

School Is Out. Camps Are Closed. Internships are Cancelled. Now What?
How to help teens make the most out of a summer while keeping your household sane

BY JENNIFER WINWARD, Ph.D.



Beverly Hills Courier columnist *Jennifer Winward, Ph.D.*, is a nationally recognized teaching expert, a renowned professor at the University of California, San Diego, and the founder and CEO of Winward Academy (www.winwardacademy.com) an award-winning educational platform supporting middle and high school students with math courses, ACT/SAT prep, and college applications. Dr. Winward has received numerous honors during her 20 years

in the field. Her work as an adolescent learning and brain development expert has garnered her recognition as a “Top 5 Female Entrepreneur” by the Women in IT Awards, “Top 40 Under 40” by the San Diego Business Journal, and as the “Most Influential Education Leader” by the San Diego Transcript. Dr. Winward earned her Ph.D. with a dual emphasis in Neuroscience and Developmental Neuropsychology from the University of California, San Diego.

Welcome to summer 2020 where all the plans that you carefully crafted for your teen are now off the table. Travel plans, sleepaway camps, internships and summer jobs are all cancelled in the wake of COVID. Instead, your family is facing a summer spent at home - and three months since schools went remote, even binging on Netflix has lost its appeal.

For teens, this summer is likely filled with disappointments, boredom and some angst about what awaits in the fall. Meanwhile, many parents are gripped by anxiety as concerns over learning loss, future college admissions and “summer slide” compound with the latest news that public schools in the Los Angeles school district will be online-only next semester.

As a 20-year veteran teacher, adolescent learning and brain development expert and founder of an e-learning platform for middle and high school students, I have been barraged by questions from overwhelmed parents about how to help their kids exercise their brains, especially given many of them will not return to a classroom for many months. Parents are desperately seeking solutions to keep their kids busy, engaged, productive - and off video games.

While this summer is nothing like we’ve experienced before (or hopefully again!) there are many productive, meaningful activities teens can do to prepare for college, stimulate their intellectual curiosity, build life skills and (yes) have some fun.

I suggest encouraging your teen to use this summer to pursue twin goals: 1) prepare for adulthood, and 2) relish the joys of childhood.

Adulting 101

Let this summer be the time when your teen gets a grasp on many of the vital skills he or she will need to get into college and thrive once out the door. Focus on a mix of college readiness, professional preparation and honing often neglected life skills.

College Readiness

The topic most front-and-center for many parents and high school students right now is how to prepare for the college admissions process - whether it’s months or a few years away. Here’s where to start:

Research colleges. For rising juniors and seniors, ask your teens to create a list of schools they would consider applying

JUST
IN CASE, BH
Be Ready, Stay Informed

**ARE YOU PREPARED FOR THE NEXT
NATURAL DISASTER OR EMERGENCY?**
It’s not a matter of if, but when. As we find ourselves in the midst of the ongoing COVID-19 pandemic, the City is developing a new program to keep community members connected during times of adversity.

Just in Case, BH will build on already existing neighborhood networks and create valuable connections and enhance communication when it matters most.

To learn more and get involved, please visit beverlyhills.org/justincasebh

Pursue a subject of particular interest. This is an opportune time for kids to expand their knowledge outside of a classic high school curriculum and explore new passions. Check out online classes and YouTube videos in art, animation, coding, fashion or

Develop reading skills. Spending an hour per day reading can do wonders to boost reading and writing skills and increase a student's SAT or ACT score. Encourage teens to find a topic they love and then read five books about that topic. Ideally, teens should read a minimum of 50 pages per day.

Visualize a dream job. Ask teens to think about their dream job and then research job postings online to identify what skills and

Understand financial planning. Teach your teens how to balance a checkbook and explain debt, equity, expense and revenue. They will thank you later.

While it's important to prepare your teens for future adulthood, we don't want them to grow up so quickly that they miss

IG: <https://www.instagram.com/winward.academy/> ●

COVID-19 Cases in Beverly Hills Jump to 453

The number of confirmed cases of COVID-19 in Beverly Hills as of July 16 stands at 453, with eight deaths. That's a jump of more than 100 in one week. Countywide, there are now over 143,000 confirmed cases and 3,936 people dead from COVID-19. Statewide there are over 355,000 COVID-19 cases and almost 3.7 million in the United States have been infected with the virus. On July 15, the number of COVID-19 hospitalizations in L.A. County reached its highest number ever with 2,193 people now in the hospital. Of those, more than a quarter are in the ICU and 17 percent are on ventilators. And younger people between the ages of 18 to 40 are being hospitalized at a higher rate than seen before, according to county data. ●