



## **The Elpis *Psychology, Health and Education* Institute**

*Serving families on the North Shore and Greater Newburyport areas.*

### **Empowering students for academic Success**

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### **Looking for a stress free college planning and preparation experience?**

### **We Offer Summer Individual and Group Coaching Designed to Meet Your Unique Needs**

#### **For Students:**

- Assessment to identify individual learning style strengths, interests and values to assist in school and possible career choice.
- Understanding and managing the college preparation and timeline
- Navigating Naviance and the college selection process
- College Essay Preparation and Writing
- Finance 101: Understanding how to navigate your personal finances

#### **For Parents:**

- Understanding and managing the college preparation and timeline
- How to encourage your child's independence with the college preparation and selection process
- Strategies for choosing colleges
- Strategies for financing your child's education



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## Empowering students for academic success

### **Let Elpis Institute guide and support you through the process!**

Want a college essay that will help you stand out in a competitive admissions field? We can help! During our one-week intensive workshop we'll help take your essay from brainstorming to draft to polished and ready for submission. Our classes cap at ten, so you'll have plenty of one-on-one time with our writing professionals who will help you craft a compelling narrative that emphasizes your unique voice to highlight the best version of yourself.

#### **What is an Academic Coach?**

Through a strength-based model, an academic coach assists the student to discover his or her academic potential. An academic coach helps with organization, planning, time management, study habits, test-taking strategies, problem-solving, and more. At Elpis Institute, the academic coach collaborates with other professionals to provide a comprehensive, integrated approach for learning success.

#### **Parents:**

Tired of the constant arguments, prodding, frustration with your child? Wish your child enjoyed learning more, and was more engaged in school or doing homework? Preserve your relationship with your child and let our professionally trained academic coaches step in to alleviate the stress and anxiety for both you and your child. We help your child learn more about their particular learning style, strengthen executive function and organizational skills.

#### **Students:**

Need help getting started, organized, focused, staying on task, time management? Or maybe you just want to feel less anxious about schoolwork or a particular subject in school? We're here to help you further recognize and develop your strengths and customize a plan to help build confidence where you need it. We work closely with you to customize a program designed for you and your particular needs.

*At Elpis Institute our objective is to offer a wide range of support while providing highly customized, comprehensive services for our clients. Experienced in the latest and most effective techniques, we offer a collaborative, integrated approach to our clients that include Neuropsychological, Educational and Career Assessment Testing, Psychotherapy, Psychopharmacology, and Academic and Career Coaching*