

PRESS RELEASE

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Spring Break Leads to Spring Anxiety for Parents and Students



MEMPHIS, Tenn., Tuesday, April 1, 2008 – You had a great Spring Break with the children but now it's over and 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) and author of the national column, Hassle Free Homework®.

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're panic-stricken along with their children because of the short amount of time left in the school year.”

It is also about this time of year that the questions submitted to Dr. Fournier through her Hassle Free Homework® column increase significantly.

“Immediately after Spring Break, parents start to realize their children may have fallen behind too far to catch up between now and May,” Dr. Fournier noted. “Parents come face-to-face with the fact that their children might fail a subject or even a grade.”

Spring Break, however, is not the sole cause of the problem, Dr. Fournier noted. Procrastination is partly to blame among other things including Daylight Savings Time.

The change in 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 on the Spring Break rollercoaster is fun -- no school, no set schedules, all fun and games – the descent can be scary for children and devastating for parents.

“This is also the time of year when teachers have to make up for lingering too long before Spring Break on a subject or section within the semester's syllabus and they overload a child with homework,” Dr. Fournier explained. “Students become overwhelmed and this in turn overwhelms parents.”

Yet another issue that contributes to the anxiety is that procrastinating students are faced with long-term project due dates and a short time frame in which to complete them. 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.

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

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ABOUT FLS & Hassle-Free Homework®

Fournier Learning Strategies was founded in Memphis, Tenn., 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 the national Hassle-Free Homework® column which appears in more than 300 newspapers around the country.