

PRESS RELEASE

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Spring Break Leads to Spring Anxiety for Parents and Students



MEMPHIS, Tenn., Thursday, March 27, 2008 – You had a great Spring Break with the children but now it's over and it's Sunday night, which means it's time to get back into the routine; only the kids don't want to and frankly, neither do you.

"This is just as difficult a time for parents as it is for children," said Dr. Yvonne Fournier, president and founder of Fournier Learning Strategies (FLS).

Since the first week in January, parents have worked diligently to maintain a set routine regarding schoolwork, homework, extra-curricular activities and family time, all to be trashed in one week known as Spring Break.

"Parents have called me crying," Fournier said. "They are panic-stricken along with their children because of the time of the year."

It is about this time of year that the phone rings almost constantly at Fournier Learning Strategies. Spring Break, however, is not the sole cause, Dr. Fournier explains.

"Parents begin calling just after Spring Break when they realize their children have fallen behind too far to catch up between now and May," Dr. Fournier noted. "Parents are faced with the fact that their children might fail a subject or even a grade."

Daylight Savings Time adds to the problem because it gives parents and children a false sense that they have more time to get things done just because they have an extra hour of daylight.

"This time of the year is an emotional roller coaster for families," Fournier said.

While the ride up is fun -- no school, no set schedules, all fun and games – the descent can be scary for children and devastating for parents.

"Faced with long-term project due dates and teachers who must make up for lingering too long before Spring Break on a subject or section within the semester's syllabus, students become overwhelmed when the workload increases," Dr. Fournier explained.

Fournier lauds parents who recognize the problem and seek help.

"The time between Spring Break and the end of the semester is a whole new ball game," Fournier said. "The quicker parents recognize this and get help for their children, the sooner they'll see a return to a routine and calm within their children and themselves."

What to do:

Dr. Fournier has developed some simple steps parents can take to get a handle on the Post-Spring Break Panic Period:

1. Recognize your child's routine before Spring Break may have to be redefined.
2. Have children sit down and list every class and subject on a piece of paper divided into two vertical columns.
3. Have them write class requirements before Spring Break on the left side and after Spring Break on the right side (have them be as specific as possible).
4. Add an extra sheet of paper to record additional work assigned by the teacher as classes resume and continue toward the end of the school year.
5. Make sure your children include extra-curricular activities they will have now that the weather is warmer and the days are longer, such as sports and social events such as banquets and proms.
6. Have children make daily checklists so they can check off work and events completed. This gives children a sense of accomplishment and energy to take on the next day with a can-do attitude.

For more information, please call FLS at 901.767.2317 or visit the Hassle-Free Homework® web site at www.HFHFW.net to write to Dr. Fournier with your questions.

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ABOUT FLS

Fournier Learning Strategies is the leading educational counseling service in Memphis. Founded in 1979 by Dr. Yvonne Fournier, FLS has counseled and assessed thousands of students in its near thirty years of operation. Dr. Yvonne Fournier, arguably one of the most prolific educators in America, is the creator and author of Scripps Howard's Hassle-Free Homework® column which appears in more than 300 newspapers around the country. FLS offers day courses for homeschoolers from K-12 in addition to customized after-school and summer school educational counseling programs at its east Memphis headquarters in the Ridgeway Loop.