Not only was Hannah Kahn born and raised in the Lehigh Valley – she also began her career in health care here. After graduating from Salisbury High School and Penn State University, Hannah worked as a technician in the St. Luke's Allentown Emergency Department before beginning her education at the Lehigh Valley’s first and only medical school. Now in her second year at Temple/St. Luke’s, she is learning from supportive faculty in an environment she knows. When you train at a 100 Top Teaching Hospital, the possibilities are endless.
St. Luke’s University Health Network’s commitment to education is at the heart of its mission. Each year, more than 1,000 nurses, doctors, advanced practitioners and allied health professionals learn and train at St. Luke’s.

You Can Become a Doctor at St. Luke’s

Through its partnership with the Lewis Katz School of Medicine at Temple University, St. Luke’s educates and trains more than 150 medical school students annually at its regional campus, Temple/St. Luke’s School of Medicine. Students spend all four years at St. Luke’s University Health Network and learn from more than 250 local faculty members in a variety of primary and specialty care fields.

Students who are interested in a primary care career and who choose to stay with St. Luke’s after graduation are eligible to receive a tuition reimbursement of up to $175,000 – essentially covering their medical school tuition!

Learn more at sluhn.org/SOM

St. Luke’s School of Nursing is the Oldest in the Country: You can Become a Nurse at St. Luke’s

True story. In fact, it was a question (or rather, an answer) on Jeopardy not too long ago. Founded in 1884, St. Luke’s School of Nursing is the oldest, continuously operated school of nursing in America. Since its founding more than 135 years ago, the diploma-based program has graduated 5,000 nurses, many of whom go on to practice throughout St. Luke’s Network.

The traditional 20-month accelerated program is complemented by a night/weekend option for learners who require more flexibility. Financial aid is available for those that qualify.

Learn more at sluhn.org/SON

St. Luke’s Sponsors 45 Accredited Residencies and Fellowships, Most in the Area

More than any other institution in our region, St. Luke’s offers the largest number of postgraduate residency and fellowship programs. From General Surgery and Orthopedics to Family Medicine and Oncology, St. Luke’s educates tomorrow’s physicians in a variety of clinical fields. The investment in these programs is a win-win-win for residents, attending physicians and the community.

Learn more at sluhn.org/GME

St. Luke’s School of Phlebotomy Trains Right Here

Phlebotomy has always been a great pathway into the healthcare industry. Hospitals and labs always need individuals with excellent phlebotomy skills. Patients will always need blood tests. A phlebotomist’s role in collecting a specimen is critical to enabling a doctor to screen for and diagnose a patient’s illness or disease, as well as monitor medications and wellness progress. The St. Luke’s School of Phlebotomy is approved by the American Medical Technologists (AMT). Students who have successfully completed the phlebotomy program will be prepared, and can sit, for an accredited national certification examination through AMT or the National Health Career Association (NHA) to become a Registered Phlebotomy Technician (RPT).

Learn more at stlukesphlebotomy.org

Simulators, Standardized Patients and 3D Digital Dissection

All of St. Luke’s learners – both new and experienced – benefit from the hospital’s state-of-the-art Simulation Centers. Like its name implies, St. Luke’s Simulation Centers allow for simulated learning in a safe, controlled environment. Everything from a code (cardiopulmonary arrest) to inserting an IV can be honed, practiced and studied during realistic simulation sessions. The centers’ technology includes several high-fidelity simulators (think human-like manikin that can breathe, sweat and has a pulse), an Anatomage™ 3D digital dissection table and so much more. But nothing can replace the authenticity of true human interaction, which is where standardized patients, or trained actors, come in. SPs as they are called help recreate various medical scenarios or situations, during which the learner must make real-time critical decisions.

Learn more at stlukessimcenter.org

For more information on education at St. Luke’s, visit sluhn.org.
Kutztown University is committed to student success

KU supports students’ academic and personal development by providing high-quality services that will help them make the most of their time at KU. Whether students need help with a paper or resume, or a tutor for a class, the university has an office to offer the support they need.

The Center for Student Success and Academic Excellence holds workshops throughout each semester to teach strategies like time management, test-taking, note-taking and textbook reading. In addition, the center offers the KU Succeed program, aimed to increase the retention and graduation rate of students who may need extra academic support. The program focuses on students’ individual needs and offers specialized advising and other assistance that has proven beneficial to students.

KU also understands the financial commitment of higher education and is dedicated to helping students and families achieve their goals. About 80% of Kutztown students receive financial aid in the form of scholarships, grants, loans or student employment.

As a member of the State System of Higher Education, KU enrolls about 7,700 undergraduate and graduate students. It offers more than 200 student organizations, including Greek, academic, religious, cultural, social, athletic and performance-related groups. The university also offers specific organizations for students transferring from another institution.

At KU, students learn the skills to excel in the workforce, attend graduate school and achieve success. They are making an impact at companies like Air Products, Lego, Google, Adidas, the Mayo Clinic and many others in the Lehigh Valley and beyond.

The journey of personal growth starts at KU. When students graduate, they’re capable of accomplishing any goals they set for themselves. At Kutztown University, it’s good to be golden.

There’s still time to apply for Fall 2023 at www.kutztown.edu/apply.

Affordable tuition plan. More than 130 undergraduate, graduate and doctoral degree programs. At KU, golden opportunities are yours to create.

80% of students receive some type of financial aid

22 NCAA Division II varsity sports

24/7 dining available

200 clubs and organizations

With a college education from KU, you’ll learn that one move goes a long way.

www.kutztown.edu
THE LEHIGH VALLEY REAL ESTATE INSTITUTE

(LVREI) is an accredited real estate school, approved by the Pennsylvania Real Estate Commission. All of the instructors for the institute are licensed by the PA Real Estate Commission.

LVREI was founded by former secondary school teacher and Real Estate Broker, Cathy Pilar Kavounas, in 1984. Today, Nick Kavounas, Jr. is the director of the school and Janice Kavounas serves as the school administrator. The mission of the school is to provide excellent education in various facets of real estate to those interested in a career in real estate and to those seeking knowledge of real estate for personal investing.

LVREI instructors are all licensed professionals in their areas of instruction. They use a variety of teaching methods including Power Point presentations, handouts with math practice problems, case studies and practical application presentations. They are enthusiastic and experienced in the business of real estate, not just education. Most of our students pass the PSI state licensing exam the first time.

LVREI also offers on-line courses not only for real estate licensing in PA but many states, including New York, New Jersey, Florida and many more! These courses include pre-licensing, continuing education, broker and general knowledge courses. The courses are priced very competitively and frequent promotional discounts are offered. Continuing Education Classes and Spring Classes now open for Registration! Call 610-395-4911 or check us out at www.LVREIweb.com or Facebook!

How students can prepare for standardized tests

Standardized tests remain a significant part of the academic experience for millions of students at all grade levels. Though many colleges and universities no longer require the SAT or ACT for admission, experts note that many of those schools still value such tests and how applicants who choose to take them perform.

Students who want to take standardized tests can take various steps to ensure they do their best and make the decision to take the tests work to their advantage.

· Prepare as if you’re taking the test early. It’s never too early for high school students to begin thinking about college. Students who plan to take standardized tests like the SAT and ACT are often urged to do so in their junior year of high school. Such a timeline affords students ample time to retest if they feel they can improve their scores. Though sophomore year might seem early to start preparing for the SAT and ACT, it’s the perfect time to do so for students who plan to take the test in the first half of their junior year. This gives them ample time to find a tutor or test preparation program as testing season draws closer. In addition, books on preparing for tests may be available for free at your local library. In the latter example, parents and students should confirm that any preparation guidebooks are up-to-date. Testing has changed significantly over the years, so students won’t want to be looking over prep materials that no longer reflect modern tests.

· Take practice tests. Practice tests can be invaluable. Such tests can indicate where students are strong and any areas they should seek to improve. Students who have a tutor or are enrolled in a test prep program can go over their practice test results with their tutor or instructor to identify areas for improvement and strategies to perform better when the tests count.

· Time your practice tests. Standardized tests like the SAT and ACT are timed. Students can prepare for that by taking timed practice tests. The more acclimated students become to testing situations, the better they’re likely to perform.

Standardized tests can put pressure on students. One of the ways students can alleviate that pressure is to prepare for tests in advance so they’re as comfortable as possible on the day of the test.
Flexible Options at Lehigh Carbon Community College
At Lehigh Carbon Community College, students can choose from more than 90 degree and certificate programs in Arts, Communication and Design; Business and Administration; Computer Science and Information Technology; Education and Public Service; Health Care; Manufacturing, Trades and Transportation; and Science and Engineering.

Flexible Options
LCCC offers two-year associate degrees, certificates and specialized diploma programs, and workforce training. The college also has more than 600 transfer agreements with 63 colleges and universities in Pennsylvania and nationwide.

Classes are offered face-to-face, online and remote. The college encompasses the main campus in Schnecksville as well as sites in Allentown, Tamaqua and the Lehigh Valley International Airport.

Affordable
The college administers federal and state financial aid, including grants that do not have to be repaid, loans and student employment programs. Students who have been impacted by COVID-19 have access to grants to support their education and unexpected expenses. The LCCC Foundation offers scholarships for academic achievement or financial need.

Internships and career training opportunities
The Career Development Center helps students develop career skills to meet their professional goals. Students benefit from partnerships the college develops with employers, as well as career exploration, experiential learning opportunities and job preparation assistance.

In addition, the center helps students secure internship opportunities that allow them to combine classroom study with on-the-job experience.

Exciting opportunities
In addition to their academic studies, students have the opportunity to develop leadership skills in student government or clubs and organizations. The Honors Scholars Program provides full tuition and fees for students who want a challenging academic experience and plan to pursue a bachelor’s degree.

The college is a designated Hispanic-Serving Institution.

Expert Online Education

The Pennsylvania Cyber Charter School (PA Cyber) offers students in grades K-12 an alternative to traditional education. Families look beyond their local school district for a range of reasons, and sometimes it’s necessary to try a new school experience. After 22 years of perfecting online education and with a legacy of 20,000 graduates, PA Cyber has demonstrated that learning online is a long-term answer for many students.

As a public school, PA Cyber is open for enrollment to any school-age child residing in Pennsylvania. Across the state, nine regional offices serve as hubs for enrollment, orientation, and enrichment activities. With Family Link field trips, two proms, and two graduation ceremonies, your child can have a traditional school experience and more. PA Cyber provides every student with a laptop, printer, and all the necessary textbooks and support materials to enrich the educational process.

Join a live online information session to find out if PA Cyber is a good fit for your child. Learn more at pacyber.org/session.

Did you know?

High school students are undoubtedly familiar with the belief that extracurricular activities can help separate applicants when seeking admissions to competitive colleges and universities. But research has long indicated that extracurriculars are more than mere résumé-padding activities. A 2019 study published in The Excellence in Education Journal found that students who participated in extracurricular activities earned a significantly higher grade point average than those who did not engage in such activities. The value of that participation has been evident for decades, as the National Center for Education Statistics notes that a 1992 study found that more than 30 percent of students who participated in extracurricular activities had a GPA of 3.0 or higher, while just under 11 percent of non-participants performed that well academically. The potential impact that extracurriculars can have on students’ academic performance underscores just how valuable such activities can be and how much students should consider getting more involved at school as their academic careers unfold.
MMI Prep gives students a rigorous education steeped in STEM and tradition

FREELAND, Pa. — Parents and their children choose MMI Preparatory School for many reasons. They value the hands-on learning experience, the dedication to a safe environment and small class sizes. MMI doesn’t only offer a rigorous education for students entering sixth grade through 11th grade, they offer a vibrant community.

MMI fiercely and strategically defends these values, and its commitment has helped to weather many storms over the last 143 years.

MMI Prep offers students a well-rounded experience that includes an eight-to-one student-to-faculty ratio, providing personal attention, excellent instruction, high academic standards and inclusivity. Students come from throughout Northeast Pennsylvania, including Lehighton and Jim Thorpe, and communities throughout Carbon, Luzerne, Schuylkill and Columbia counties, and the Poconos.

MMI students develop critical thinking skills from teachers and peers who consistently challenge them to reach their full potential. Perhaps more importantly, MMI emphasizes learning methods other than simple memorization. Their college preparatory curriculum offers a mix of traditional education with advanced instruction and electives, preparing students for college and leadership in their communities.

The value of an MMI education is measured in many ways. For example, nearly 100% of MMI graduates attain college acceptance. The class of 2022 earned eight million in scholarships and other monies to continue their college education.

MMI students participate in exciting clubs and extracurricular activities, allowing them to learn and have fun while developing their character and strengthening their leadership skills. Activities include: Pennsylvania Junior Academy of Science, MATHCOUNTS, Mock Trial, Robotics and Future Business Leaders of America, among others.

Students can also contribute to the student literary magazine, participate in Poetry Out Loud and compete in art contests.

Athletics continue to play an integral role in the school community to support students’ physical, moral and emotional development. MMI offers boys’, girls’ and co-ed teams in a variety of sports, including basketball, baseball, softball, soccer, cross country, tennis, golf and volleyball.

Through it all, MMI’s dedicated faculty and staff are there to help students figure out their long-term goals and chart a course to reach them.

For more information about MMI Preparatory School, visit www.m miprep.org or call 570-636-1108.
Teaching practical life skills is essential

(BPT) - Reading, writing, science and math are subjects that have been associated with classroom instruction since school was established. And all are relevant, important subjects to master in order to succeed in society. But according to a new survey of 2,000 parent respondents conducted by OnePoll on behalf of Kiddie Academy Educational Child Care, these subjects are not the only skills parents are looking to have their children learn in early childhood education.

An astounding 81% of parent respondents believe educators should spend time teaching things outside academics like soft skills and current events, with 60% wanting current events instruction to focus on cultural happenings like festivals and heritage celebrations.

This survey makes it clear that parents of today are focused on developing their children into well-rounded members of society beyond just traditional school subjects. Sixty-two percent of parents in the survey responded that they prioritize their children learning soft skills like communication, critical thinking and problem solving before they’re 8 years old, with 40% of parents saying that practical life skills are the most important thing for their children to learn at a young age. The majority of parent respondents said that core curriculum classes should not begin until the first grade.

“Parents who place their children in a pre-school environment that focuses on character development give children a strong start,” said Joy Turner, vice president of education for the Kiddie Academy brand. “Learning the ability to care about others, to communicate, and to understand how character affects the communities and world in which we live is important to early childhood education development.”

The majority of parents who took the survey think that social and emotional development are absolutely necessary to learn at their child’s school, with honesty ranked as the most important character trait to learn in early childhood. Therefore, parents are leaning on child care providers to bridge the gap between what parents are teaching at home and what children are learning in the classroom.

So how can parents find child care that aligns with these priorities? By asking thorough questions when touring a facility, researching social media and websites affiliated with their early childhood education options and paying close attention to the interactions they have with a provider during a tour or interview.

“Parents have many choices to make when it comes to sending their children to an early learning program,” said Turner. “Making sure you’re on the same page with the facility where your children spend so much time is key to developing them into the people we hope they become.”
You Belong at ESU, Where Scholarship Opportunities Help Students Attend College, Pursue Career Goals

ESU is Where Warriors Belong, and it’s where David Akinwande belonged – which helped him land a position at Children’s Hospital of Philadelphia after graduating with his nursing degree.

“ESU gave me the opportunity to develop skills, knowledge and confidence to work at one of the country’s most prestigious children’s hospitals,” said Akinwande. A member of ESU’s football program and president of the Student-Athlete Advisory Committee, he also helped administer vaccines during the COVID-19 pandemic. Join him at wherewarriorsbelong.com.

Pocono Promise, Transfer Scholarships Among Financial Aid Offerings

ESU has many resources to provide affordable and accessible opportunities, including the Pocono Promise, which is available for PA residents and covers the entire cost of tuition after Pell grant and PA state grants are applied. Institutional grants cover the remaining tuition balance.

There are also Platinum/Gold/Silver Transfer Scholarships for students from select regional community colleges, with awards from $6,000 to $2,000 annually.

Students applying for scholarships must meet specific requirements, available at ESU.edu/merit or by contacting admission@esu.edu.

All ESU students enjoy tuition that’s significantly lower than tuition at large research universities and private colleges in PA, NY and NJ, and in 2021-22, ESU awarded more than $2 million in scholarships.

ESU Today. Success Tomorrow.

ESU prides itself on placing students first and its commitment to student success, with 58 majors, 21 master’s and two doctoral degree programs.

The University offers state-of-the-art technology to study fields from exercise science, athletic training, nursing and the biological sciences to additive manufacturing and 3D printing, art + design and digital media technologies. Immerse yourself in hospitality, recreation, and tourism management; sport management; business management; social work and criminal justice; psychology; and our nationally-accredited teacher certification preparation programs.

ESU’s proximity to NYC and Philadelphia provides access to internships, careers and social activities. Minutes from campus are the country’s largest water parks, Delaware Water Gap National Recreation Area, the Appalachian Trail and other opportunities for recreational fun.

See For Yourself

Visit ESU, meet students and faculty and see why ESU is Where Warriors Belong! Register at ESU.edu/visit.

Upcoming Events
Saturday 3/11 – Campus Day
Saturday 4/22 – Open House
Saturday 5/20 – Campus Day

WHERE COURAGE FINDS CONFIDENCE

You’ve already got the courage to take on the world. Join a community that gives you the confidence to take the next step at ESU.

wherewarriorsbelong.com
Many people have a lot of demands on their time. There are only so many hours in a day, which means that the sooner a person can develop strategies for managing his or her time efficiently and effectively, the more successful that person can be.

It can be especially important for students to explore ways to improve their time management skills early in their academic careers. Time management involves planning, and that includes allotting time for specific tasks. The following strategies can be useful for anyone looking to manage their time more effectively.

Establish a daily schedule

Staying the course may require a guideline detailing how you will spend your time. A good part of the day may be taken up by classes and assignments, but focusing on the other parts of the day also is key. Set up a plan for how you will treat each day. Block off specific times for exercise, meals, school, study, and any other responsibilities you have. Time blocking is a format by which you go through the moments of the day. You can block out by the hour or any amount of time you need.

Figure out where you’re losing time

You need to know how you’re currently spending your time before you can improve on time management strategies. Spend a few days jotting down a time log. This will help you determine if you’re working efficiently or where you are losing time.

Make time for breaks

Burnout can occur when you work yourself too hard. That makes breaks an important part of time management. Breaks allow for time to call loved ones, text with friends, meditate, or engage in other activities unrelated to school. According to sleep researcher Nathaniel Kleitman, people’s minds naturally crave breaks after 90 minutes of intense work. You may need breaks at different intervals. Learn to read your body’s cues.

Break projects down

Many students avoid projects they feel are huge tasks. Breaking down the larger job into smaller ones can help students stay focused and reward progress. For example, if you need to write a 50-page research paper, make the first task finding source material, the next citing quotes and studies, and then resolve to write a set number of pages per day.

Schedule classes wisely

Some people are night owls while others thrive in the morning. Set up schedules so you’re in class when you are at your most productive; otherwise, you could lag and waste time. This may not be possible for high school students, but colleges allow for more flexibility in scheduling. Time management is an important skill for students to develop. It will help in the classroom and later on when entering the workforce.

How students can better manage their time

Words Are Powerful. Bullying can make kids feel isolated, sad and hopeless.

If you know a child who may be depressed or suicidal, please call us. We can help.

Bo Tkach Foundation 610-377-5177

We provide FREE confidential, professional counseling and doctor visits.

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CALL TODAY to schedule a tour of our facility!

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Overcoming Obstacles... Maximizing Student Potential!

The Hillside School is an independent school for students in grades K-8 with learning differences located in Macungie, PA. Our mission is to maximize the potential of the child with learning differences through excellence in education. Our teachers are experts in teaching students who are struggling to stay on grade level in all academic areas. Join us for one of our upcoming Information Sessions to learn more about Hillside's approach to education. Take a tour of the Hillside campus and learn how Hillside can help your child experience academic success and regain their confidence.

In-Person Information Sessions:
Wednesday, March 29, 2023
Wednesday, April 26, 2023
Wednesday, May 31, 2023

Virtual Information Sessions:
Monday, Mar 6, 2023
Monday, Apr 3, 2023
Monday, May 1st, 2023

Register at hillsideschool.org

THE Hillside SCHOOL
Focused on Learning Differences
ADHD • MATH • READING • WRITING

2697 Brookside Road - Macungie, PA - 610-967-3701 - www.hillsideschool.org
An ability to focus in the classroom can go a long way toward helping students achieve their academic goals. But distractions lurk in every corner, making it easier than ever to succumb to a lack of focus.

Maintaining focus in the classroom can be difficult in the digital age, but students can try various strategies to block out distractions once class begins.

- Disconnect your devices. A 2020 report from the nonprofit association Educause found that the majority of students report connecting two or more devices to campus Wi-Fi each day. Devices often serve as useful tools that augment classroom lessons, but they also can distract students. Students can turn off notifications on their phones and tablets before class begins so that familiar ping does not sound during lectures and lessons. In addition, unless devices are necessary during class, students can store them in places where they won’t be tempted to check for messages or other alerts when they should be learning. Storing devices in a separate pocket in a backpack or even in a locker outside the classroom can remove the temptation to log on during class.

- Prepare for class in advance. Organizing before class can help students stay focused when a teacher is lecturing, explaining classroom material or engaging students in a discussion. Students who can’t readily access their notes, books or assignments may be forced to spend valuable class time looking for such materials, thus distracting them from the lesson.

- Bring questions to class. Students who jot down questions about a subject prior to class are more likely to be engaged once class begins. Students can ask their questions during the lesson and listen intently to hear if their teacher or professor is answering their questions during their lecture. Either way, bringing questions to class and going over them before class begins can help students narrow their focus to the subject at hand, reducing the likelihood that they’ll succumb to distractions.

- Sit in the front of class. Students who are having trouble focusing can try sitting in the front of class. Sitting in the front ensures students can hear their teachers or professors, and sitting so close might subconsciously compel students to perk up so they’re not caught wandering.

Devices and other distractions can easily compromise students’ focus in the classroom. But various strategies can help students focus so they can perform better academically.
PathStone Carbon County Child Development Center is now taking applications for our Early Head Start, Head Start and Pre-K Counts programs. Children must be age eligible and meet the income guidelines. Families who are homeless, receive unemployment benefits, SSI, or SNAP are some of those who may be eligible.

Our Early Head Start program serves pregnant women and children from birth to 3 years old. We have two Early Head Start Programs; a home base program and a center based program. Our Head Start and Pre-K Counts programs serve children ages 3 to 5. Families living in the Jim Thorpe, Lehighton, Palmerton, Panther Valley and Weatherly school districts are eligible. Transportation is provided!

Income guidelines are slightly different for our Head Start and Pre-K Counts programs. Our Family Service Coordinators will gladly be able to help you determine what program you are eligible for!

Now is the time to call and enroll your child! Openings fill up quickly. Don’t wait until summer or right before the school year starts! Our openings might be filled and your child may be placed on our wait list.

For more information or to enroll your child please call us at 610-377-5671 or 610-377-3214.

It is the policy of PathStone Child and Family Development not to discriminate on the basis of race, color, national origin, sex, age or disability in its admission procedures, educational programs, activities or employment as required by Title IX, Section 504, Title VI, the Age Discrimination Act of 1975, the Immigration Reform and Control Act of 1986 and the Americans With Disabilities Act of 1992.

PathStone
Connecting You to Opportunities

Now Enrolling in Carbon County:
Head Start
Pre-K Counts &
Early Head Start

- Carbon County Child Development Center achieves excellence in education for children and families while providing a safe, healthy, fun, and inclusive learning environment.
- All programs are FREE and help foster positive social, emotional, educational and nutritional development in children and families.
- We also establish and preserve collaborations and partnerships throughout the community to strengthen and educate the well-being of families.

Space is limited! Call today to see if you qualify!

610-377-5671
110 N. Third Street Lehighton, PA 18235
Serves children from Lehighton, Jim Thorpe, Palmerton, Panther Valley & Weatherly School Districts
Transportation is provided!
Researchers increasingly are finding that “do-re-mi” may be just as essential to children’s development as “A-B-C.” Music education, which was once required in the classroom, is increasingly absent from school curriculums. However, proponents feel there should be a greater push for musical education as part of school curricula because of the many benefits students reap from music education.

**Taps into multiple skill sets**

Music participation goes beyond playing an instrument or singing notes from a page. Experts at Music Together, an early childhood music development program, say that participating in music education involves many different skills, including listening, vision, fine motor skills, problem solving, and utilizing large and small muscle groups.

**Transformative effects**

A growing body of research points to music for its transformative effects on youngsters. Participation in music education may help improve communication skills, foster better memory and help children focus their attention more effectively, according to the instrument retailer Zing Instruments. Music may provide the common ground to unite children in pursuit of a common goal.

**Improves language skills**

Neurobiologist Dr. Nina Kraus participated in “The Harmony Project,” which involved a series of experiments among second and third graders. Dr. Kraus discovered conclusively that music enhanced sound processing and cognitive skills (memory and attention). Music helps students develop the left side of the brain, which is known for processing language. A 2014 study by Arete Music Academy found children who study music tend to have larger vocabularies and more advanced reading skills than those who do not participate in music education.

**More consistent attendance rates**

The National Association for Music Education determined that schools that offer music education have better attendance rates (93.3 percent) than those that don’t (84.9 percent).

**Higher grades**

A study in The Journal for Research in Music Education found that students who participated in excellent music programs scored higher on tests in mathematics and English/language than students enrolled in lower-quality music programs or none at all. Researchers concluded there is a correlation between music education and better retention of material.

**Support from parents and teachers**

Both educators and parents strongly believe that music education has a positive impact on overall academic performance, indicates NAMM Foundation and Grunwald Associates LLC. They also feel that budget cuts in music education or deficits in supplies and insufficient allocation of resources is detrimental to students.

**Increased IQ scores**

An experiment published in a 2004 issue of Psychological Science conducted by E. Glenn Schellenberg at The University of Toronto at Mississauga found that, over the course of nine months, six-year-old participants who were given piano and voice lessons tested on average three IQ points higher than those who had drama lessons only or no lessons at all. Music education plays an important role in the lives of students, paying dividends that might surprise even those devoted to ensuring school curriculums include it.
What students can do to rebound in the second half of the school year

Students begin a new school year hoping to do their best in the classroom. When those hopes are overcome by academic struggles, students may need a little help to get back on track.

Students and their parents must keep in mind that no school year is derailed by a poor performance in the year’s opening months. There's plenty of time for students to rebound, and the following are some ways for students to get back on strong academic footing.

· Make it a collective effort. Rebounding from a difficult start to the school year may require a collective effort on the part of students, their parents and educators. Concerned parents can reach out to teachers to learn where students are struggling and seek recommendations about what to do to help them rebound. Once those areas are identified, students, parents and educators can work together to devise a plan to help kids improve.

· Ask to move seats. A 2020 study published in the journal PLOS One found that sitting further from the instructor negatively impacted students’ grades. Authors of the study, which examined the responses of more than 1,360 students, concluded that, while the evidence is mixed, students who choose to sit nearer to the front of the classroom will do better than those who sit in the back. Students who are struggling can ask to move seats if they’ve been sitting in the back of the class.

· Go over class notes each day. Lectures require significant note-taking, and many students scribble notes as fast as possible so they can keep up. Scribbled notes may be hard to decipher days after a lecture, but they’re more likely to be understood immediately after class or when students arrive home at night. Going over notes at the end of the day or after each class, and even transcribing them from notebooks into typed documents, can help students grasp material more effectively. Typed notes also can make study sessions the night before a test more effective.

· Reserve daily quiet study time. Rebounding from a difficult start to the school year will likely require a daily commitment to performing better in the classroom. Daily study time in a quiet setting, whether that’s at home or at the library, can provide the time students need to focus on their studies without distractions getting in the way. Turn smartphone and device notifications off during study time. Students can even keep a study log to track what they’re studying and the amount of time they study each day. This log can be useful if students need to determine which areas require more time down the road.

A school year is long, so students who struggle at the start of the year still have plenty of time to get back on track and achieve their academic goals.

Schuylkill Technology Center Offers Adult Education Close to Home

Frackville, PA- February 21, 2023- Schuylkill Technology Center (STC) is expanding the list of available adult programs. STC currently offers adult programs in: CDL, Heavy Equipment Operation, Practical Nursing, Automotive Technology, Welding and they are working on adding: Electro-Mechanical Technology, Medical Assisting, Massage Therapy and HVAC in the near future. “The availability of reasonably priced, short-term programs offered close to home is very convenient for many students,” said Director, Shannon Brennan. Interested students should contact STC at (570) 874-1412 for more information or visit www.stcenters.org (click on Adult Programs).
Strategies that can improve reading comprehension

Strong reading comprehension skills are one of the foundations of a successful academic career. According to the Institute of Reading Development, students with strong reading comprehension skills get a big boost in all subjects, including math and science. Though the benefits of reading comprehension are well documented, many students are struggling in this area of their academics. Officials with the National Center for Education Statistics note that, over the last decade, students have made no progress in reading performance. That likely comes as no surprise to seasoned educators, as data indicates students are reading less outside of school than they have in years past. Data from the National Assessment of Educational Progress indicates the percentage of public school students who said they read 30 minutes or more a day declined by 4 percent between 2017 and 2019, dipping below 50 percent overall in the latter year. There’s likely a multitude of reasons why students now read less than they used to. Parents concerned about their children’s reading comprehension can try these strategies to bolster this highly valuable skill.

· Let kids read what they like. The tutoring professionals at Oxford Learning® report that 73 percent of students indicate they would read more if they found books they liked. Parents can address this issue by taking children to their local libraries and letting them choose which books to check out. The more practice kids get with reading, the more their comprehension skills develop.

· Read aloud to children. Various studies have found that reading aloud to children significantly benefits literacy development. One study from the National Association for the Education of Young Children found that listening to others read helps children develop key understanding and skills, including how stories are written. In addition, the Reading Rockets project, which aspires to bring reading research to life in the hopes of helping young children develop into strong, confident readers, notes that children can listen on a higher language level than they can read. That makes complex ideas more accessible.

· Ask questions when reading to children. When reading to children, parents can compound the benefits of this activity by asking youngsters questions about the book. Asking what, where, why, and how can encourage children to look for answers to these questions while they’re being read to. As students advance and then read more on their own, parents can encourage them to ask these questions of themselves (if they’re not already doing so on their own). Asking and answering these questions is a great way to strengthen reading comprehension skills.

Strong reading comprehension skills can help students reach their academic potential. Parents can employ various strategies to help children bolster those skills.
Tips to help student-athletes prepare for winter sports season

Winter sports season is wildly popular. Sports such as basketball, hockey, swimming, and track and field attract talented student-athletes each winter, making the season one of the most fun times of year for kids, their families and their classmates.

As the winter sports season approaches and begins, student-athletes can take various steps to ensure they’re ready to compete.

· Ensure your academics are in order. Students must maintain a minimum grade point average to be eligible to compete. The winter sports season tends to overlap semesters in many school districts, so students preparing for the coming season must make sure their grades are good enough to allow them to compete, even if their sport begins mid- to late-semester. Students can work with teachers, coaches and academic advisors to ensure their grades won’t compromise their eligibility.

· Schedule your physical. A preseason physical exam is mandatory to compete in many scholastic sports, so student-athletes or their parents should schedule their exams early so they can compete for a spot on the team and, if they make the team, play once the season begins. Physical exams also can shed light on any issues that may require medical treatment prior to the start of the season, so the earlier students get their exams, the more quickly they can address any issues that may compromise their ability to compete.

· Speak with the coaching staff. Coaches may or may not conduct exit interviews upon the completion of a season. Such interviews can be a great chance for student-athletes to learn about what they can do to improve during the offseason. Student-athletes who didn’t get an exit interview or those who simply want a refresher can contact their coaches in advance of the season to discuss what they need to do to make the team and/or improve on last season’s performance.

· Get in shape. Multi-sport athletes may already be in shape to compete, which can ensure the transition from fall to winter sports season goes smoothly. Student-athletes who don’t compete in fall sports can use fall as a time to get back in game shape. Start gradually to reduce your risk of injury, ramping up as the body reacclimates itself to physical activity.

Winter sports season is a fun time of year for student-athletes. Preparing before the season begins can ensure student-athletes compete at their highest level in the months ahead.

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Extracurricular activities for non-athletes

High school sports garner significant attention in communities that want to support their student-athletes. But what about students who aren’t inclined to compete on the field or in the gym? There are many more non-athletes than athletes, and the following are some extracurricular activities that might appeal to students who aren’t interested in sports.

Theater
School theater programs faced significant challenges during the COVID-19 pandemic, when indoor gatherings were limited if not outright restricted and students were forced to adapt to remote learning. But since COVID-related restrictions were lifted, many theater programs are back in full swing. In fact, the Educational Theatre AssociationTM notes that its programs were present in roughly 5,000 schools during the 2021-22 school year. Theater programs can expose kids to the performing arts but also teach youngsters who aren’t interested in performing about backstage components, including set design and even script writing.

Volunteering
Volunteering is another potential extracurricular activity high school students might want to consider. Volunteering can expose children to potential career paths and introduce them to people from all walks of life. The vast majority of non-profit organizations welcome and need volunteers, so students should be able to find an organization with a mission that aligns with their values. Schools also may sponsor volunteer programs, and that can be a great way for students to engage with their school community.

Clubs
High schools are home to clubs that cater to all sorts of interests. Foreign language clubs, gaming clubs, book clubs, and debate clubs are just some of the many non-sports-related clubs students can join to participate more fully in campus life.

Physical activities
Just because kids aren’t interested in traditional scholastic sports doesn’t mean they don’t enjoy breaking a sweat or being part of a team. Local community programs may offer club skiing teams, rowing clubs, hiking clubs, and other physical activities that are not affiliated with a school. Such options are great opportunities for kids to engage in physical activity and meet fellow fitness enthusiasts. One option kids may want to consider is a local recreational pickleball league. Pickleball has exploded in popularity in recent years and many communities now host competitive leagues for people of all ages. Students who don’t want to compete in scholastic sports can still find a wealth of extracurricular activities that align with their interests and even others that may stoke newfound passions.

Strong Roots In Education
Bethlehem 1st Federal Credit Union has strong roots in the educational community. Established in 1935, we began serving the Bethlehem Area School District employees. We have grown to include major institutions like Lehigh University and Moravian University. Today, we not only serve employees of many local schools, but also have several Student Groups.

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WEEKNIGHTS AT 4PM & 5PM
DelVal Students Attend Intensive Leadership Development Program

Delaware Valley University (DelVal) students participated in a four-day, intensive leadership development program over winter break. The LeaderShape Institute and DelVal partnered to host a session of the Institute from Monday, January 9 to Friday, January 13. The LeaderShape Institute is recognized nationally as one of the premier leadership development programs for college students. The retreat took place at Black Rock Retreat Center in Quarryville, PA, where several DelVal staff members helped facilitate the program.

Those who participate in LeaderShape gain leadership skills, clarify their values, and become more resilient as they work to make change in their communities and have a positive impact on society.

The University received gifts from NJM Insurance Group, and Univest Financial which funded this year’s program for students. Ann Mossing, Director of Major Gifts at DelVal, Cam Maio, Vice President Marketing and Pat Hartpence, Corporate Giving Office from NJM Insurance, attended a session and then had lunch with our LeaderShape attendees at the retreat.

“It is inspiring to see our students grow their skills, vision and confidence at LeaderShape, said Mossing. “This opportunity helps to build our next generation of leaders. We are grateful to our sponsors, NJM Insurance Group and Univest Financial, who also see the value of this unique, innovative program.”

Ariela Cambronero Fernandez ’26, a small animal science major, redefined leadership during her time at LeaderShape.

“Through this experience, I learned that anyone could have a vision, but it takes a good leader to work hard and see their vision through,” said Cambronero Fernandez.

Caleb Messenger ’26, an animal science pre-professional major, gained a new perspective on goal setting. Messenger explains that while you can have goals you should also have a vision.

“Your vision is what you want to do to change the world (or your community if the whole world seems a bit challenging). Goals are stepping stones toward your vision, they should be achievable, and you should be able to clearly see the path toward achieving them,” said Messenger. “Both are important to have in your life as we strive towards making the world a better place.”

Messenger also enjoyed connecting with classmates and building stronger connections with DelVal peers at the retreat.

“Even just in the first few days back to classes, it’s been a lot of fun seeing people that I met there and saying hi,” said Messenger.

At LeaderShape, students created unforgettable memories, gained new perspectives on what it means to be a leader, and grew more prepared for not only their career trajectories but their life trajectories.

To learn more about attending LeaderShape, contact Justin Brouse at justin.brouse@delval.edu.
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