



BHES Update

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President's Message



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In May 2014, Jeffrey Clausen, M.S. will have been with BHES for 5 years. During that time, he has gone from working just a few hours weekly to seeing patients full-time in all three of our offices. His combination of an excellent knowledge of counseling theory, over a decade of clinical experience and a genuine compassion for those he treats makes him very valuable to BHES. Thank you for all you bring to our practice.



In January 2014, we hired Julia Wood and Jessica Banta as Administrative Assistants. They work in our New Lenox and Plain-

field offices and are welcomed additions to BHES. So far, they have demonstrated a positive and friendly attitude and a good enthusiasm for their work. We look forward to having a long working relationship with both of them.

Also, we are expanding our psychiatric staff across all three offices; Drs. Susan, Pyatetsky, Soo Mi Lee and Semone West will soon be joining BHES. We are still working out the details regarding their specific hours, days and locations, and that should be finalized in the near future. We look forward to having these new and accomplished psychiatrists join BHES.

Think Warm!!!!



Overcoming Test Anxiety

Education
is not
received.
It is
achieved.

-Albert
Einstein

This is the time of year when students from kindergarten to high school are taking standardized tests. Most students experience some anxiety while taking these exams and research suggests a moderate amount of anxiety before an exam is optimal. However, when anxiety becomes too high and affects exam performance it has become a problem. There are many ways to help a student reduce his/her test anxiety.



General Preparation:

Time should be scheduled during the day to prepare for tests. Schedule study time for the same time each day. Put dates for tests on a calendar to help avoid procrastination or forgetfulness.

Organization:

Organize the information that will be on the test. Use a binder or folder system to file exam study materials. Make a checklist of the covered topics. Plan to study for a few days/weeks before the exam date. Most students are not successful “cramming” test information the night before.

Build Confidence:

Approach the exam with confidence. There are a variety of strat-

egies to improve a student’s confidence. One strategy is positive self-talk which involves making positive comments to yourself when thinking about something. When preparing for an exam, tell yourself phrases like “you can do this”, “I remember that” and “don’t give up”.

Physical Health:

Use exercise to relieve stress. Make sure you get a good night’s sleep before the day of the test. Eat a filling breakfast on the day of the test. Bring a snack and fluids to the exam if allowed.

Test Taking Techniques:

Read the directions carefully. Don’t panic and/or rush through the test; you won’t receive extra points for finishing first. Use all the time for each section of the test. Keep track of time by using a watch with a stopwatch feature. Answer all of the easy questions first and then go back to the more difficult questions. Try to relax by taking slow, long, deep breaths.

Remember, beating test anxiety is like any other skill. It takes practice and preparation.



ACT Test Preparation

In Illinois, all juniors will take the ACT test in April 2014. As with last year, students will not be given the writing portion of the ACT test in school. Students applying to colleges that require the writing section of the test will have to take it to be admitted to those colleges. Students can take the ACT test multiple times and colleges will consider the student's highest scores across all tests taken.



BHES' ACT Preparation For The June 14, 2014 Test

- This Small Group course meets twice a week for four weeks for 2 1/2 hours per session (20 classroom hours)
- This Small Group course is limited to 9 students
- Small Group tuition is \$500.00: **50% Discount when registered by May 6, 2014 for the June 14, 2014 Test**
- If you register three or more students **at the same time**, each registrant receives an additional **\$25.00 Discount**
- Individual ACT Study tuition is \$600 (a total of 16 one-on-one hours)
- For additional information or to register, check out our ACT Preparation page on our website at www.bhes.us/act_preparation.html

Next Plainfield Course

Class	Day	Time	Start Date
2014S-01	Tuesday-Thursday	6:30-9:00 pm	Tuesday May 13th

Chicago and New Lenox Courses

For information on Small Group ACT courses at our Chicago and/or New Lenox offices or Individual ACT Study at any of our offices, contact Liz Brucker at bhes-liz@sbcglobal.net.

Making A Purpose In Life

To reach a goal you have never before attained, you must be willing to do things you have never before done.

Unknown

Many people struggle to make a purpose in life. This can lead to experiencing depressed mood, nervousness, decreased self-esteem and self-confidence, a sense of hopelessness, decreased energy, and motivation and sleep and appetite problems.



One way to make a purpose in life is to set goals for yourself and then actively work to achieve them.

When choosing goals, they should be relevant to you, attainable and measurable. They only need to be meaningful and rewarding to you.

It is usually best to set short-term (1 to 3 months), medium-term (3 to 9 months) and long-term (more than 9 months) goals. For each goal level, decide what your reward will be when you accomplish it; the reward should grow in significance as the goal gets harder to achieve and does not have to be financial in nature.

The reasons for setting multiple goal levels are: 1) continuously having something to work towards; 2) allowing for an ongoing sense of accomplishment and 3) setting an overall roadmap for your life. Some goals will take a week, while others a lifetime. Also, it can help to break down complex goals into multiple shorter goals.



When you're working towards, and making progress towards your goals, you will likely feel more optimistic, upbeat, energetic and have an overall sense of purpose and pride. Goals can be simple and basic, as well as far-reaching. It's often not only achieving a goal that is rewarding, but also the excitement of what you experience along the way.



BHES' SUMMER EDUCATION PROGRAMS

Our Summer Education Programs develop your child's skills in all subject areas and are fully customizable. We offer programs for students in Pre-K through 12th grade; both individual and small groups; we have programs for each grade level and for students with and without special learning needs. They typically begin in June and last 6 weeks.

Our Summer Education Programs include:

- ◆ **The Write Way**-Formal Essay Writing, Creative Writing, Graphic Organizers
- ◆ **Fun With Phonics**-Letter-Sound and Correspondence, Word Families, Phonetic Rules and Phonological Awareness
- ◆ **Comprehension Catch-Up**-Comprehension Skills, Main Idea, Inferencing and Drawing Conclusions
- ◆ **Math Attack**-Addition, Subtraction, Multiplication, Division, Problem Solving, Time, Money and Place Value
- ◆ **Middle School Math**-Pre-Algebra, Problem Solving, Fractions, Decimals, Geometry
- ◆ **High School Math**-Algebra, Geometry and Algebra-II
- ◆ **High School Science**-Biology, Chemistry and Physics

For additional information regarding our Summer Education Programs or to register your child, please contact Liz Brucker at BHES-Liz@sbcglobal.net



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