



Beverly H. Rohman



Dealing with Change and Transition

It's the end of the school year, summer's approaching, how do I prepare for the next year?

Ah yes, the end of the school year is approaching and new possibilities are on the horizon. It will soon be summer --- time to kick back and relax. But wait, how did you do this last school year anyway? Did you struggle more than you should have? Did you barely squeak by in several of your classes, feeling thankful that school ended when it did?

Don't worry if you struggled, it just means you have room to improve by leaps and bounds. And, the summertime is a great time to work on making some changes and learning new things. Times of change and transition are often the best times to evaluate your past performance (what you actually did), understand your direction (where you want to go), set new goals and start new processes. Every time of change is a new beginning.

Whether you are a student moving on to a new grade, new school or going off to college.....change is hard. But, change can also be very energizing.

There are many ways to get the help you need over the summer. First, you need to take stock of the situation. Where did you struggle, and why? Were you overwhelmed with the work load or lacking the skills you needed to handle classes and the school environment?

If so, the summer is a great opportunity to gain the skills and knowledge you'll need for your fall semester.

You have several choices...

You can go to a coach and work on specific areas and skill sets. For example, if you're struggling to juggle classes, a coach can help you to build a routine and handle competing demands.

You can find new insight in books. There are many books out there with information about learning and basic school strategies. Knowledge is half the battle. The summer months provide a wonderful opportunity to learn all you can about yourself and how to succeed in school.

You can take summer classes. What? Me? Why would I take school in the summer...I just got through!!! In the summer you can take the fun courses that you want, and at a more relaxed pace. Check them out at your local community college. They're typically inexpensive and lower pressure than at your mainstream universities. They're also a great place to try out and practice new tools and techniques. I've seen many students discover new success over the summer and take this momentum back with them into the fall. Consider it a training camp for your mind.

There are also programs out there specifically for students who have learning challenges that are like summer training camps. For the younger crowd, there are camps; for the college crowd, there are programs like The Creative Learning Institute (www.thecreativelearninginstitute.com) which helps students gain new skills and knowledge to carry with them into the fall. It's a more interactive approach than just reading a book, and programs such as this give the student the opportunity to practice before school in the fall.

Whatever you choose to do, the first step requires action. Take the first step today...make an appointment or place a call, do something to get the ball rolling now. In this way you won't look back at your summer longingly, wishing you'd taken action, before the months got away from you. One small step can make a big difference in your life.

Send your questions to ASK TLC, 101 Bay Street, Suite 6, Easton, MD 21601, or write to info@thelearningconnections.net and look for answers in our upcoming columns.

Beverly Rohman is the Executive Director and founder of The Learning Connections LLC as well as an AD/HD Coach and Learning Consultant.

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