

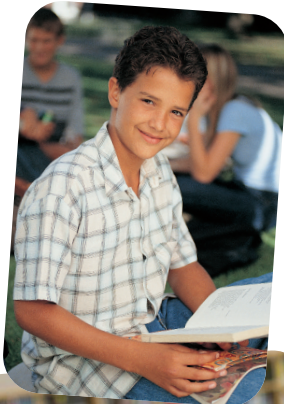
Sponsored by Temple Shir Tikva

# Strategies for Reducing Academic Stress and Creating Successful Students

Understanding Executive Function and Tips for Strengthening These Vital Skills at Home



TEMPLE SHIR TIKVA שיר תקווה  
WAYLAND, MASSACHUSETTS



**Sunday,  
January 31 at 9:15am** or **Thursday,  
February 4 at 7:30pm**

**Temple Shir Tikva, 141 Boston Post Road, Wayland**

Please join **Dan Levine** and **Rachel Marcus** of Engaging Minds, an after school learning center located in Newton and at Temple Shir Tikva in Wayland, for a workshop designed specifically for parents. In this workshop parents will learn:

- Strategies to help your child better manage his/her nightly homework
- Planning and time management strategies for both short-term and long-term assignments – and for life!
- Strategies to help your child get “unstuck” when he/she has trouble initiating tasks
- Organizational strategies to help your child keep track of his/her papers, assignments, and belongings
- And more!

The workshop includes Q&A and small group break-out sessions.

[www.engagingmindsonline.com](http://www.engagingmindsonline.com)

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