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ANDREA ZIANS | STRATEGIC ACADEMICS

NEWSLETTER

Because Every Student Deserves to Succeed!



Easy to Connect!

I am excited to share that I now have an online booking calendar to make things easier for families. You can schedule a free 30 minute consultation on my website to learn more about me and the support I offer.

For families I am already working with, there is also a student booking link to simplify scheduling sessions. My goal is to make connecting with me as smooth as possible.



[Book your free consultation](#)

ADHD and Executive Function Coaching-
Because Every Student Deserves to Succeed!

How was the first 2 weeks?

A new school year brings both excitement and challenge. Whether your child is starting high school, college, or simply adjusting to new routines, the first weeks can feel overwhelming. Hang in there — with patience and support, fresh beginnings lead to success.

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Strategy Spotlight

I am excited to announce that I am working on a new resource: **10 Highly Effective Study Strategies for High School and College Students**. This workbook will give students practical, easy to use strategies that can make a real difference in their learning and confidence. It is designed to help students not just study harder but study smarter. Stay tuned, I will be sharing more soon.

One of the strategies I love is called the **Feynman Technique**. Here is how it works in three simple steps:

Step One

Pick a concept you need to learn.

"I think I really get it Now!"

Step Two

Pretend you are teaching it to someone else in plain, simple language.

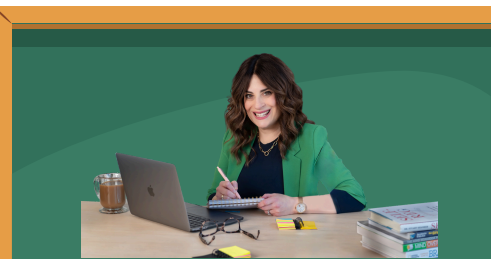
Step Three

Break down the concepts. Anything complex? Go back to your notes or textbook, fill in the gaps, and then try again. Make it simple to understand

Why it Works?

The Feynman Technique helps students go beyond memorizing. It shows whether they really understand the material. For parents, it is an easy way to check if your teen can move from "I think I get it" to "I can explain it clearly."

That is when true learning sticks.



✦ Newsletter readers will be the first to know when the workbook is ready and you will get a special subscriber only discount. If you would like a copy, just hit reply to this email and let me know, and I will make sure you are on the early list.



AI Spotlight



This month I delivered a professional development session on AI Literacy for an elementary school. AI is not for kids without supervision, but students can and should learn to be critical consumers who understand its impact. I compared it to water wings: they give kids confidence, but real lessons are still needed. The session focused on helping teachers use AI to differentiate lessons and boost learning.

If your school or clinic is interested in a tailored PD on AI literacy or other strategies. Connect