



## A+ Test Prep and Tutoring Newsletter

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### **The Myth of Multi-tasking**

Increasingly, we are becoming a society of multi-taskers who take pride in our ability to accomplish several things at once. Teenagers research a project on-line while instant messaging their friends



## Featured Student

*Olivia Carbo, 2<sup>nd</sup> grade, Conshohocken Catholic School*

Olivia has been working with her tutor, Sherry Moman, weekly since last August. Olivia has improved her reading skills significantly using the Wilson Reading System.

Sherry reports that Olivia has made strong progress over the last seven months. She always completes her homework and is eager to learn. Olivia's mother, Tish, says that Olivia was initially reluctant about tutoring. However Sherry overcame that obstacle by engaging her daughter and making the material fun.

Now Olivia is much more confident about herself and her reading abilities. She volunteered to read a book to her classmates, and showed marked improvement this past marking period.

Congratulations to both Olivia and Sherry! Keep up the good work.

Click [here](#) for me information about the Wilson Reading System.

and listening to music. Business people constantly check their BlackBerry® devices and send or answer text messages in the middle of business meetings. Parents talk on their cell phones and sip coffee while chauffeuring their children from activity to activity.

Although society often looks upon the ability to multi-task as a positive attribute, recent research done by Russell Poldrack, a professor of behavioral neuroscience at UCLA, provides new insight into the downside of multi-tasking. Poldrack conducted a study in which he imaged people's brains as they performed a simple learning task with varying levels of distraction.

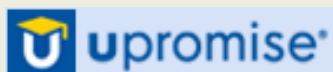
Poldrack's research clearly shows that the human brain reacts differently when it is focused on a task, as opposed to when it is distracted while learning. Focused learning engages a part of the brain that is responsible for generating and storing rich, complex, long-term memories. Distracted learning, on the other hand, engages a part of the brain that is less flexible and is associated with habit formation, rather than long-term information storing.

Whenever we multi-task, we do so at a cost; humans are simply not built to bounce from activity to activity, and learning is impaired.

How do these findings translate into practical advice? Poldrack's study suggests that *when it comes to learning and remembering complex material, for example when preparing for standardized tests, we should avoid multi-tasking.*

To ensure that your student optimizes his standardized test scores, minimize background noise, interruptions and distractions such as music, TV, email, and instant messaging. Have him put away his iPod and cell phone, and don't allow him to work in front of the computer.

We also encourage students to take our free proctored SAT exam since it provides students the



Save for college while you shop! This unique program allows you to purchase goods and services from hundreds of well-established companies and receive automatic rebates of varying amounts which are sent directly into an account you establish for your children, future children, and even yourself. You may then link your savings to one of seventeen 529 accounts associated with Upromise, or you may withdraw the money and invest it however you wish.

Enrollment is free--there are no up-front fees or hidden charges. The key, though, is to use your registered credit cards when you visit retail establishments that are Upromise contributing companies.

An attractive option is that other people may contribute to your account too, so consider asking grandparents to register by visiting the Family and Friends section of your account.

chance to practice taking the exam without all of the distractions present at home.

Poldrack refers to "the myth of multi-tasking," the false sense that we are actually accomplishing more when we do many things at once, which feeds the desire to continue behaving this way. His research shows that we are in fact being inefficient. Although the human brain is adaptable, it also has built-in limits and multi-tasking seems to be one of them. To hear an NPR interview with Poldrack about this topic, click on this link:

[NPR Story](#)



## **Free Proctored SAT**

A+ Test Prep and Tutoring is offering a free, proctored SAT Test on Saturday, April 14 from 9:00 AM to 1:00 PM at St. Paul's Lutheran Church in Glenside. This full-length SAT practice exam is open to A+ students and, if space allows, to others in the community. Detailed test results, including feedback on the essay, will be sent to you within a week. Current students can register on "My A+" by clicking on "Proctored Practice Tests." If you are not a client, please call our office at 1-877-730-7200 to register.

# Summer is coming!



Did you know?

In cooperation with your school we offer for credit and make-up credit courses during the summer. We make it convenient for you by providing one-to-one instruction at the time and location of your choice.

Make the most of summer 2007 while still having time for fun! Call us today to find out more.

Email: [office@aplustutoring.com](mailto:office@aplustutoring.com)

Web:  
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A+ Test Prep and Tutoring | 505 York Road | Suite 6 | Jenkintown | PA | 19046