

IAO

JULY 31, 2021

ACCREDITOR

FEATURED

HOW TO TEACH JULY 4 FACTS AND HISTORY TO KIDS OF ALL AGES

- Visit a historical site
- Read all about it
- Turn kids into patriots
- Do an activity together

EXCLUSIVE

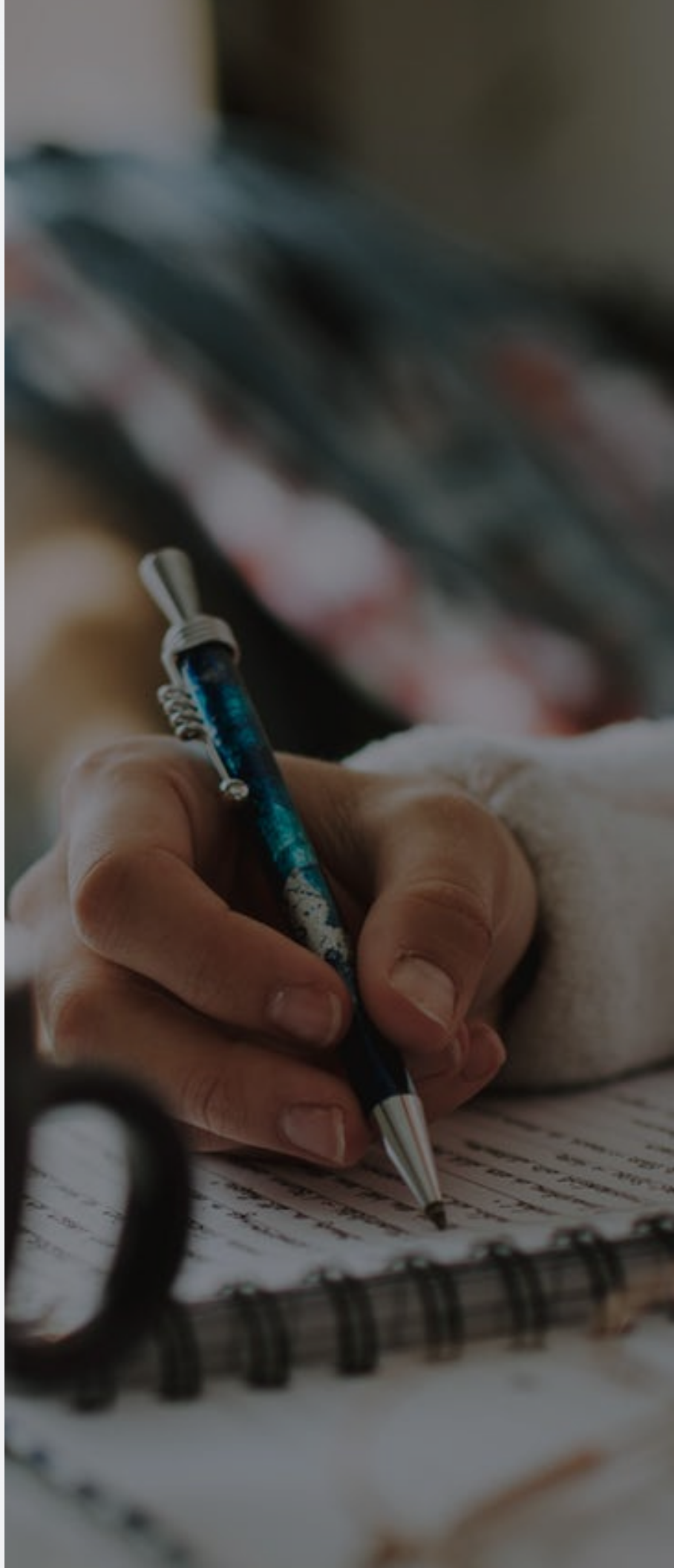
REMOTE STUDENTS OF ALL RACES

HOW TO BECOME A MORE EFFECTIVE LEARNER

EDITOR'S NOTE

Are you noticing your kids just waiting for July to have some hot dogs, barbecue and parties instead of getting into understanding the worth of the day and history behind the Independence Day? So it's high time to inculcate new generation with short-term ideas which will lead them to long term effective results for the country.

In this month's magazine, a thriving gap had been discussed in the students who had remotely been in the tenure of a pandemic, and another article had been added for the students who don't have time to take out most educational value in the time they have available. IAO's team never disappoints their readers and always gives applicable information which can make the reader's life easy.



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HOW TO TEACH JULY 4 FACTS AND HISTORY TO KIDS OF ALL AGES

July 2021

CELEBRATE AMERICA'S BIRTHDAY



AMERICA TRADITIONALLY CELEBRATES ITS BIRTHDAY WITH FLAGS, FIREWORKS, PARADES AND BARBECUES. HOW ARE KIDS GOING TO LEARN THE REAL MEANING BEHIND INDEPENDENCE DAY?

For younger children, describe July Fourth as the nation's birthday, said Mary Eames Ucci, education director of the Wellesley College Child Study Center. Tell them the parade, fireworks and hot dogs are for the celebration.

"As children get older, they can begin to understand what independence means," she said. "When you become independent, you get a lot of freedom but you also get a lot of responsibility."


Make it an annual ritual for kids spend a few minutes thinking about and then discussing the contributions they want to make to their country – and to the world, said Debra Condren, a psychologist and mom.

ANNUAL



RITUAL

"Help them come up with age-appropriate ideas for short-term, intermediate and long-term ways they can give back," she said.



IN THIS TEMPLE
AS IN THE HEARTS OF THE PEOPLE
FOR WHOM HE SAVED THE UNION
THE MEMORY OF ABRAHAM LINCOLN
IS ENSHRINED FOREVER

VISIT A HISTORICAL SITE

If you live on the Eastern Seaboard, you probably have a Revolutionary War battlefield nearby, said Brandon Marie Miller, author of "George Washington for Kids." Look one up here.

For families who aren't close to a historical site (or whose nearby sites are closed), she suggests online trips. Try the virtual tour at the web site of Valley Forge National Historical Park in Pennsylvania. It's where the Continental Army set up camp. The site has podcasts for kids ages 8 to 12 covering the significance of 10 locations in the park, along with lessons and activities spanning other aspects of the American Revolution.



George Washington's Mount Vernon Estate and Gardens has a virtual tour of the first president's home, memory games to learn about the archaeology of the estate and jigsaw puzzles that include a portrait of Washington.



From underneath an aged oak,
That slanted from the islet rock,
A Damsel glider of its way,
A little skiff shot to the bay.

Page 203.

How blithely might the bugle-horn
Chide, on the lake, the lingering morn !
How sweet, at eve, the lover's lute,
Chime, when the groves are still and mute !
And, when the midnight moon should lave
Her forehead in the silver wave,
How solemn on the ear would come
The holy matins' distant hum,
While the deep peal's commanding tone
Should wake, in yonder islet lone,
A sainted hermit from his cell,
To drop a bead with every knell—
And bugle, lute, and bell, and all,
Should each bewildered stranger call
To friendly feast and lighted hall.

XVI.

"Blithe were it then to wander here !
But now,—beshrew yon nimble deer,—
Like that same hermit's, thin and spare,
The corpse must give my evening fare ;
Some mossy bank my couch must be,
Some rustling oak my canopy.
Yet pass we that ;—the war and chase
Give little choice of resting-place ;
A summer night, in green-wood spent,
Were but to-morrow's merriment ;—
But hosts may in these wilds abound,
Such as are better missed than found :
To meet with Highland plunderers here
Were worse than loss of steed or deer.—
I am alone ;—my bugle strain
May call some straggler of the train ;
Or, fall the worst that may betide,
Ere now this falchion has been tried."

XVII.

But scarce again his horn he wound,
When lo ! forth starting at the sound,
From underneath an aged oak,
That slanted from the islet rock,
A Damsel glider of its way,
A little skiff shot to the bay,
That round the promontory steep
Led its deep line in graceful sweep,
Eddying, in almost viewless wave,
The weeping willow twig to lave,
And kiss, with whispering sound and slow,
The beach of pebbles bright as snow.
The boat had touched the silver strand,
Just as the Hunter left his stand,
And stood concealed amid the brake,
To view this Lady of the Lake.
The maiden paused, as if again
She thought to catch the distant strain,

There are many wonderful children's books about the Fourth of July, said Amy McClure, professor of children's literature at Ohio Wesleyan University.

She recommends "The Story of America's Birthday" by Patricia A. Pringy for babies to preschoolers, and "O, Say Can You See? America's Symbols, Landmarks, And Important Words" by Sheila Keenan for kids ages 4 to 8.

"Any opportunity parents can have to engage children in reading over the summer can only benefit children," McClure said. "You can make reading relevant and connect it to an exciting event in their lives."

READ
ALL
ABOUT
IT



TURN KIDS INTO PATRIOTS

Tell kids they can have a weeklong party with something special happening every day, said Jen Singer of MommaSaid.net, an online community for moms. Let them plan each day's events, allowing them to get excited about the party.

But then impose rules, such as they can only eat carrots – no ice cream – and they can only play inside. When they get upset about the rules, explain that's how the patriots felt when England made rules and imposed taxes on Americans.

Use books and videos to explain the Revolution and Independence Day. Then let them have their party and ice cream.





Make a quill pen by shaping a point at the end of a feather and dipping it into a bottle of ink, Miller said. It will give kids an idea of what the Declaration of Independence was written with — and kids like the scratching noise, she said.

They can also make hasty pudding, which was a staple in the 18th century and mentioned in the song "Yankee Doodle." Other activities include designing a recruiting poster for Washington's army or learning to dance a minuet, an 18th-century dance.

Let your child send e-cards to family members passing along a fact about July Fourth. Have them start a journal of what they do for the holiday each year, said James Heintze, a librarian emeritus at American University.

DO AN ACTIVITY TOGETHER





REMOTE STUDENTS OF ALL RACES

INCOMES SUFFERED DURING PANDEMIC

Researchers found that the 'thriving gap' hit students universally who learned remotely during the pandemic.

Academic achievement gaps and social and emotional learning loss are all major concerns spiraling out of the coronavirus pandemic, especially for low-income students and students of color. Now parents, teachers and policy makers can add one more to that list of concerns: The "thriving gap."

A new study shows the combined impact of academic, social and emotional learning loss among high school students who learned remotely last year compared to those who attended school in person, coining the term thriving gap to characterize the negative repercussions that were nearly universal among all who learned remotely.

"Many news stories have reported on individual stories of teenagers who have suffered from anxiety,





depression and other mental health challenges during the pandemic," says Angela Duckworth, a professor at the University of Pennsylvania, founder and CEO of Character Lab and lead of author of the new study published Wednesday in Educational Research, the peer-reviewed journal of the American Educational Research Association.

"This study gives some of the first empirical evidence of how learning remotely has affected adolescent well-being," she says.

low-income students and students of color.

The adverse effects were not enormous in magnitude, but the researchers underscore that the fact that they found the thriving gap consistent across gender, race, ethnicity and socioeconomic status means that it impacted millions of students.

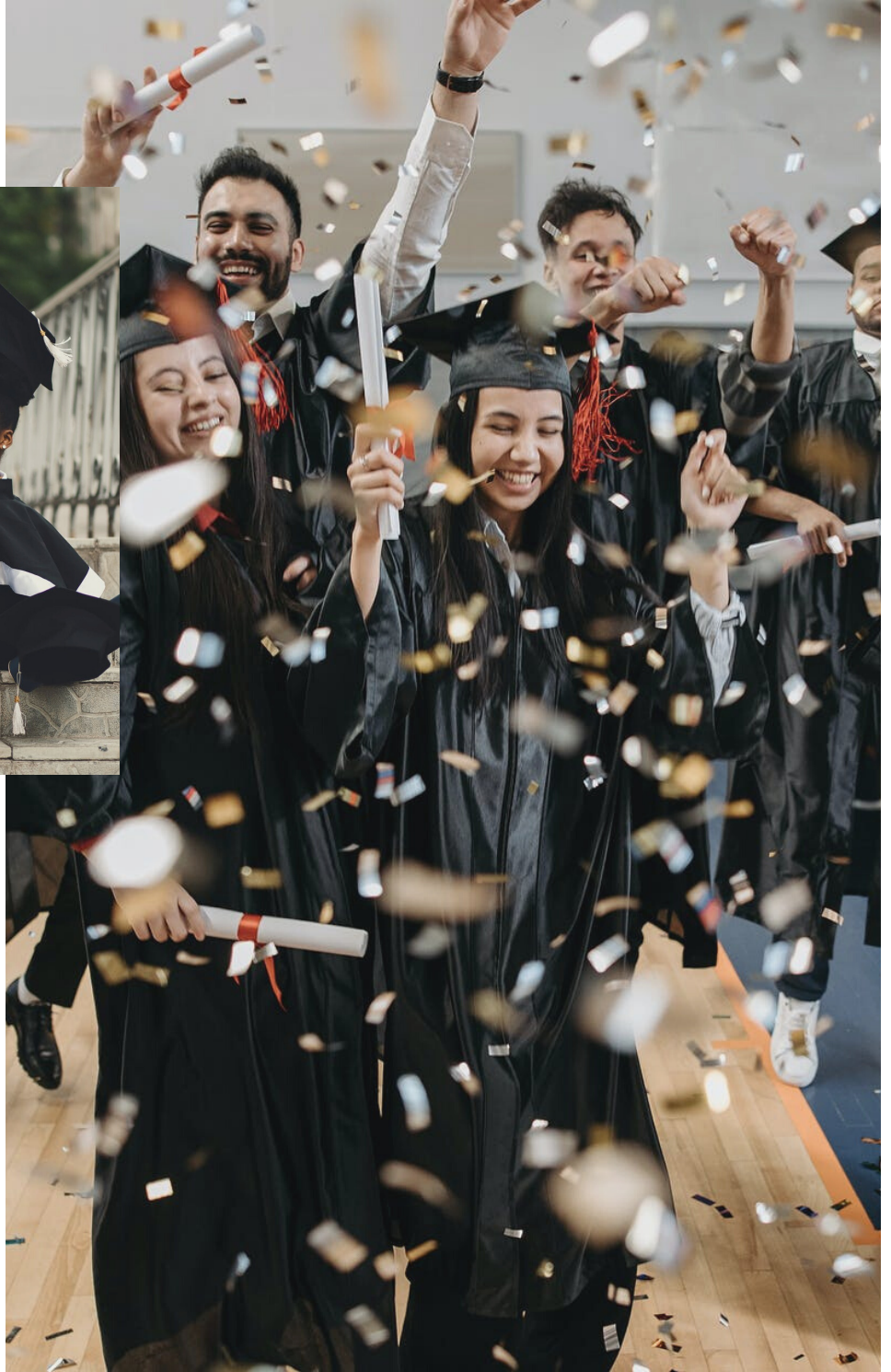
"As policymakers gear up for national tutoring and remediation programs, which we agree are urgent priorities, we must recognize that our nation's students are not just lagging as

The new research shows that high school students who attended school remotely during the COVID-19 pandemic suffered socially, emotionally and academically compared with those who attended in person, which seems obvious enough on its face.

But what the new study unearthed that's notable is that for high school students who learned remotely, the thriving gap was universal, hitting middle- and upper-income students just as much as it impacted

performers, they are suffering as people," says Duckworth. "Meeting their intrinsic psychological needs – for social connection, for positive emotion, and authentic intellectual engagement – is a challenge that cannot wait."

The data come as schools across the country plan to welcome back to classrooms full time millions of students who haven't been in person consistently for over a year. And it sheds light on a segment of students – high schoolers – about whom policymakers have very little information.

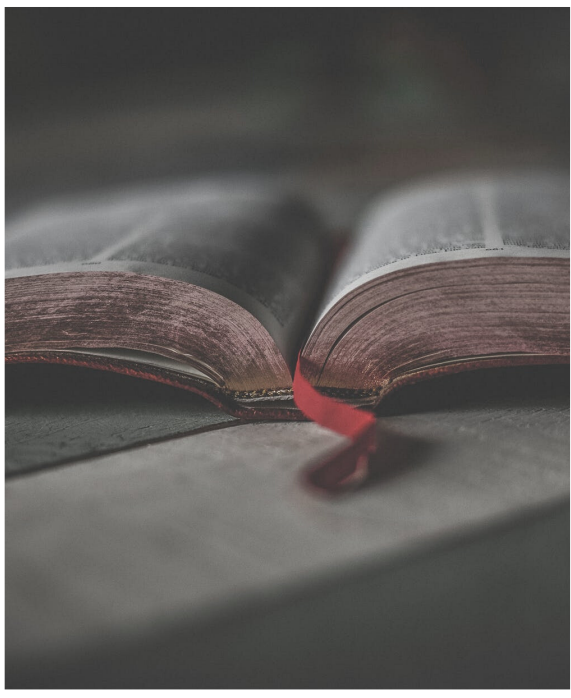


Until the end of the 2020-21 school year when many high school students became eligible for COVID-19 vaccines, they were the most difficult to return to in-person learning because of how often they shuffle from one class to the next, making frequent sanitization and social distancing close to impossible.

It's estimated that the vast majority of the country's high school students learned remotely last school year.

With the new school year just weeks away for the earliest opening districts and the updated school reopening guidance from the Centers for Disease Control and Prevention, Education Secretary Miguel Cardona is making a full court press to push school districts to return all students to classrooms for in-person learning.

"I expect all schools across the country to give students full-time schooling five days a week in the fall," he said recently in an interview on ABC News. "Students learn best in the classroom. I think they've suffered enough through the pandemic. It's on us now to make sure we're doing what we need to do to make sure we're getting them safely in the classroom."



HOW TO BECOME A MORE EFFECTIVE LEARNER

If you are like many students, your time is limited so it is important to get the most educational value out of the time you have available. Speed of learning is not the only important factor, however. Students need to be able to accurately remember the information they learn, recall it at a later time, and utilize it effectively in a wide variety of situations.

Becoming an effective and efficient student is not something that happens overnight, but putting a few of these tips into daily practice can help you get more out of your study time.

01

MAKE USE OF MEMORY IMPROVEMENT BASICS

There are a number of different things that you can do to improve your memory. Basic tips such as improving your focus, avoiding cram sessions, and structuring your study time are a good place to start, but there are even more lessons from psychology that can dramatically improve your learning efficiency.

02

KEEP LEARNING (AND PRACTICING) NEW THINGS

One sure-fire way to become a more effective learner is to simply keep learning. In one article published in Nature, it was reported that people who learned how to juggle increased the amount of gray matter in their occipital lobes, the area of the brain is associated with visual memory. When these individuals stopped practicing their new skill, this gray matter vanished.

So, if you are learning a new language, it is important to keep practicing the language in order to maintain the gains you have achieved.



This "use-it-or-lose-it" phenomenon involves a brain process known as "pruning." Certain pathways in the brain are maintained, while others are eliminated. If you want the new information you just learned to stay put, keep practicing and rehearsing it.

03

LEARN IN MULTIPLE WAYS

Another one of the best ways to learn is to focus on learning in more than one way. Instead of just listening to a podcast, which involves auditory learning, find a way to rehearse the information both verbally and visually. This might involve describing what you learned to a friend, taking notes, or drawing a mind map. By learning in more than one way, you're further cementing the knowledge in your mind.

According to researcher Judy Willis, "The more regions of the brain that store data about a subject, the more interconnection there is. This redundancy means students will have more opportunities to pull up all of those related bits of data from their multiple storage areas in response to a single cue. This cross-referencing of data means we have learned, rather than just memorized."

04

TEACH WHAT YOU'VE LEARNED TO ANOTHER PERSON

Educators have long noted that one of the best ways to learn something is to teach it to someone else. Remember your seventh-grade presentation on Costa Rica?



By teaching to the rest of the class, your teacher hoped you would gain even more from the assignment.

You can apply the same principle today by sharing your newly learned skills and knowledge with others.

Start by translating the information into your own words. This process alone helps solidify new knowledge in your brain. Next, find some way to share what you've learned.

Some ideas include writing a blog post, creating a podcast, or participating in a group discussion.

05

USE PREVIOUS LEARNING TO PROMOTE NEW LEARNING

Another great way to become a more effective learner is to use relational learning, which involves relating new information to things that you already know.

For example, if you are learning about Romeo and Juliet, you might associate what you learn about the play with prior knowledge you have about Shakespeare, the historical period in which the author lived, and other relevant information.

06

GAIN PRACTICAL EXPERIENCE

For many students, learning typically involves reading textbooks, attending lectures, or doing research in the library or online. While seeing information and then writing it down is important, actually putting new knowledge and skills into practice can be one of the best ways to improve learning.

If you are trying to acquire a new skill or ability, focus on gaining practical experience.



If it is a sport or athletic skill, perform the activity on a regular basis. If you are learning a new language, practice speaking with another person and surround yourself with language-immersion experiences. Watch foreign-language films and strike up conversations with native speakers to practice your budding skills.

07

LOOK UP ANSWERS RATHER THAN STRUGGLE TO REMEMBER

Of course, learning isn't a perfect process. Sometimes, we forget the details of things that we have already learned. If you find yourself struggling to recall some tidbit of information, research suggests that you are better off simply looking up the correct answer.

One study found that the longer you spend trying to remember the answer, the more likely you will be to forget the answer again in the future. Why? Because these attempts to recall previously learned information actually results in learning the "error state" instead of the correct response.

08

UNDERSTAND HOW YOU LEARN BEST

Another great strategy for improving your learning efficiency is to recognize your learning habits and styles. There are a number of different theories about learning styles, which can all help you gain a better understanding of how you learn best.



The concept of learning styles has been the subject of considerable debate and criticism, but many students may find that understanding their learning preferences can still be helpful.

09

USE TESTING TO BOOST LEARNING

While it may seem that spending more time studying is one of the best ways to maximize learning, research has demonstrated that taking tests actually helps you better remember what you've learned, even if it wasn't covered on the test.

The study revealed that students who studied and were then tested had better long-term recall of the materials, even on information that was not covered by the tests. Students who had extra time to study but were not tested had significantly lower recall of the materials.

10

STOP MULTITASKING

For many years, it was thought that people who multitask (perform more than one activity at once) had an edge over those who did not. However, research now suggests that multitasking can actually make learning less effective.

In the study, participants lost significant amounts of time as they switched between multiple tasks and lost even more time as the tasks became increasingly complex.



By switching from one activity to another, you will learn more slowly, become less efficient, and make more errors.

How can you avoid the dangers of multitasking? Start by focusing your attention on the task at hand and continue working for a predetermined amount of time.



A WORD FROM VERY WELL

**BECOMING A MORE EFFECTIVE
LEARNER CAN TAKE TIME, AND IT
ALWAYS TAKES PRACTICE AND
DETERMINATION TO ESTABLISH
NEW HABITS. START BY FOCUSING
ON JUST A FEW OF THESE TIPS TO
SEE IF YOU CAN GET MORE OUT OF
YOUR NEXT STUDY SESSION.**

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