one or more cultures."

He further postulates different types of intelligence, which I'll explain in detail:

Linguistic Intelligence is the ability to communicate in written words or verbally. He considers linguistic intelligence one of the most widely spread because humans would have difficulty functioning without it. Great scientific discoveries can only be made when scientists communicate their findings. Also, political leaders need a clear command of linguistic intelligence to garner votes and move their supporters. An example of someone with exceptional linguistic intelligence is J.K. Rowling, the Author of the hit series Harry Potter.



J.K Rowling - Linguistic Intelligence

"We do not need magic to change the world; we carry all the powers we need inside ourselves already. We have the power to imagine better".

Musical Intelligence is the ability to sing, compose, or dance to music and create rhythms that move the body and soul. Howard notes that this is the earliest discovered intelligence in children, and you can tell if a child has musical intelligence from as early as three years. An example of a maestro is the American Sweetheart Taylor Swift.



Taylor Swift - Musical Intelligence

"I am intimidated by the fear of being average." Logical-mathematical intelligence is the ability to handle chains of reasoning and recognize trends and patterns. These learners enjoy working with numbers and understanding how things work. Many of them grow to be outstanding engineers, statisticians, or data analysts. An example of a genius-level logical mathematician is Robert J. Oppenheimer, who was depicted in the self-titled biopic, "Oppenheimer".

CILLIAN
MURPHY

EMILY
BLUNT

MATT
DAMON

COLLECTION OF ARTICLES BY **Kim**
ROBERT
DOWNEY JR.

FLORENCE
PUGH

Rober Oppenheimer -

Logical-mathematical Intelligence "Theory will only take you so far."

Spatial Intelligence is the ability to think in images and patterns. These learners paint, draw, and doodle. They also understand geography, navigation, and maps. Most often, they grow to become artists, sailors, and explorers. A classic example is Leonardo DaVinci, best known for his beautiful Mona Lisa painting; however, his spatial intelligence was responsible for many breakthroughs in science, anatomy, and aeronautical engineering.

A FILM BY CHRISTOPHER NOLAN

OPPENHEIMER

SHOT WITH IMAX FILM CAMERAS

UNIVERSAL PICTURES PRESENTS A SYNCOPY PRODUCTION IN ASSOCIATION WITH ATLAS ENTERTAINMENT A FILM BY CHRISTOPHER NOLAN "OPPENHEIMER"
CILLIAN MURPHY EMILY BLUNT MATT DAMON ROBERT DOWNEY JR. FLORENCE PUGH JOSH HARTNETT CASEY AFFLECK WITH RAMI MALEK AND KENNETH BRANAGH MUSIC BY LUDWIG GÖRANSSON COSTUME DESIGNER ELLEN MIROJNICK EDITOR JENNIFER LAKE
PRODUCTION DESIGNER RUTH DE JONG DIRECTOR OF PHOTOGRAPHY HOYTE VAN HOUTEMA ASC, CSC, MSc EXECUTIVE PRODUCERS J. DAVID WARGO JAMES WOODS THOMAS HAYSLIP PRODUCED BY EMMA THOMAS, CHARLES ROVEN, CHRISTOPHER NOLAN
BASED ON THE BOOK "AMERICAN PROMETHEUS: THE TRIUMPH AND TRAGEDY OF J. ROBERT OPPENHEIMER" BY KAI BIRD AND MARTIN J. SHERWIN WRITTEN FOR THE SCREEN AND DIRECTED BY CHRISTOPHER NOLAN
IMAX A UNIVERSAL PICTURE



Leonardo DaVinci - Spatial Intelligence

"Learning is the only thing the mind never exhaust, never fears and never regrets"

Bodily-kinesthetic intelligence is the ability to develop keen mastery over body movement and manipulation of objects with nesse. These learners include dancers, artisans, and Olympians in the ongoing Paris 2024Olympics. Simon Biles's bodily-kinesthetic brilliance has earned 5 gold medals, and she's delivering an outstanding performance at the ongoing Paris 2024 Olympics.



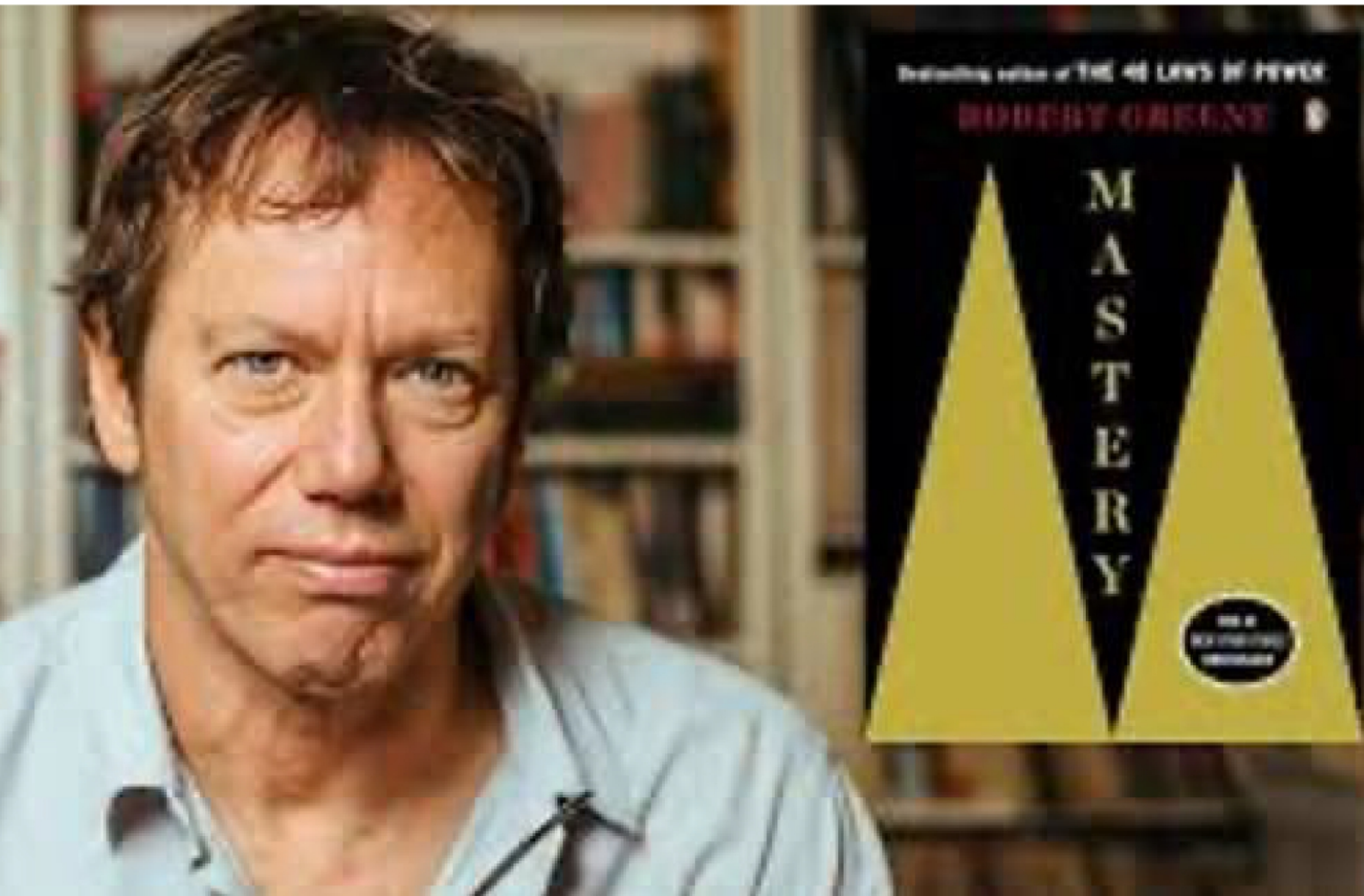
Simone Biles -

Bodily-kinesthetic Intelligence

A successful performance for me is going out there and putting 100% into what I am doing:

Intrapersonal Intelligence is the ability to think and understand one's own feelings and mood. It is the foundation of most self-help books, helping you understand that an unlimited strength lies within you to achieve any goal you truly desire and surmount any odds against you. This journey of self-discovery is an intelligence needed by all for remarkable success, as

outlined in Robert Greene's book



Robert Greene - Intrapersonal Intelligence

"Mastery is not a function of genius or talent, but intense focus applied to a particular field of knowledge."


Intrapersonal Intelligence is the ability to understand people and build relationships. It requires a high level of emotional intelligence and empathy. Beyond being technically skilled, most people with this intelligence grow to positions of top management and Chief Executive Officers because of their ability to galvanize others' actions. Bob Iger, CEO of Disney, provided tremendous leadership for the company despite not being artistically inclined.



Bob Iger - Interpersonal intelligence

"There is no science to creativity. If you don't give yourself room to fail, you won't innovate."

Naturalist Intelligence is an understanding of nature and living things, as well as a deep love and concern for the environment. Most Naturalists grow to be archeologists, explorers, and astronauts. Interestingly, when I think of Naturalist, actional game character, Lara Croft of Tomb Raider, comes to mind because she can stand out in the world of masculine macho game characters and is equally ranked, talented, and loved as fellow naturalist Indiana Jones.

A full-page background image of Lara Croft in a dark, rocky cave. She is holding a flaming torch aloft in her right hand and a pickaxe in her left. She is wearing her signature teal tank top, brown shorts, and a tactical harness with a gun holstered on her thigh. The scene is dramatically lit by the torch and a bright light source in the background, creating a sense of adventure and exploration.

Lara Croft - Naturalist Intelligence

Extraordinary is in what we do, not who we are. Financial Intelligence is not mentioned as part of Howard Gardner's multiple Intelligences but is equally essential, as managing money can be a critical skill for a functional life and business growth. Warren Buffet, the Oracle of Omaha, remains one of the pedestals for Financial Intelligence.

Warren Buffet - Financial Intelligence

"The best investment you can make is in yourself; the more you learn, the more you earn."

As you read through, did you think about your own intelligence? The good news is that you can also have multiple intelligences; success is usually found in a combination. Muhammed Ali combined his unique bodily kinesthetics and exceptional linguistic skills to popularize the sport of boxing and become one of the greatest athletes. You can have an intelligence audit and know your natural strengths and areas to improve that will be vital to your growth and success.

TESTIMONIALS

Tutor's Testimonial



"Kim and Christine were simply the most fantastic bosses I could've asked for. They supported my growth not just as a tutor, but in my career overall. If you're looking to join the tutoring community—or need a tutor—you won't find a better team to work with."



**-Mckaylee M,
Test Prep Tutor**

**READY TO GET
STARTED?**

kse1chan@tutordocor.org



Parents Testimonial



"Ria helped build my daughter's knowledge and confidence so much that she registered for an AP math class. I don't know how we would have made it through the semester successfully without the assistance of Tutor Doctor and especially Ria"

-PARENT KC, CHANDLER



**tutor
doctor**
CHANDLER-GILBERT
How learning hits home.

kseichan@tutordocor.org

**READY TO GET
STARTED?**



Collection [OF] Articles

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Kim