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# BHES Update

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

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## President's Message



BHES has recently experienced some changes within our administrative staff.



After just over one year, Andrea Kutcher is moving back to Tennessee as her husband pursues a new job and as she gets closer to family. Her work at the Plainfield office was greatly appreciated and her dedication, loyalty, work ethic and friendly attitude were definitely assets to BHES that will be missed. I speak for everybody at BHES

in wishing Andrea the very best in her next adventure in life.



As with all endings, there are often new beginnings. Since January 2013, BHES has added new Administrative Assistants to the Plainfield office; Marybeth James, Syreeta Slappey and Sehar Suri have joined BHES. We want to warmly welcome them into BHES and hope they have a rewarding experience with our practice.

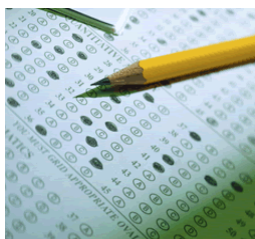
## ACT Test Taking Tips



Many students feel moments of anxiety when taking an important test like the ACT. A moderate level of stress or anxiety can help to motivate students to prepare for tests; however too much or not enough stress can be detrimental. Here are some strategies to use while preparing for the ACT test.

1. **Days before the test:**  
Review the test and its directions. For the ACT math and English sections, make note cards of math formulas and English grammar rules. By listing formulas and rules, you are studying the material on the test.
2. **The day before the test:**  
Prepare your body by exercising to release tension. Follow your normal routine. Go to bed like it was a regular school night.
3. **The morning of the test:**  
Follow your normal eating habits. Before arriving to the test, complete some practice problems. This “wakes up” your brain to prepare you for the test like an athletic warm-up. That way the first problem you do does not count.
4. **At the test:**  
The test will last 3 1/2 hours. Wear comfortable

ACT and SAT scores are one of the most important indicators of success in college course work.



clothes and bring a snack. Arrive at the testing center early to avoid the stress of finding your classroom. There will be a break so bring music or a book.

### 5. At your desk:

Relax by sitting up straight in the desk. Take a few breaths before the test is handed out. Take five seconds to inhale, hold the breath for one to two seconds and then exhale for five seconds. Stretch your arms by extending your arms behind your back clasping your fingers. Flex and point your feet.

### 6. Taking the test:

Be aware of the time. Keep a watch on your desk or look at the clock in the testing room. You should only spend nine minutes for each English passage, one minute for each math problem, nine minutes for each reading passage and five minutes per each science passage. If you run out of time, bubble in an answer as there is no penalty for guessing.

### 7. You're done:

When the test is done, do not think about it. The scores will be available online in 2 weeks or less. If your score needs improvement, sign-up for another ACT test date.



## April 13, 2013 ACT Test

In Illinois, all juniors will take the ACT test in late April, 2013. As with last year, students will not be given the writing portion of the ACT test in school. Students applying to colleges for fall 2013 that require the writing section 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 (Small Group or Individual Study)

- Small Group courses meet twice a week for four weeks
- Small Group courses are limited to 12 students
- Small Group tuition is \$500 **50% Discount if registered by May 2nd, 2013**
- If you register three or more students at the same time, each registrant receives an additional **\$25 Discount**
- Individual Study tuition is \$600
- For additional information, check out our ACT page on our website

### Plainfield Course

Class	Day	Time	Start Date
2013S-03	Tuesdays and Thursdays	6:30-9:00 pm	Thursday, May 9th

### Chicago and New Lenox Courses

For information on Small Group or Individual Study ACT courses at our Chicago and New Lenox offices, please contact Liz Brucker at [bhes-liz@sbcglobal.net](mailto:bhes-liz@sbcglobal.net).

## What's hiding under anger?

Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it.

**Seneca.**

Emotions are often not as straight forward as they may appear to be. This is especially true when it comes to anger. Although emotions are never “wrong” or “right”, they often have different psychological functions or purposes.

One distinction between emotions is whether they are primary or secondary emotions.

Primary emotions are the initial emotions a person experiences. In unpleasant or difficult circumstances they are often short-lived and possibly not even detected; primary emotions often include feeling sad, disappointed, weak, vulnerable, insecure, embarrassed, etc.

A secondary emotion is an emotion which presents itself after the primary emotion and it has the specific purpose of helping us avoid

feeling or experiencing the primary emotion. Focusing on the secondary emotion allows us to avoid the pain, humiliation, disappointment and/or discomfort we would feel if we focused on the primary emotion; it defends us from feeling down about ourselves or others.



Anger is typically a secondary emotion and therefore it exists to distract us from the emotional pain or discomfort of the primary emotion. Anger usually shifts our focus off of ourselves and onto someone or something else; however, we also can get angry with

## BHES' New Providers

### Behavioral Health Providers

**Michelle Frank, Psy.D.**, a Licensed Clinical Psychologist (pending Illinois board approval), will be joining BHES in the coming months once she receives her license to practice in Illinois. She provides psychological testing and psychotherapy for children, adolescents and adults and will be primarily working out of the Chicago office. She has been practicing in Florida, but she has returned to the Chicago area and is starting to develop her professional network here.





## What's hiding under anger? Cont.

ourselves to avoid feeling disappointed or let down by our own actions.

Anger, as with all emotions, has a very wide-range of intensities and variations; bothered, annoyed, frustrated, mad, upset, irate, livid and outraged are all different flavors of anger.

Some examples of anger acting as a secondary emotion are:

- ◆ Getting angry at a teacher after earning a lower than expected grade
- ◆ Getting mad at a family member or friend who did not follow through with something he/she agreed to do
- ◆ Getting upset with yourself after underperforming on a task

In all of those examples, the emotion of anger protects us from feeling sad or disappointed. If we never fo-

cus on the primary emotion, we ultimately do not address our actual feelings.



Feeling angry is not bad and it actually has a very important role in our psychological functioning as it often allows us to cope with difficult events. However, if all we focus on is anger, we sometimes use maladaptive coping mechanisms; this includes damaging relationships, verbally or physically harming others, objects and even ourselves. It is important to learn to not act solely on anger.

So, the next time you are feeling some sort of anger, ask yourself, "What is my anger hiding from me?"



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

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