



# BHES Update

Volume 3, Issue 2

January 2014

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## President's Message



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### New Lenox

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New Lenox, IL 60451

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In December, 2013, Kim Ginn resigned her position of Office Manager to spend more time with her family. She was very helpful in getting the Chicago and New Lenox offices opened and organized. Her positive and sincere attitude will be missed and we wish her the best of luck and enjoyment in life.

In February, 2014, Dr. Elisa Bell will be leaving BHES for other professional pursuits. She began seeing patients in the Plainfield office and then transitioned to the Chicago office after about one year. She brought enthusiasm and excellent clinical care to her patients and she added much to BHES. Her presence at BHES will be missed and we wish her the best in her next journey.



BHES would like to welcome two new psychiatrists: Dr. Marcialee Ledbetter, M.D. and Dr. Traci D'Almeida, M.D.

Dr. Ledbetter recently relocated to the Chicago area from Oklahoma. She treats children through adults and has a wide range of clinical experiences. She will be treating patients in our Chicago office.

Dr. D'Almeida will be relocating to the Chicago area from Pennsylvania. She treats adults and also brings with her a wide range of clinical experiences. She will be treating patients in our Chicago office.

Both providers will begin seeing patients once they are added as in-network providers with the various insurance companies we accept.

## Common Core Standards

*The main part of education is not the acquisition of facts, but learning how to make facts live.*

*-Oliver Holmes*

If you have not heard of the Common Core Standards and you have a child in school, you will. By the 2014-15 school year, every school in the state of Illinois will be implementing the Common Core Standards at all grade levels. It has been over 15 years since the state has developed new education standards. In 2010, the state adopted the Common Core Standards for English Language Arts and Mathematics and a number of schools have already made curriculum changes. The standards for other subjects have yet to be approved by the state legislators.

**EVERY CHILD IS UNIQUE.**  
COMMON CORE EDUCATION STANDARDS  
PUT EACH CHILD INTO **ONE MOLD.**



The standards have been adopted in over 40 states and are designed to help students in every state receive the same basic education from kindergarten through 12th grade. The goal of these standards is to prepare students for success in college and the future workforce .

The Common Core Standards were developed to improve the education of the students in the United States. In many different studies, our country has ranked significantly below other developed countries

in math, reading and science. Even our highest performing students still fall short of students in other countries.

The new standards require students to learn fewer key concepts per grade level, but at a deeper level of understanding. Students will be asked to apply the knowledge rather than to simply memorize facts. Application is just as important as the content.



Along with the standards, state wide standardized testing will be changing as well. The ISAT tests have been changed to reflect the new standards adopted for reading and math.

For further information, please see the following websites:

[www.commoncoreil.org](http://www.commoncoreil.org)

[www.isbe.net/common\\_core/](http://www.isbe.net/common_core/)

[www.get2core.org](http://www.get2core.org)

[www.cue.org](http://www.cue.org)

[www.corestandards.org](http://www.corestandards.org)



## ACT Test Preparation

In Illinois, all juniors will take the ACT test in late April 2014. As with last year, students were not given the writing portion of the ACT test in school. Students who are 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



### BHES' ACT Preparation (Small Group or Individual Study)

- Small Group courses meet once a week for eight weeks (a total of 20 classroom hours)
- Small Group courses are limited to 10 students
- Small Group tuition is \$500.00: **50% Discount if registered by February 3, 2014 for the April 12, 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 page on our website at [www.bhes.us/act\\_preparation.html](http://www.bhes.us/act_preparation.html)

### Plainfield Courses

Class	Day	Time	Start Date
2014W-02	Monday	6:30-9:00 pm	Monday, February 10th
2014W-03	Tuesday	6:30-9:00 pm	Tuesday, February 11th
2014W-04	Wednesday	6:30-9:00 pm	Wednesday, February 12th
2014W-05	Thursday	6:30-9:00 pm	Thursday, February 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](mailto:bhes-liz@sbcglobal.net).

## Owning Our Decisions

*The willingness to accept responsibility for one's own life is the source from which self-respect springs.*

**-Joan Didion**

Often, one of the most difficult things for people to do is to accept full responsibility for their decisions and actions. This is demonstrated daily in many different scenarios.

Two of the main culprits which get in the way of people making good decisions and then taking full responsibility for their decisions are Thinking Errors and Tactics.

A Thinking Error is something one says to him/herself to give him/herself permission to do something he/she knows he/she should not do.

For example, most people believe in following the laws of the land. However, virtually everybody drives faster than the posted speed limit (a law of the land) every time they drive fully knowing they are breaking a



law. Interestingly, when pulled over by the police, few people openly and immediately tell the police officer they know they were speeding and

then ask him/her to issue the speeding ticket; accepting full responsibility.

So, why do people allow themselves to drive faster than the speed limit and then to deny or avoid responsibility when they get caught? The first psychological mechanism involved is the Thinking Error.

Here are some examples of how it usually works: you feel in a rush; you get a late start; a traffic accident has made your trip longer than normal, or you simply want to drive faster than the speed limit.



Next, in order to give yourself permission to drive faster, you start telling yourself: "I'm only driving XX MPH over the speed limit"; "Everybody's driving as fast or faster than me; "I'm really late, so I don't have a choice"; "Speed limits are arbitrary, so they don't really matter"; or "I'm better than the law, so I can drive as fast as I want".

By thinking these comments to yourself, you convince your-

### BHES Summer Programs:

Our programs, individualized and small groups, are designed to develop skills in all subject areas for students in Pre-K through 12th grade. Classes begin in June and are typically 8 weeks long; they also can be customized to meet your child's needs. Additionally, we develop programs for students with and without special learning needs.

**Call today or visit [WWW.BHES.US](http://WWW.BHES.US) for more information!!!**

## Owning Our Decisions Continued

self you're making a good decision or that you won't get caught, and that allows you to drive faster and break the speed limit; it also opens you up to legal consequences if you get caught.

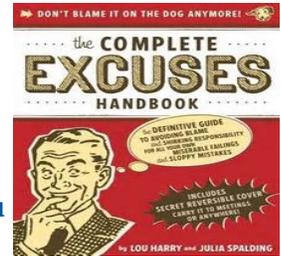


So, what happens after you get pulled over by the police that stops you from just accepting your ticket? This is where Tactics come in to play. A Tactic is something one does to get the focus off of oneself and onto somebody or something else in order to avoid taking responsibility for something he/she did.

In the listed scenario, this often involves telling the police: "I didn't realize I was speeding"; "I'm really late for a meeting"; "Why'd you pull me over when everyone else was driving faster than me?"; "Your equipment must not be working properly"; or "I was only speeding a little."

Each listed comment shifts the focus off your speeding and onto

something or someone else and allows you to not take full responsibility for your actions.

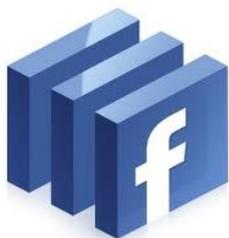


Obviously, the listed example tends to not result in significant negative consequences other than in you paying a ticket and/or higher insurance rates. But, when people regularly use Thinking Errors and Tactics in more meaningful and potentially damaging areas of their lives, those choices can be very costly.

When we use Thinking Errors and Tactics to make poor decisions, deceive others, and/or remain in denial of our own inappropriate behaviors, the costs can be devastating; relationships, employment and dignity can be lost. So, when making decisions, do your best to be aware of the Thinking Errors and Tactics you are using and be responsible for your choices before they end up costing you a lot in life.

*Everyone has to make their own decisions. I still believe in that. You just have to be able to accept the consequences without complaining.*

*-Grace Jones*



You can receive updates on BHES' services by Liking BHES from BHES' website

[www.bhes.us](http://www.bhes.us)

Just click on the like button on BHES' website

