

# FREE GUIDE FOR PARENTS



PRESTIGE  
ACADEMIC  
PREP



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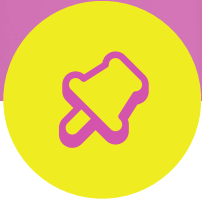
[prestigeacademicprep.com](http://prestigeacademicprep.com)

**Whether your child is struggling to keep up, losing confidence, or just needs extra guidance to reach their full potential, you're not alone - and you're in the right place.**

At Prestige Academic Prep, we believe every student deserves to feel capable, supported, and proud of their progress. This guide will walk you through simple ways to understand your child's academic needs, support learning at home, and explore tutoring options with confidence.

# ABOUT






## PRESTIGE ACADEMIC PREP



Prestige Academic Prep was designed to give students more than homework help - we empower them with the skills, mindset, and personalized guidance they need to thrive academically and beyond.

Whether your student needs support in reading, writing, math, test prep, or overall academic management, we provide clear, consistent, and caring guidance every step of the way.

Our experienced tutors combine subject expertise with proven executive functioning strategies to help students:

-  Build strong study habits
-  Stay organized and on track
-  Master challenging concepts
-  Boost academic confidence
-  Rediscover a love for learning

“My two daughters (3rd grade and 2nd grade) tutor with Rachel Jakab. Rachel knows each girl's personality and tutors in the best way for them. **She's full of energy, and the girls look forward to their sessions every week!** Rachel is helping them build confidence and understanding in math and ELA.”

**KENDRA J.**

# CHILD EVALUATION

## CHECKLIST & QUIZ

### **SCORING YOUR RESULTS**

#### **0-4 Checks:**

Your child may only need occasional support or targeted enrichment.

#### **5-9 Checks:**

Your child could benefit from structured tutoring and improved study habits.

#### **10+ Checks:**

Your child may be experiencing consistent academic or executive functioning challenges.

**Our team can help build a customized support plan.**

### **Identify where your child may need support.**

Use this quick self-assessment to help determine how your student is doing across four key areas: academics, confidence, organization, and work habits.

#### **ACADEMICS**

- My child understands new concepts easily.
- My child is struggling in one or more subjects.
- Homework takes much longer than it should.
- My child avoids certain subjects out of frustration.

#### **CONFIDENCE & MINDSET**

- My child becomes upset or anxious about schoolwork.
- They say things like “I’m just bad at this” or “I can’t do it.”
- They celebrate accomplishments and feel proud of their progress.
- They seem embarrassed or defeated when they make mistakes.

#### **ORGANIZATION & TIME MANAGEMENT**

- My child keeps track of assignments independently.
- They frequently lose papers, forget deadlines, or feel overwhelmed.
- They can plan long-term projects with minimal guidance.
- Their backpack or digital workspace is often cluttered.

#### **HOMEWORK & STUDY HABITS**

- They start homework on their own without reminders.
- They procrastinate or rush through assignments.
- They study consistently—not just before tests.
- They rely heavily on you to explain or check work.

# AT-HOME TIPS

## TO BOOST LEARNING

### Small Routines that Make a Big Difference

These simple, research-backed strategies help strengthen learning at home without adding pressure.



#### **1. CREATE A DAILY “LAUNCH & LAND” ROUTINE**

A quick 5-minute morning check-in (“launch”) and afternoon unpack/reset (“land”) helps students feel prepared and grounded.

#### **2. USE MICRO TASKS**

Break big assignments into 10–15 minute chunks. This reduces overwhelm and builds momentum.

#### **3. THINK OUT LOUD**

When helping with homework, model how you solve problems. Kids learn valuable “mental strategies” simply by hearing your process.

#### **4. CELEBRATE EFFORT, NOT SPEED**

Praise persistence, creativity, and improvement. This builds a growth mindset and reduces fear of mistakes.

#### **5. MAKE LEARNING PART OF EVERYDAY LIFE**

Math at the grocery store, reading signs while driving, storytelling at dinner—real-life learning reinforces confidence and curiosity.

# EXECUTIVE FUNCTIONING

LIFETIME SKILLS DEVELOPED HERE

## Helping Students Manage Time, Stay Organized, & Thrive.

Executive functioning skills are the foundation of confident learning—especially for students who struggle with:

- Procrastination
- Forgetting homework
- Disorganization
- Test anxiety
- Difficulty starting or finishing tasks

At Prestige Academic Prep, we integrate executive functioning support into every tutoring session. Our approach helps students:



### ***BUILD STRONG ROUTINES***

Clear systems for tracking assignments, deadlines, and materials.



### ***STRENGTHEN TIME MANAGEMENT***

Tools like timers, scheduling templates, and visual planning.



### ***IMPROVE ORGANIZATION***

Backpack cleanouts, workspace setups, and digital file systems.



### ***DEVELOP INDEPENDENT LEARNING SKILLS***

So they rely less on parents—and feel proud of their growth.



### ***INCREASE MOTIVATION & CONFIDENCE***

By breaking down challenges and celebrating small wins.

**Our goal is for students to gain the skills they need to succeed long after tutoring ends.**

## OUR SPECIAL NEEDS TUTORING



### *PERSONALIZED SUPPORT FOR DIVERSE LEARNING NEEDS*

Prestige Academic Prep proudly supports students with learning differences by offering personalized instruction tailored to their unique strengths and needs. **Whether your child has Autism, ADHD, Dyslexia, or other learning challenges, our team provides structured strategies, targeted skill-building, and a compassionate learning environment.** We work alongside families and schools to ensure students feel confident, capable, and equipped to succeed.

## HIGH SCHOOL ACADEMIC ADVISEMENT



### *HELPING TEENS PLAN, PREPARE, AND THRIVE*

Navigating high school can feel overwhelming—but your student doesn't have to do it alone. **Our academic advisement services help teens stay on track with graduation requirements, plan their coursework, strengthen study habits, and prepare for college or career pathways.** With personalized guidance and clear goals, we help students make confident decisions and build a roadmap for success beyond high school.

## HYBRID HOMESCHOOL SUPPORT PROGRAM



### *DESIGNED FOR SUCCESS*

Prestige Academic Prep offers flexible, personalized support for homeschool families seeking structure, enrichment, and expert guidance. **Whether you need help teaching core subjects, filling skill gaps, or creating a consistent academic routine, our team is here to make homeschooling easier and more effective.**

## SAT PREP



### *PERSONALIZED STRATEGIES, EXPERT INSTRUCTION, REAL RESULTS*

Our SAT prep program helps students strengthen reading, writing, and math skills through personalized lessons and guided practice. **We provide proven strategies to tackle every section of the test with confidence.** With expert instruction and targeted support, students are fully prepared to excel on test day.

# EXPLORE

## YOUR CHILDS PATH FORWARD

If this guide helped you see that your child might benefit from support, you're not alone. The next step is simple:



*Schedule a free consultation with  
Prestige Academic Prep.*

We'll walk through your checklist results, answer your questions, and create a personalized plan to help your child grow with confidence.

**Your child's success story starts here  
—and we're honored to be part of it.**

## Making the Most of the Hope Scholarship

The Hope Scholarship is West Virginia's education savings program that helps families choose the learning path that best fits their child. **Funds can be used for approved tutoring, curriculum, and educational services—and Prestige Academic Prep is proud to be an approved partner.** We provide personalized support, guidance, and tutoring to help families make the most of their scholarship and support their child's success.

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