

**IAO**

APRIL 30, 2021

# ACCREDITOR

*Class of 2021*

**FEATURED**

**CALLS  
FOR  
UNIVERSITIES TO  
INVOLVE  
PARENTS  
IN  
STUDENT MENTAL  
HEALTH  
CRISIS**

**07 INDIVIDUAL  
IMPROVEMENT  
BOOKS**

THAT EVERY PARENT  
SHOULD READ TO THEIR  
CHILDREN ON EASTER



# Editor's Note...

Easter is a long-awaited event that everyone waits for to come. It is the time of the year where students take a time off from their regular study schedule to visit their family members to celebrate this occasion enthusiastically. As for 2021, covid has an immense impact on this world made us live quarantine for so long.

It is a high time of the year where parents should wake up and start concerning their children's mental health. With the increasing rate of Covid patients, the inflation rate is rising and so the unemployability. Parents are worried about their kids' college fees and students are unable to do effective learning anymore due to online classes. Amid all these things, universities are involving parents in their children's mental health.

While you were away, IAO has found few books that can be read to your children on the occasion time of easter. These books would help students to improve their personality with just one read. With the help of the IAO team, students do not need to go here and their to be updated with the academic world.

“

**An investment in knowledge pays the best interest**

Benjamin Franklin

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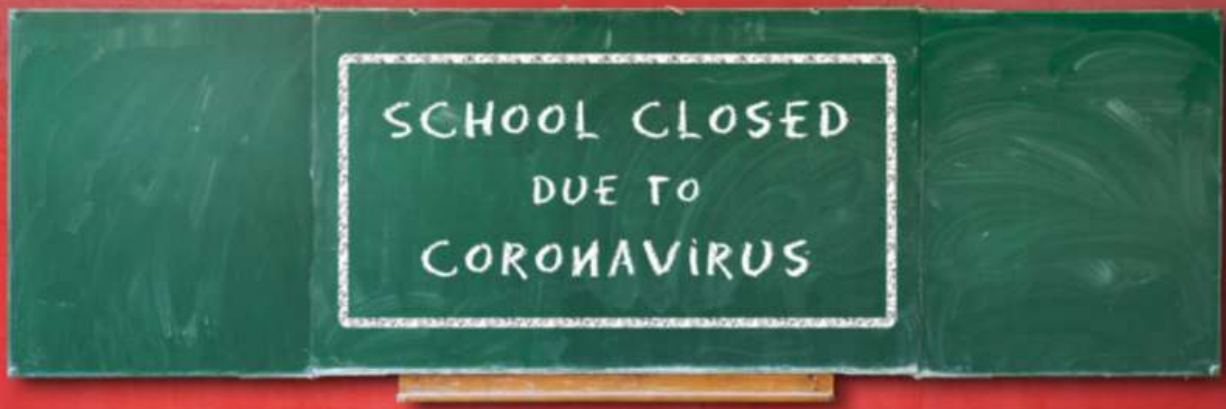
### **07 INDIVIDUAL IMPROVEMENT BOOKS THAT EVERY PARENT SHOULD READ TO THEIR CHILDREN ON EASTER**

These 07 individual improvement books will assist you effectively work on your mindset, happiness, career, every relationship and finances. It's never too soon or too late to begin working towards making a life you want to live.



## 08. **CALLS FOR UNIVERSITIES TO INVOLVE PARENTS IN STUDENT MENTAL HEALTH CRISIS**

Universities should endeavour to expand their involvement of family members in support of mental health while ensuring that students' best interests are at the forefront of all choices made about their treatment.



## 09. IMPACT OF COVID-19 ON STUDENTS LEARNING

The COVID-19 widespread has introduced vulnerability into major angles of national and worldwide society, including for schools. For instance, there's instability around how school closure's final spring affected understudy accomplishment, as well as how the fast change of most instruction to a web stage this scholastic year will proceed to influence accomplishment.



Featured

# 07 INDIVIDUAL IMPROVEMENT BOOKS THAT EVERY PARENT SHOULD READ TO THEIR CHILDREN ON EASTER

It's safe to say that individual improvement books have a bit of an awful reputation. What comes to the human mind are diet books that guarantee you'll lose 25 pounds in just 2 weeks without doing work out. Or maybe spiritual or relationship-based books that'll assist you to find love in 17 simple steps. Beyond any doubt, there are books like these that has filled racks in bookstores and libraries, but not all self-help or self-development books are made equal.

In school, we are encouraged to study the incredible literary classics—Shakespeare, Orwell, Austen, etc. Whereas these are must-reads for any eager reader. Above all, books of individual improvement are the books that can be read at any time of life and it does not limit a person with certain human age. There's no way better time to start reading books that assist you ended up the most impressive, productive and effective form of yourself than while still at school.

We have compiled a list of the top 05 individual improvement books that every student should read once in a lifetime to take away few lessons and bring out the best of himself. Even if you read just one book that's included in the list, you will notice a better version of yourself not just in the eyes of yourself but in others too.

Javier Marías VALKOINEN SYDÄN

TAIVASTAIDE *Handwritten text*

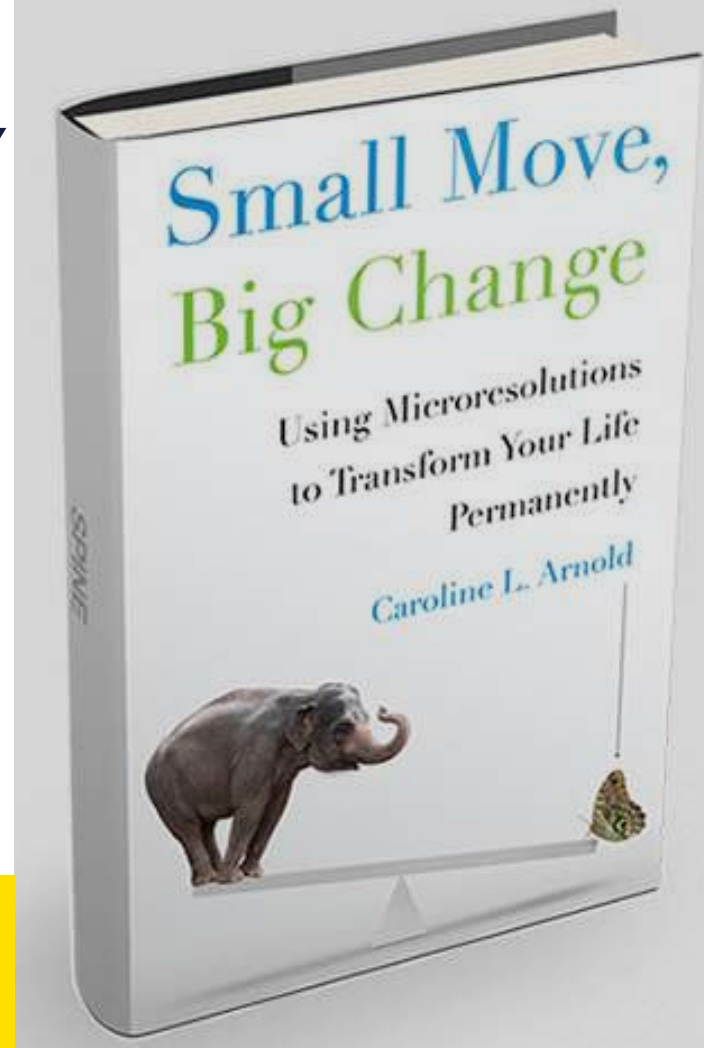
PHILIP ROTH IHMISEN TAIRA

# 1 SMALL MOVE, BIG CHANGE

by *Caroline Arnold*

As the term started, did you promise yourself not to leave school until you complete writing your term paper? And forgot about this resolution as soon as the term started and did not bother enough to stick around to your resolution?

The writer of *Small Move, Big Change* Caroline Arnold dives into this subject in her book to find the most of us fail at keeping our resolutions since they are too dubious and too big. By incorporating 'microresolutions,' small behavioral changes, into our daily routine, we can accomplish lasting change in for all intents and purposes any area of our lives.

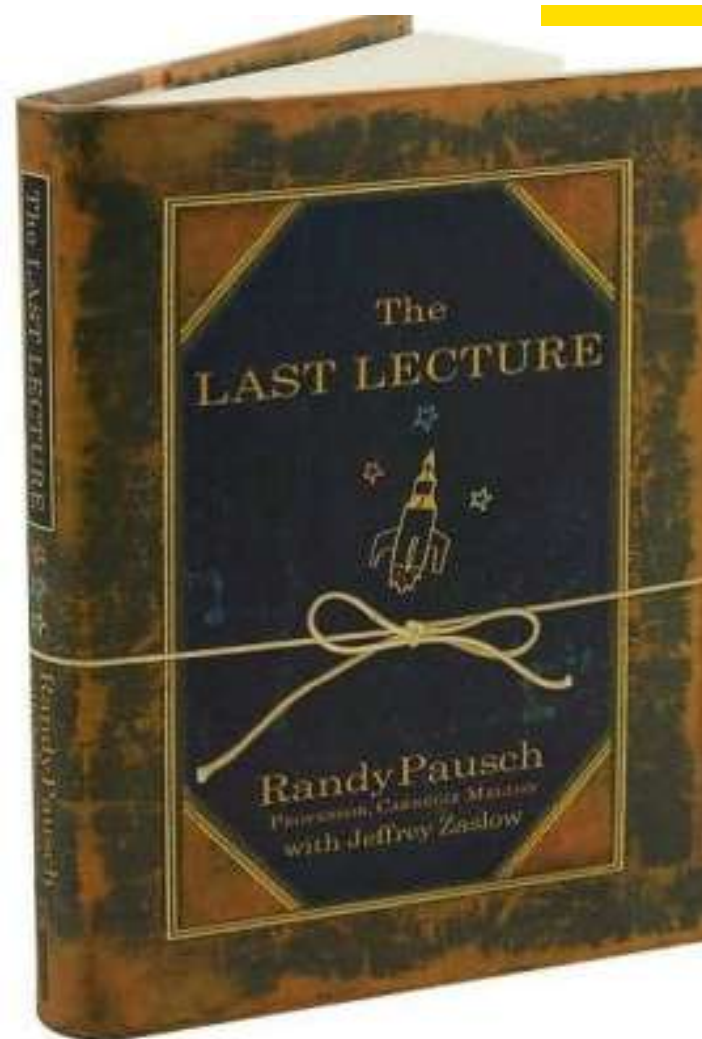


# 2 THE LAST LECTURE

by *Randy Pausch*

This book is based on the writer's iconic lecture called "Really Accomplishing Your Childhood Dreams" and challenges his students and pursuers to think back to their childhood dreams, and what their greatest trusts and wants for their lives were then.

While he doesn't recommend you connect the circus or attempt to become an astronaut, he desires you to seek after the life you genuinely want, without limiting yourself to the limitations of society or what you're "supposed to do."



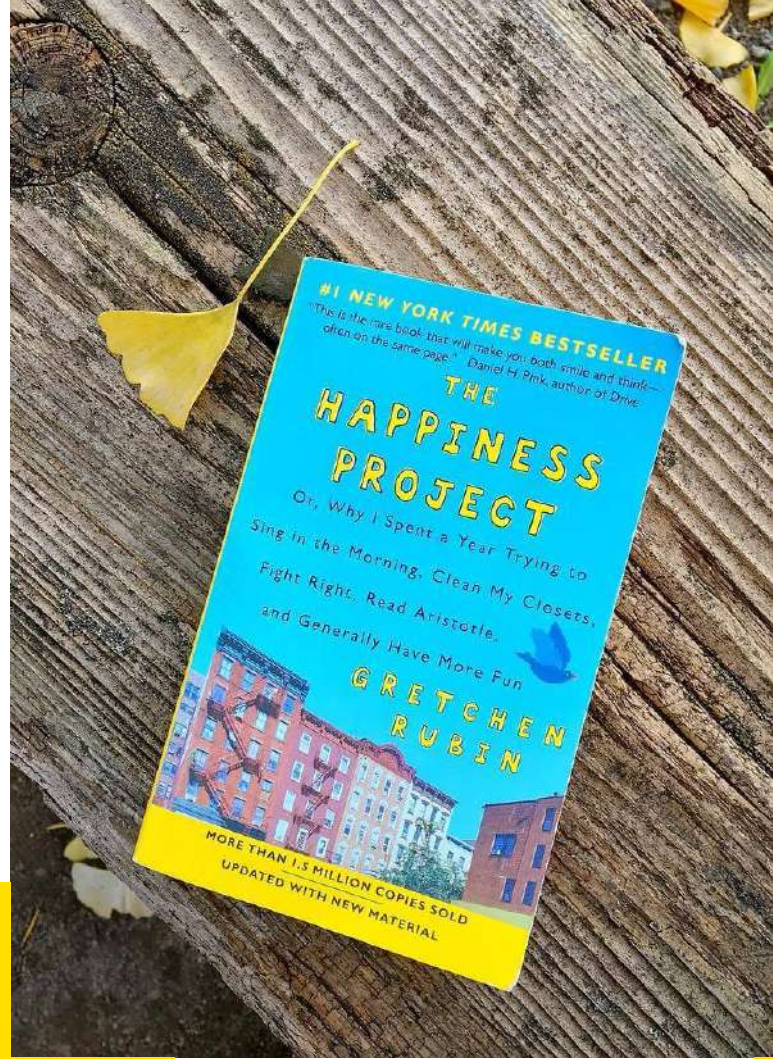
# 3 THE HAPPINESS PROJECT

by Gretchen Rubin

Since publishing this top of the line book, Gretchen Rubin has become as to some degree of a happiness master. Most individuals agree that the most vital thing in life is to endeavor for joy, and most parents would indeed say their greatest hope for their kids is that they are happy. So how come prioritizing our own bliss is so frequently seen in today's world?

After figuring out that why she wasn't as happy as she should be, considering her life was going pretty well, Rubin chosen to study happiness and devoted a whole year of her life to her "happiness project."

**“One of the best ways to make yourself happy is to make other people happy. One of the best ways to make other people happy is to be happy yourself.”**



She focused on 12 distinctive areas of her life and deliberately followed habits and practices that expanded her happiness.

While "everyone's happiness project will be different," Rubin gives readers an outline to create their own happiness with their unique process.

This is essential reading for every person who wants to actively understand what makes them happy and how they can improve their life according to their values of happiness.



# 4 FAILING FORWARD

by John C. Maxwell

We have been instructed very early on to avoid disappointment and failure at all costs. You don't want a failed attempt and to be called a loser, right? But the truth is that everybody fails at some point in their life. The address isn't whether we are going to fail, but how we'll deal with our disappointments and failures? John C. Maxwell composes: "When achievers fail, they see it as a momentary event, not a lifelong epidemic."



"Fail early, fail often, but always fail forward"

NEW YORK TIMES BESTSELLING AUTHOR OF  
THE 21 IRREFUTABLE LAWS OF LEADERSHIP

JOHN C.  
MAXWELL

FAILING  
FORWARD

TURNING MISTAKES *into*  
STEPPING STONES *for* SUCCESS

Only by owning up to and learning from our failures and mistakes, we can grow as individuals, in business and in relationships. The most successful people are those who have failed over and over again and yet succeed with non-stop learning from their past attempts.

James Dyson designed 5,126 models before he built his first successful vacuum cleaner. He utilized his disappointments as venturing stones towards victory. This book will educate you to watch your failures, examine them, and learn from them.

# 5 THE ATTENTION REVOLUTION

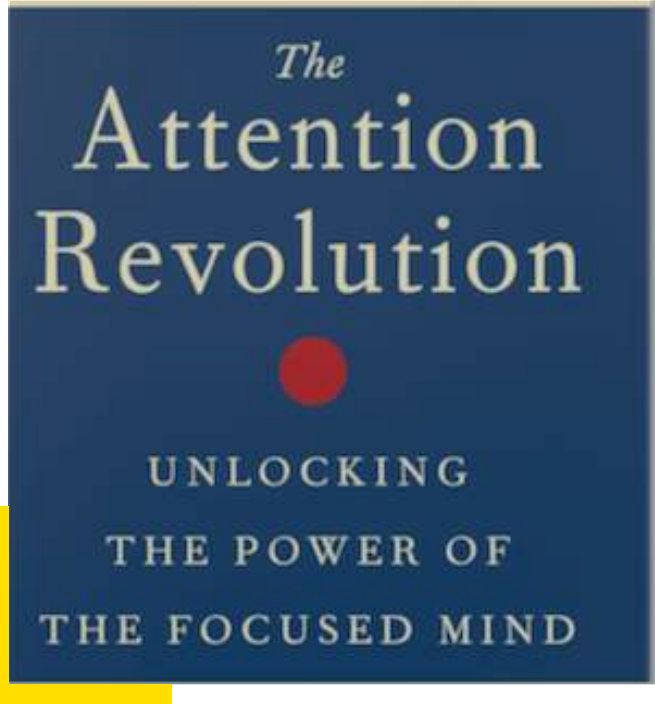
by Alan Wallace

We have never been surrounded by more technology fighting to grab our attention than now. Smartphones, social media, notifications, the average attention span of a human has shrunk to that of the notoriously unfocused goldfish. There are even apps created to help us with our lack of focus, adding another layer of distraction to our everyday lives.

In the *Attention Revolution*, Wallace offers a few strategies to accomplish the highest frame of Shamatha, a Buddhist meditation state of mind. While it's near impossible to realize in just one lifetime, using some of the lessons shared, you'll be able to take control of your attention once more, to center on anything you set your intellect to, whether you're studying for an exam, or practicing a side interest or doing sport.

Meditation is a balancing act between attention and relaxation.

—B. Alan Wallace



**“Your mind is for having ideas, not holding them”.**

# 6 GETTING THINGS DONE

by David Allen

If you ever make a mind to read one book about productivity, then grant this book a look. The title of this might not capture your creative imagination but you will find many ways to make the best version through this book in one attempt of reading.

The basic idea behind the Getting Things Done, or GTD, is the thought merely should get all your thoughts and assignments out of your mind so they don't clutter your headspace. To begin with, apply the 2-minute rule. If an assignment takes less than 2 minutes to complete, do it now. If it takes longer, follow this simple five-step method: capture, clarify, compose, reflect, and engage. By following these two principles you'll virtually take control of all ventures and assignments in your life. Sound simple and applicable? That's because it is. Start applying it to school work, leisure activities, and any other ventures right away.

The Art of  
Stress-Free  
Productivity



David Allen

author of *Ready for Anything*

"The personal productivity guru."  
—Fast Company

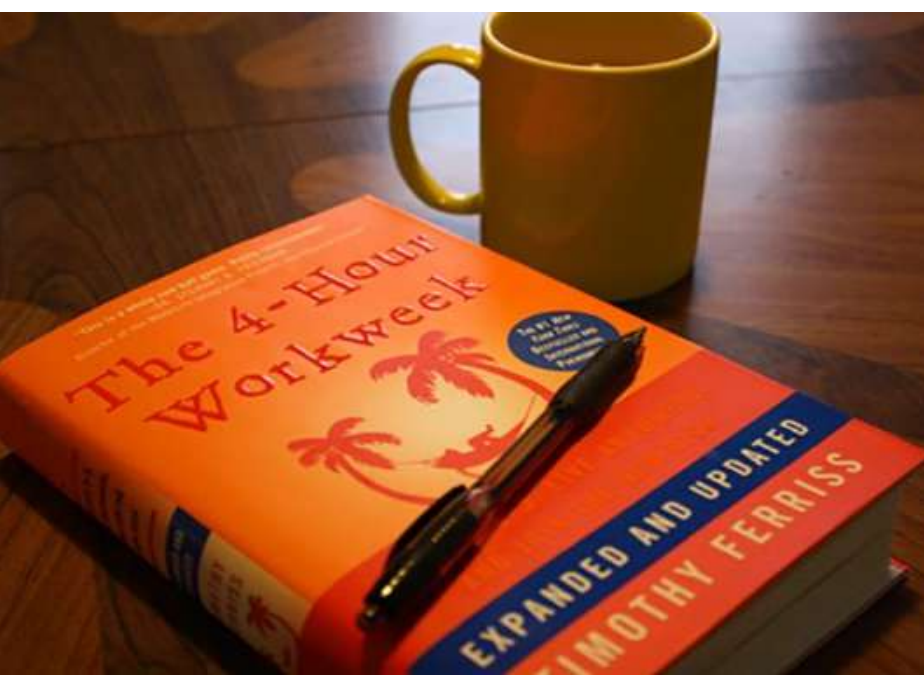


# 7 THE 4-HOUR WORKWEEK

by Tim Ferriss

While the title of this book can be misleading to some degree, there are numerous important lessons to be learned from *The 4-Hour Workweek*. Ferriss wrote how he managed to decrease his working hours to just 4 per week by automating and outsourcing huge chunks of his business, whereas expanding his pay from \$40,000 per year to \$40,000 per month.

**“What we fear doing most is usually what we most need to do.”**



Even if the People who are not interested in becoming an entrepreneur read this book, they will find a path to take complete control of their lives. They will learn how to bring productivity, the concept of lifestyle and how to manage it properly so they don't regret it in future. This book teaches time management, learning techniques and productivity.



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# CALLS FOR UNIVERSITIES TO INVOLVE PARENTS IN STUDENT MENTAL HEALTH CRISIS

There have been questions over whether parents should be told if their child is experiencing mental health issues at university. Universities should aim to enhance how they incorporate family members in mental health support whilst still ensuring that the best interests of students are at the forefront of any decisions made concerning their treatment.



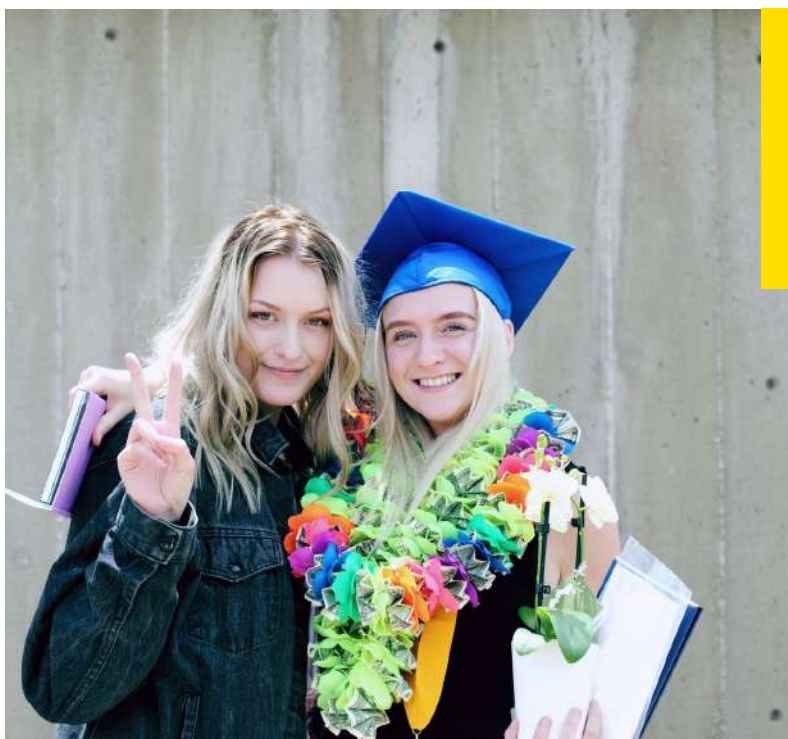
According to a study by the Higher Education Policy Institute (HEPI), 81% of students believe students with significant mental health problems should be helped. 15% of the 81% believed intervention should be used in all scenarios, not just extreme ones.

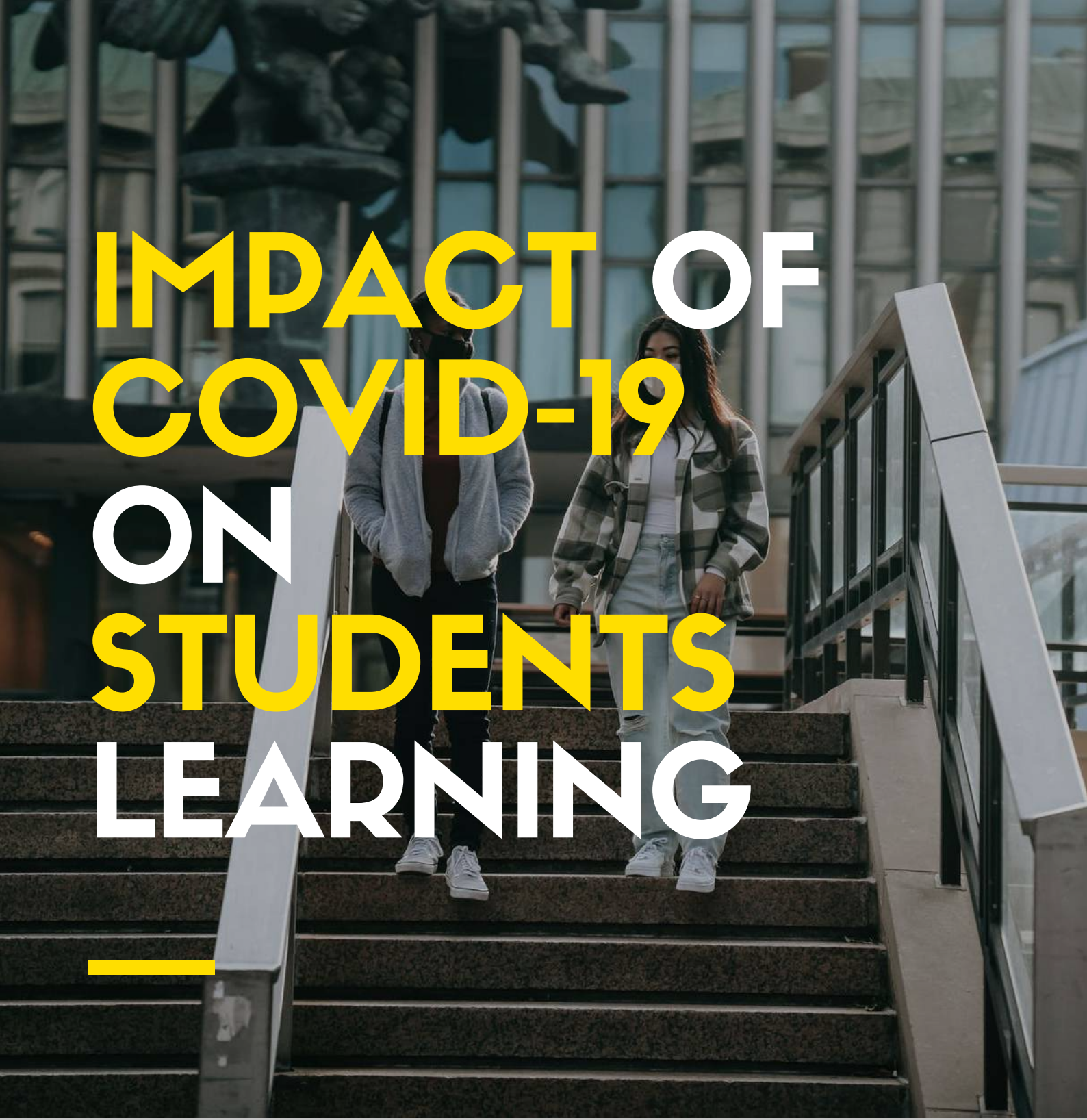
According to the research, 18% of students believe that institutions should not contact students' families in any circumstances. Universities UK (UUK) has indicated that involving students' families could exacerbate the situation and that students have the right to privacy. On building a counseling system for universities, the organization has engaged mental health and legal authorities.



The Department of Education encourages universities to evaluate their current systems in order to improve services. a spokeswoman said, "Universities should aim to enhance how they incorporate family members in mental health support while ensuring that students' best interests are at the center of any decisions concerning their care."

Last year, 16,000 students declared a mental health problem when applying to university – a 19% increase from the year before and double the figure of 2015.





# IMPACT OF COVID-19 ON STUDENTS LEARNING

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The COVID-19 widespread has introduced vulnerability into major angles of national and worldwide society, including for schools. For instance, there's instability around how school closures final spring affected understudy accomplishment, as well as how the fast change of most instruction to a web stage this scholastic year will proceed to influence accomplishment.

Without data on how the virus impacts student learning, making informed decisions about whether and when to return to in-person instruction remains difficult. Even now, education leaders must grapple with seemingly impossible choices that balance health risks associated with in-person learning against the educational needs of children, which may be better served when kids are in their physical schools.



In the midst of all this instability, there's a developing consensus that school closures in spring 2020 likely had negative impacts on student learning. Based on historical learning patterns and earlier research on how out-of-school-time influences learning, we evaluated that students would potentially start fall 2020. The learning gains in reading relative to a typical school year. In mathematics, students were anticipated to appear even smaller learning gains from the past year, returning with less of typical gains. Whereas these and other comparable forecasts presented a grim portrait of the challenges facing students and educators this drop, they were in any case projections. The question remained: What would learning patterns in real information from the 2020-21 school year truly see like?

We can move beyond forecasting and begin to describe what did happen. While the closures last spring left most schools without assessment data from that time, thousands of schools began testing this fall, making it possible to compare learning gains in a typical, pre-COVID-19 year to those same gains during the COVID-19 pandemic. Using information from about 4.4 million students in grades 3-8. We inspected two primary research questions:

**1. HOW DID STUDENTS PERFORM IN FALL 2020 RELATIVE TO AN ORDINARY SCHOOL YEAR?**

**2. HAVE STUDENTS MADE LEARNING GAINS SINCE SCHOOLS PHYSICALLY CLOSED?**





# 1. HOW DID STUDENTS PERFORM IN FALL 2020 RELATIVE TO AN ORDINARY SCHOOL YEAR?

When comparing students' median percentile rank for fall 2020 to those for fall 2019, there is good news to share: Students in grades 3-8 performed similarly in reading to same-grade students in fall 2019. While the reason for the stability of these achievement results cannot be easily pinned down, possible explanations are that students read more on their own, and parents are better equipped to support learning in reading compared to other subjects that require more formal instruction.

# 2. HAVE STUDENTS MADE LEARNING GAINS SINCE SCHOOLS PHYSICALLY CLOSED?

In almost all grades, the majority of students made some learning gains in both reading and math since the COVID-19 pandemic started, though gains were smaller in math in 2020 relative to the gains students in the same grades made in the winter 2019-fall 2019 period.





# THE LONG-TERM IMPACTS OF COVID-19 ARE STILL OBSCURE

Our data show an encouraging picture in some ways: In reading, students in fall 2020 achieved achievement percentiles that were similar to those of same-grade students in fall 2019, and almost all grades saw some learning gains since the COVID-19 pandemic began. Student achievement was lower than the pre-COVID-19 performance by same-grade students in fall 2019, and students showed lower growth in math across grades 3 to 8 relative to peers in the previous, more typical year. Schools will need clear local data to understand if these national trends are reflective of their students. Additional resources and supports should be deployed in math specifically to get students back on track.

We now have a much better understanding of the pandemic's effects on student learning. We learned that there is still work to be done to help many students get back on track in math and that the long-term effects of COVID-19 on student learning, especially in underserved communities, are unknown.

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