

FALL 2026


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ANDREA ZIANS | STRATEGIC ACADEMICS

NEWSLETTER

BECAUSE EVERY STUDENT DESERVES TO SUCCEED!

- **BUILD CONFIDENCE**
- **BUILD SKILLS**
- **BUILD HABITS**
- **REAL RESULTS**



ACADEMIC AND EXECUTIVE FUNCTION COACHING

IN THIS ISSUE

- My Newest Blog Post
- A Great Podcast for you to listen to
- Tips for When to Rebook

Strategic Academics

What a fall it has been! Since September, I have been out presenting to schools, leading professional development for teachers, and welcoming so many new students and families into my practice.

On the home front, my own daughter started school this fall, so I have been living the back to school rush from the parent side too. There is a lot to share this season. More about all of it inside!

FOLLOW ME

LEARNING STRATEGIES: THE EVOLVED BRAIN PODCAST



This summer I sat down with Lara Dawn on The evOLVED Brain podcast to talk about something I hear from parents all the time: "My child is so smart. Why are they struggling in school?"

Very often, the answer isn't effort or intelligence. Many bright students, especially those with ADHD, were simply never taught how to learn.

We talked about why rereading and rewriting notes doesn't work, the two big school transitions when learning strategies matter most, and how to build systems that fit the way your child's brain actually works.

For parents, my biggest message was this: guide, don't manage. Your child doesn't need more reminders. They need someone who listens and builds strategies with them, not for them.

**If your smart kid is struggling right now, this one's for you.
[Listen on Spotify](#) | [Also on YouTube](#)**

[LINK](#)



NEW BLOG POST: COACH AND MOM THIS YEAR

[LINK](#)

Every fall, I help students and families through the move to high school or college. This year, my youngest started university, and I got to live it from the other side.

I know this transition. I teach it. But this year I really felt it. All my experience didn't make it any easier to watch my own daughter work through a mountain of emails, deadlines, and one textbook access code that simply would not work.

So I wrote about it, as both a coach and a mom. Inside, you'll find the advice I give every family and the advice I'm living right now, including the two to do lists every new student has, and when parents should step back and let their kids take the lead.

[Read the blog](#)



TIME TO BOOK A FOLLOW UP? CHECKLIST



Is It Time to Rebook?

A Quick Checklist

Check in if any of these sound familiar:

- ☐ You're starting to feel overwhelmed or frustrated with school
- ☐ Your work has quietly piled up and you're not sure how it got that way
- ☐ You have a lot of tests and assignments coming up all at once
- ☐ You're dealing with test anxiety
- ☐ You start having negative feelings about your schoolwork, or course
- ☐ Old habits that used to hurt you are starting to resurface
- ☐ You're struggling to implement your planning and need support again

[**BOOK NOW**](#)[LINK](#)

If even one of these feels true, that's your sign.

It's time to rebook.