

July 1, 2020

Volume 9, Number 7

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**** The Summer of Enrichment is here!**-are you worried your child has fallen behind because of the school changes due to COVID 19? We are offering enrichment this summer to address these deficits including: organizational and time management skills, reading comprehension, writing skills, study and test taking skills, math, and science. (See our completed list of services below.) Our test prep services and college admissions consultation services continue to draw high school students. Act now to ensure your child's readiness for the Fall of 2020!

****Common App Update:** The new essay prompts have been sent to college admissions consultants like us. We are now working with rising seniors on these essays so that they are completed before summer break. Take advantage of this free time and sign up for essay services!

Helpful Links

For info about SAT I, II, and AP Tests go to:

www.collegeboard.com

For info about ACT test go to:

www.act.org

For info about test optional schools go to:

www.fairtest.org/university/optional

June 24, 2020

Dear Families and Students:

By now, you and I have become well-acquainted. I would concede that I am far from what you had anticipated when you imagined meeting me. I will also admit that I have not been the easiest to get along with, making you feel the most raw and vulnerable you have probably ever felt over the course of your lifetime. I have repeatedly demonstrated that complacency will get you nowhere. In fact, I have brought many of you to your knees, while simultaneously forcing you to recognize an inner strength you never knew existed.

Part of that resilience has required you to think outside of the box, enabling you to problem solve under circumstances you never thought possible. Who knew grocery shopping would pose a threat to one's health? Parents, what would working from home look like when you had children of all ages needing to be schooled from home as well? Students, how were you going to navigate the quickly-crafted system of virtual learning in such a way that you felt comfortable? Seniors, how were you going to accept all of your lost opportunities to celebrate the culmination of your high school or college careers, and what would enable you to find the fortitude to move on to the next set of yet-to-be-discovered terrain? Yes, I have created an element of uncertainty, but I have done so because I know you can rise to the occasion.

If the pandemic was not challenging enough, I brought awareness to the reality that racism, hatred, and fear are still very much a part of humanity. I have inspired you to **stand up** and make a difference by asking you to walk a mile in someone else's shoes and to consider a different perspective as you never had before I arrived. It is my hope that I have taught you that differences can be a spark for curiosity and subsequent conversation, reducing the fear and hatred that have plagued our country for so long.

For info about financial aid go to:

www.FAFSA.ed.gov

www.fastweb.com

www.finaid.org

For college search info go to:

www.collegenavigator.gov

www.collegeprowler.com

To take a virtual tour of college campuses go to:

www.youniversitytv.com

To learn about Colleges That Change Lives go to:

www.ctcl.org

The following schools have made the following changes to their testing requirements for admissions:

Albion College Test Optional Fall 2020

Alfred University Test Optional for Spring and Fall 2021

Alma College Test Optional for traditional first-year students between April 1, 2020 to September 30, 2021

Amherst College Test optional for freshman in 2020-21 admission cycle

Anderson University test optional now

Babson College Test optional for entry in Fall 2021

Baylor University Test Optional for 2021

Bethany College Test Optional Fall 2020

Boston University Test Optional for first-year students applying for Fall 2021 and Spring 2022

Briar Cliff University waving testing requirements for current high school seniors

Brown University Test optional 200-2021

Bucknell University Test optional beginning fall 2020 for 5-year pilot program

Buena Vista University Test Optional for 2021

Butler University Test Optional for Fall 2021 and beyond, though some programs may still require standardized tests

Before I leave, I hope you will consider how much you can accomplish by working **together**. Recognize that change is within reach. Remember what is truly important. Stand up to injustice and stand up for what you believe in. Help others to make their voices heard. Above all else, remember kindness and respect.

Sincerely yours.

2020

How to Help Kids Exercise Their Brains and Become More Independent This Summer — Even During COVID-19

By Daniel Willingham and Trisha Willingham

Recent analyses show that distance learning **went poorly**; most students will be far behind where they should be this fall. That's not just because teachers had to throw together lessons on the fly; kids didn't do their part. **Eighty-two percent** of educators believe students were less conscientious than during regular school. Twenty-two percent of **parents** said their child spent less than an hour per day doing schoolwork.

Yes, lockdown was stressful, but in addition, kids have little practice in planning and in resisting distraction. Their school sets their schedule, and teachers keep them on task. Covid-19 swept away that structure, and although parents exhausted themselves trying to replace it, they mostly failed.

And this year, summer, which is traditionally the structure-free season, comes with social distancing, closed camps, and in some cases, expectations kids will **make up** schoolwork. It sounds like parents are in for a grim three months of nagging. But summer might be the perfect time for children to work on skills to plan their day and stay on task.

Planning and resisting distraction are actually related — both are examples of what psychologists call executive function. Just as a CEO directs workers, the executive directs other cognitive processes. Although the mechanism is not completely understood, it's **broadly accepted** that suppression is a key function of the executive. When the child aims to watch a video for history but feels the impulse to check Instagram, the executive must squelch the distracting thought. Mind-wandering can't be eliminated; good focus means good control of impulses.

Inhibition also **plays a role** in planning, which requires refraining from taking action immediately, so as to think through a sequence of steps. This overlap between focus and planning is most visible in a patient with damage to the brain's frontal lobe, the seat of the executive; her behavior will be **poorly planned and impulsive**. For example, when trying to make a cake, the sight of the pan might prompt her to put it in the oven before she's made the batter. And if a caregiver mentions the error, she might act on the impulse to hit him.

Neurotypical people are of course better at planning and controlling impulses, but their abilities vary, with important consequences. A **2011 study** measured self-control in 1,000 children via reports from teachers, parents, researcher-observers, and the children themselves. Higher self-control before age 10 predicted lower substance abuse and criminal

California State University suspending use of SAT/ACT requirements for school year of 2021-2022

Carnegie Mellon University: test optional fall 2021

Case Western Reserve University Test Optional for students entering Fall 2021

Centre College Test optional for the following cycles: 2021, 22, 23

Carolina Coastal University Test Optional for Fall 2021 applicants with minimum 3.5 high school gpa

Colgate University Test Optional for students entering in fall 2021

College of Charleston Test Optional Fall 2021, home-schooled students must submit scores. Pilot program to be reevaluated next summer to determine its future.

College of Wooster Test Optional for 2021 and beyond

Columbia University Test Optional for first-year applicants to Columbia College and Columbia Engineering 2020-2021

Concordia University Texas Test optional for entering classes in 2020 and 2021

Cornell Test Optional for 2021 applicants

Davidson College Test Optional for three years, starting in 2021

Drury University Test Optional for Fall 2021 applicants and beyond

Duke University Test Optional 2020-2021

Eastern Michigan University Test Optional for Fall 2020, only for first-year domestic students.

Eckerd College Test Optional for two year pilot program Fall 2021-Fall 2022

Elon University Test Optional beginning Fall 2021 in a three year pilot program

Fordham College Test Optional for two year period beginning with fall 2021 class

Franklin College Test Optional for current high school seniors

Gonzaga University Test Optional for 2021 applicants

Grand Valley State Test Optional for Fall 2021

Greenville University Test Optional 2021 and beyond

offending at age 32, as well as higher earnings, even when social class and IQ were statistically controlled.

A strong executive is obviously desirable. Is it trainable?

Researchers find that children who plan well and resist impulses tend to have parents who allow freedom within consistently enforced limits. Free choice affords practice in planning. But the need to conform to household rules means children also learn to curb their impulses. If you haven't had a freedom-within-boundaries household before, you can't expect a child to handle an abrupt change of rules. Here's how to make the transition.

For planning, start by asking your child to notice what he's done. Kids who carom from one activity to another scarcely think about it. At the end of the day review with him and help him assess what was valuable — "I fixed my breakfast. I played outside" — and what wasn't — "I had a stomping contest with myself."

When that's sinking in, move to step 2; if she knows what's valuable, she can set priorities for the day. If her preferences include only "Fortnight and Lucky Charms," you set boundaries. Don't dictate activities — you're teaching her to plan and choose — but do set categories: every day, you must do something to help your body, something to help your mind, and something to help the family. If you later review with your child how many prioritized activities he got to, it will help him notice how long each takes, and facilitate planning. You might discuss writing a schedule ... but maybe not. Coordination matters in a classroom, but if an individual learns to set and work with priorities, timetables (when they must be met) come easily. If he's deeply engaged exploring plants in the backyard, why should he break it off?

Addressing distraction requires your direct supervision. Help your child pick the activity that she wants to do or must do (catch-up schoolwork, for example, or summer reading) but finds it hard to stick with. Find the slowest time of your day, and using a clock, ask that she work at the task for 10 minutes, or whatever you judge she can do. As she works, you work in parallel. When time's up, take a break together for a minute or two. *Never* interrupt a working child, even to tell her she's doing great; that turns you into the distraction. Acknowledge her success at the end of the session.

The pandemic has brought so many new constraints, it feels like the time to bend the rules at home. But an at-loose-ends kid is not a happy kid. Boundaries communicate to your child that you have made sense of this new situation and know what to do. Freedom to choose within boundaries offers your child some control, a feeling that kids need now, just as we adults do.

Hamilton College Test Optional for 2021-2022 academic year

Harvard University Released letter to current high school juniors stating that applicants entering in Fall 2021 will *not* be penalized if they do not submit AP test scores or SAT Subject Test scores. Juniors should not be concerned if they are unable to take the SAT or ACT multiple times

Harvey Mudd College Test Optional for 2020-2021 and 2021-2022

Haverford College Test Optional for first year and transfer applicants for three-year trial beginning with students entering Fall 2021

Illinois State University Test optional beginning 2021

Indiana University Bloomington Test Optional beginning in 2021

Indiana University Fort Wayne Test Optional beginning with Spring 2021 and beyond

Indiana University Kokomo Test Optional for Fall 2020 admission

Indiana University Northwest SAT/ACT scores requirements waived for students entering Fall 2020

Indiana University Southeast Test Optional for Summer and Fall 2020 enrollment

IUPUI Test optional beginning 2021 and beyond

Johns Hopkins University Test Optional for fall 2021

Limestone College Test Optional for students entering Fall 2020. Students who have SAT and ACT scored are still encouraged to submit them

Loyola Marymount University Test Optional for Fall 2021 applicants

Loyola University New Orleans Test Blind fall 2021

Mansfield University Test Optional for students entering Fall 2020. SAT/ACT scores are preferred for admission to certain programs, such as the B.S. in Nursing program. Admitted students who did not submit SAT/ACT scored (1) may need to take placement tests during orientation and (2) are eligible for a narrower range of merit awards

Marietta College Test Optional 2021-2022

McMurry University (TX) Test Optional for Fall 2020

Mercer University Test Optional for first-year applicants for Summer or Fall 2020



AcademicAlly, LLC has launched the Summer of Enrichment 2020. We know academic gaps have widened or developed for many students as a result of C19. We also know there is a strong likelihood that schools will return to a virtual model of learning next year. We want to help students and their families by offering them customized programs to bridge gaps and prepare them for the fall. We are focused on the areas listed below.

We will continue to offer distance learning until the CDC grants clearance for in-person sessions to take place. Take advantage of this valuable opportunity.

Summer of Enrichment 2020

With our **individualized** programs, your student can still have a great summer AND keep those academic skills fresh.

Summer is the perfect time to **strengthen** academic skills, **get ahead** of the college admissions process, or **prepare** for classes this fall. (And we promise to make it fun!)

SAT/ACT Test Prep:

- Learn helpful test taking strategies
- Determine which test is right for you
- Up-to-date information about testing in the face of COVID 19

Writing Skills:

- Learn the value of pre-writing in order to organize thoughts and flow of a written piece
- Fine-tune editing skills, being mindful of proper punctuation and grammar
- Understanding how to effectively conduct research using key search words and appropriate resources, guided by strong essential questions
- Develop writing skills needed for creating a comprehensive paper

Reading Comprehension:

- Learn how to identify and record important information
- Create a personalized system for organizing facts from the reading.
- Learn how to effectively research sources for research-based assignments
- Utilize strategies to break down readings into smaller more manageable chunks

Math Skills: up to Calculus

Science Skills:

Whether you are taking biology, chemistry, or physics, we can help you master this material!

Middlebury College Test Optional policy for at least 3 years, through Fall 2023, on a trial basis

Midway University (KY) Test Optional for Fall 2020

Millersville University Expanding its Test Optional policy to *all* students entering Fall 2020.

NCAA Eligibility Center Waiving SAT/ACT requirement for student-athletes entering Division I and II colleges in the 2020-2021 academic year. The Eligibility Center will also adjust its approach to pass/fail grades received in spring/summer 2020 by students at all grade levels

Northeastern University Test Optional for prospective students for the 2021-2022 academic year. Includes undergraduate and graduate students

Northwestern University Test Optional 2020-2021

Oregon State University Test Optional for undergraduates entering Fall 2021 and beyond

Penn State Test Optional Summer and Fall 2021

Pomona College Test Optional for first-year and transfer students entering Fall 2021

Princeton University Test Optional 2020-2021. Will move to one application deadline (January 1, 2021) for that admission cycle

Purdue University Northwest Test Optional for Summer and Fall 2020

Rhodes College Test optional for 3 years, which will serve as a pilot project to determine if the Test Optional policy should continue

Rice University Test Optional 2020-2021

Rochester Institute of Technology students can submit self-reported scores for Fall 2020. Students must submit official scores if admitted and they decide to enroll. Some programs are test optional for Fall 2020, Fall 2021, and beyond. RIT will be test optional.

Rowan University Test Optional 2021 Exceptions include home-schooled students, those seeking admission with a GED, and applicants to the 3+4 medical program through the Medical School or the School of Psteopathic Medicine

Rutgers University Camden Test Optional Fall 2020

Rutgers University Newark Test Optional Fall 2020 and Fall 2021

Rutgers University New Brunswick Test Optional Fall and Spring 2021

Organizational Skills:

- Establish time management strategies to better organize academic and personal responsibilities
- Create personalized set of tools to better manage time
- Implement a system to affectively access, submit, and store assignments in a digital format
- Learn techniques and tools to organize personal space and belongings
- Establishment and maintenance of a homework protocol
- Effective self-advocacy and communication skills
- Self-accountability strategies

College Admissions Consulting:

- Assistance with creating appropriate list of colleges to which to apply
- Brainstorming and editing college essays
- Admissions interview preparation
- Strategies to maximize college visits
- Knowledge about the changing landscape of college admissions in the face of COVID 19

We work with you to **customize** a plan to ensure your student's success. Spaces are filled on a first-come first-served basis. Act now while space is available.

Keeping on Track:

Rising Seniors: Work on your college admissions essays so you can have this portion of the application completed before the Common App is launched on August 1st. Feeling overwhelmed about this essay? We can help you to choose the appropriate prompt, formulate some ideas, and finish with a final draft that captures the essence of who you are! Call today to schedule an appointment. Pay attention to the ever-evolving standardized test requirements for the schools to which you wish to apply (see the most recent list of test optional schools in the left margin. This list is updated as of June 23rd.) Make sure you have reached out to your teachers about letters of recommendation. Do something meaningful with your summer this year. What are your passions? What have you always been curious about but did not have the time to pursue? Take advantage of the extra time COVID 19 is giving all of us and capitalize on this chance to explore, learn, and grow. Complete your summer work to the best of your ability.

****We are helping students with their college admissions essays now! Schedule your appointment today.**

Saint Louis University Test Optional for 2021-2022 academic year for most programs

Santa Clara University Test Optional for a two-year period for first-year and transfer students beginning with students entering Fall 2021. Will reassess whether to reinstate the testing requirement after the two-year period

Scripps College Test Optional for students entering in Fall 2021 and beyond. Homeschooled students are strongly encouraged to submit SAT or ACT scores

Seattle University Test Optional starting Fall 2021, GRE and GMAT will be optional for non-law graduate programs for the 2020-21 academic year

Southern Methodist University Test Optional for Spring 2021 and Fall 2021

Southwest Baptist University **Temporary** changes include:

- Test-optional
- Self-reporting of high school GPA
- May take online Classic Learning Test (CLT) to improve academic scholarship eligibility

Stanford University Test Optional fall 2021

St. Edward's University Test Optional for undergraduate applicants for Fall 2021 and beyond

St. Olaf College Test Optional for Fall 2020

St. Thomas Aquinas College Test Optional for Fall 2020

Swarthmore College Test Optional for applicants during the 2020-2021 and 2022 cycles. Students can now choose to report results from previous tests, including the PSAT and PreACT. In Fall 2022, the college will assess the policy and determine whether to continue

Texas Christian University Test Optional for students entering in Fall 2021. Students should consider their academic record and co-curricular experiences when deciding whether to submit test scores

Texas Tech University Test Optional Fall 2020

The College of New Jersey Test Optional for 2020-2021 admission cycle for a three-year time period. Does not apply to the 7 year medical program or optometry program.

Trinity University (TX) Test Optional for a 3-year period starting with applicants for Fall 2021. Applicants can self-report unofficial test scores via applicant portal.

Tufts University Test Optional for all undergraduates for a three-year period, beginning with students entering Fall 2021. This will determine whether to reinstate the testing requirement at the end of the three-year period.

Rising Juniors: You too need to maximize this bonus time COVID has provided all of us. What do you love? What causes are you passionate about? Find a political campaign to get behind. Discover a new hobby or talent you never knew you had. Complete your summer assignments to the best of your ability. Use this time to rest and recover from an intensely crazy second semester.

TEST UPDATES

ACT: Here is the link for the latest ACT information: <https://www.act.org/content/act/en/covid-19.html>

SAT: Here is the link for the latest SAT information: <https://pages.collegeboard.org/sat-covid-19-updates>

Pay it Forward: Do you know someone who is struggling with the shift to virtual classroom learning?? Send them this newsletter or forward us their contact information. We want to help!

Contact Us

<http://www.Academic-Ally.com>

Hannah@Academic-Ally.com
610 647-3959 ext. 105

Tulane University Test Optional for students applying for a spot in the class entering fall 2021

University of California System **Temporary** policy changed include:

- Test Optional for students entering as freshmen in Fall 2021
- No letter grade requirement for “A-G” courses taken in winter/spring/summer 2020
- Admissions will not be rescinded for students who miss the official transcript deadline- admission will be honored from the first day of class until official documents are received by the UC campus
- No cap on pass/fail units that transfer students may put toward the minimum needed for junior standing

University of Cincinnati Test Optional for 2 year period beginning with the 2021 applicants. Scores are still required for the Honors Program, the College of Nursing Direct-Admit BSN program, and the Early Childhood Education program

University of Connecticut Test Optional beginning with the 2021-2022 admission cycles

University of the Cumberlands Adopting a Test Optional policy for current and future applicants. Test Optional applicants are still eligible for institutional grants and need-based aid

University of Delaware Test Optional for 2021 applicants

University of Hawaii at Manoa Test Optional for 2021-2022 years

University of Houston Test Optional for Summer and Fall 2020

University of Louisville Test Optional for Spring 2021, Summer 2021, and Fall 2021

University of Memphis Test flexible policy for fall 2021

University of Miami Pilot Test Optional policy Fall 2021

University of Mobile Test Optional for Fall 2020

University of New England Test Optional for Fall 2020

University of North Carolina System Change in minimum admissions requirements: 2.5 GPA or 1010 SAT score/ 19 composite ACT score; **applicants must submit test scores** but the system schools may choose to admit based on GPA alone. Each UNC system school has freedom to set its own requirements above these minimums. Effective for a three-year period, beginning with students enrolling in Fall 2020

University of Oregon Test Optional for students entering Fall 2021 and beyond. Standardized tests scored will still be needed for certain automatic scholarships

University of Pennsylvania Test optional Fall 2020-2021

University of Pittsburgh Bradford Campus Test Optional for Fall 2020

University of Richmond Test Optional for Fall 2021

University of Southern California Test Optional for 2021-2022

University System of Georgia Test Optional for students entering Summer and Fall 2020. Students without test scores must meet specific GPA thresholds. Applies to all USG schools except UGA and Georgia Tech, which have already have fall class waitlists

University of Toledo Piloting a Test Optional admissions model for Summer and Fall 2020. Test Optional NOT available to:

- Homeschooled students
 - Students who attend high schools that do not report grades
 - Students applying for majors in the colleges of Nursing, Engineering, and Health and Human Services
- will use self-reported grades and GPAs to conditionally admit students until final transcripts are available

University of Virginia at Wise Lifting test requirements for incoming freshmen and transfers with less than 30 credits

University of Washington Test Optional for Fall 2021

Vassar College Piloting a Test Optional policy for the 2020-2021 admissions cycle. Will evaluate after the one-year pilot to determine whether test-optional policy should continue

Virginia Tech Test Optional for 2020-2021

Washington and Lee University Test Optional for 2021 applicants

Washington State University Vancouver Test Optional for Fall 2020

Wellesley College Test Optional for first-year applicants entering in Fall 2021. Suspending the regular Decisions with Early Evaluation option for first-year applicants entering Fall 2021. Regular decision deadline move to January 8 from January 15

Westminster College (New Wilmington Pa) Waiving SAT/ACT requirements for students entering Fall 2020

West Virginia Wesleyan College Test Optional for Spring 2021 and Fall 2021

William Mary Launching a three-year test optional pilot program with the 2021 academic year

Williams College Test Optional for students applying as freshman or transfers during the 2020-2021 admissions cycle. For students who choose to submit test scores, results will be considered as a part of the holistic admissions process. Due to school closings, remote learning, activity cancellations, and temporary changes in high school grading systems, they will grant additional flexibility and are willing to work with students affected by COVID-19 and their school counselor

Yale University Test Optional for 2020-2021. SAT Subject tests will not be considered during the 2020-2021 admissions cycle

Vanderbilt Test Optional Fall 2021