

MARCH 2026

  
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ANDREA ZIANS | STRATEGIC ACADEMICS

# NEWSLETTER

**Because Every Student Deserves to Succeed!**

- **Build confidence**
- **Build skills**
- **Build habits**
- **Real Results**



## ADHD and Executive Function Coaching

### In This Issue

Updates

Article links

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### Strategic Academics Year Two

More students and families now seek high-impact, practical support for success in school and beyond. My practice continues to expand, partnering with students in high school and university, including yeshiva high schools.

My expertise focuses on evidence-based learning strategies, assistive technology, and transition planning. I am also providing institutional training in assistive tech for schools and workplaces supporting those returning after injury or illness.

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## Events and News

Two recent pieces in the media highlight my work supporting students with learning challenges and ADHD. One article shares practical learning strategies for families, and another introduces my work as a learning strategist.

Links to both articles are included below.



Helping Students Learn to Learn

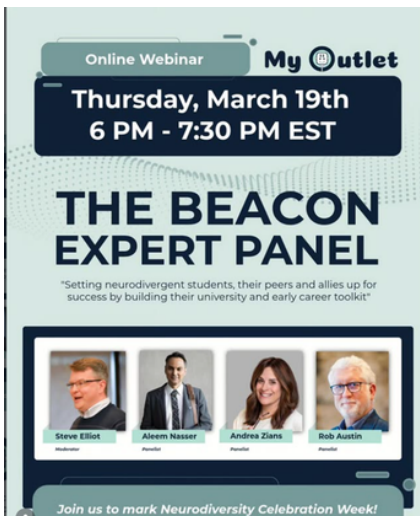


Shaloch Manos and Study Sessions

## Upcoming Webinar

March 19 I will be joining My Outlet as an expert panelist for a webinar focused on university students with neurodiversity.

As a learning strategist and assistive technologist on the panel, I will discuss the supports, resources, and mindsets that help students succeed in post secondary education and navigate the demands of university life.



Click on the picture to register for the webinar

## Events and News



Instagram Live with  
**@empoweredelyse**  
Wednesday April 15  
7:00 PM Eastern



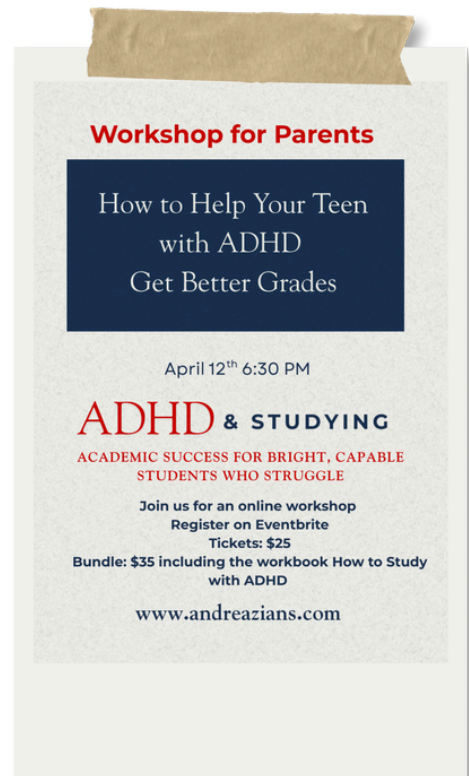
Join me on Instagram Live with **Dr. Elyse Dubo** as we talk about study strategies and supporting students with neurodiversity. We will share practical ideas that help students engage with their learning. **Dr. Elyse Dubo is an Ontario child and adolescent psychiatrist and parent coach.**

## How to Help Your Teen with ADHD Get Better Grades

Join my April 12th Eventbrite workshop for practical tools to support your teen's success.

Workshop Only: \$25  
Best Value Bundle: \$35  
(Includes Live Session + my new "How to Study with ADHD" Workbook)

Click the image to register and save your spot



## Resources and Technology Updates

### Adobe Acrobat for Reading and Research

Many students spend hours reading PDFs without using tools that could make the work easier. **Adobe Acrobat** now goes far beyond **highlighting and comments**, offering quick **AI summaries and links to related information**. For high school and university students, this can **make complex readings easier to break down and understand**. For students with reading or writing challenges, it can be a real game changer.

### Help for Procrastination



**"Procrastination is short-term gain for long-term pain."**

One of the resources I shared most often this month comes from **Dr. Tim Pychyl**, whose research focuses on why procrastination happens and how to interrupt it. You can explore his work at [procrastination.ca](http://procrastination.ca). **Dr. Pychyl teaches us that procrastination is not a time management issue but rather an emotional and self regulation issue.**

 <http://www.andreazians.com>