

Individual Matters

Discover.
Act.
Grow.

Newsletter — July 2026 Issue

In this month's newsletter:

- ✓ Exciting News
- ✓ Late Summer Tutoring is Your Secret Weapon
- ✓ Fostering Strong & Genuine Connections

An Exciting New Partnership!

We are excited to share that Dr. Katen is joining forces with [Essentials in Learning](#), a local, in-person tutoring and educational support company.

Many families in our community already know Dr. Katen through her work as a learning and child psychologist. Her work has always focused on understanding the whole child: their strengths, struggles, personality, and the way they learn best. Because sometimes the problem is not that a child “isn’t trying.” Sometimes they are trying very hard. They may just be trying in a way that does not work well for their brain.

This new partnership brings together Dr. Katen’s understanding of learning and child development with experienced local teachers and educators who work across

ages, subjects, and learning needs. The goal is to help kids feel more capable, more confident, and less overwhelmed by school.

Support may include learning assessments, academic tutoring, executive-function skills, organization, study habits, parent education, or learning coaching. Some children need help with reading, writing, or math. Others need help remembering where they put the assignment they completed. Many need both.

What makes this partnership especially meaningful is the chance to connect understanding with action. Families can learn more about how their child thinks and learns, while also receiving practical, individualized support to help that child move forward.

This is not only about fixing a bad grade after the fact. It is also about helping kids build the skills to start assignments, manage frustration, ask for help, recover from mistakes, and discover that learning can actually feel good.

A strong learning coach can also become an important mentor: someone who notices progress, celebrates small wins, and reminds a child that one difficult class does not define who they are.

Learning matters. Kids matter. And yes, learning can be fun... even when fractions are involved.

We are excited to bring this needed resource to our community and to continue helping children and families feel

supported, understood, and hopeful about what comes next.

Families who would like to learn more about EIL the services they offer are invited to reach out for a free consultation!

Essentialsinlearning.com

PROGRESS YOU CAN SEE. CONFIDENCE THEY CAN FEEL.

— ★ —

In-person tutoring that helps students in elementary through high school build skills, confidence, and a brighter future.





Essentials — IN LEARNING —

IN-PERSON TUTORING

Tutors specializing in
ELEMENTARY
through **HIGH SCHOOL**

Our tutors are highly trained teachers and educators with specialized experience in subjects and grade levels.

★ Committed to your child's success.

Proudly serving families in
Grand Junction, Colorado.

TUTORING DELIVERS REAL RESULTS.



BETTER GRADES. HIGHER SCORES.

Students gain 3 to 15 additional months of academic growth.

We help your child catch up, keep up, and move ahead.



MORE CONFIDENCE. LESS STRESS.

Personalized support builds understanding, self-esteem, and a positive attitude toward school.



STRONG STUDY HABITS. SKILLS FOR LIFE.

We teach proven strategies for organization, time management, and test-taking that last a lifetime.



MORE ENGAGED. MORE SUPPORTED.

Students stay connected to school and teachers and see lasting benefits in and out of the classroom.



WE'RE HERE FOR YOUR CHILD. WE'RE HERE FOR YOU.

LET'S FIND THE RIGHT PLAN TO HELP THEM THRIVE.

- ✓ What subject or grade level are you looking for?
- ✓ What are your primary goals (e.g., catching up, test prep, or advanced learning)?



SCHEDULE A **FREE** CONSULTATION!

 970 210 9271

 info@essentialsinlearning.com

 essentialsinlearning.com

EVERY STUDENT. ★ EVERY GOAL. ★ EVERY STEP OF THE WAY.

Beat the Back-to-School Blues: Why Late Summer Tutoring is Your Secret Weapon

The end of summer brings a familiar chaos: buying school supplies, shifting bedtimes, and managing that creeping back-to-school anxiety. But what if you could bypass the stress entirely?

Starting tutoring just two to three weeks before the first bell rings is the ultimate strategy to set your child up for a confident, successful year. Here is why this timing works miracles, and how to use it to set powerful goals.

The Early Bird Advantage

- ✅ **Reverses Summer Slide:** Brains get rusty over the summer. A quick refresher dusts off foundational math concepts and reading skills before they are put to the test.
- ✅ **Secures Top Tutors:** The best tutors fill their schedules by September. Booking in August ensures you get premium time slots that fit your family's routine.
- ✅ **Low-Stress Preview:** Students sneak peek upcoming curriculums without the pressure of grades. This transforms first-day dread into first-day confidence.
- ✅ **Resets Routines:** Transitioning from camp schedules to study routines takes time. Early tutoring gently reintroduces structure, focus, and academic discipline.

The Secret Sauce: Micro-Goal Setting

The best part of early tutoring is the opportunity to set goals *before* the school year introduces heavy workloads. This head start allows your child to map out a clear path to success using three distinct types of goals:

Quick-Win Goals

Focus on immediate, highly achievable targets to build instant momentum.

👉 Example: Master a specific multiplication table or finish a summer reading book.

Growth Goals

Target skill development and concept mastery rather than final grades.

👉 Example: Improve reading comprehension speed or understand algebraic variables.

Habit Goals

Build long-term academic endurance and positive executive functioning routines.

👉 Example: Pack the backpack the night before or create a distraction-free study zone.

By aligning with a tutor early, your child starts day one not just prepared, but ahead of the curve.

The Connection Catalyst: Why the Best Learning Starts with a Relationship

As parents, we often search for the perfect tool to help our children succeed. We look for the absolute best curriculum,

the latest educational apps, or the most advanced flashcards.

Decades of psychological and educational research reveal a different truth. **The single greatest predictor of a child's success is not the method; it is the relationship.**

Whether it is a therapist uncovering breakthroughs, a teacher transforming a classroom, or a tutor unlocking a difficult math concept, the data is clear: **human connection is the foundation of all growth.** When a child feels safe, seen, and understood, their brain shifts out of "fight or flight" mode and opens up to deep learning.

Here are five powerful tips you can use at home to help your child build authentic, impactful connections with mentors, educators, and peers. And the best part, this will help you build rock connections with your kids and students (and other adults)!

1. Model Relationship Dynamics

Children learn how to connect by watching the adults around them.

👉 The Strategy: Let your child see you actively building relationships. Treat cashiers, neighbors, and teachers with warmth and intentionality.

✅ Why it Works: When kids observe you listening closely and greeting people by name, they internalize these habits as standard social blueprints.

2. Ask Genuine, Curiosity-Driven Questions

Surface-level small talk rarely leads to deep trust.

👉 The Strategy: Replace performance-based questions like *"What grade did you get?"* with curiosity-based questions like *"What was the most surprising thing you learned today?"* or *"Who made you laugh at lunch?"*.

✅ Why it Works: Asking open-ended, genuine questions proves to your child that you care about their internal world, not just their external achievements.

3. Share Authentic Vulnerability

Perfect adults are intimidating to imperfect, growing kids.

👉 The Strategy: Share your own small mistakes, past academic struggles, or daily frustrations. Say things like, *"I had a really tough puzzle to solve at work today, and I got frustrated, but I took a break and tried again."*

✅ Why it Works: Vulnerability normalizes struggle. It signals to your child that it is safe to admit when they are confused or stuck in front of you or their tutor.

4. Use "Matching and Mirroring" (An NLP Trick)

Neuro-Linguistic Programming (NLP) offers subtle behavioral techniques to accelerate trust and comfort.

👉 The Strategy: Gently mirror your child's physical posture, vocal tone, and energy levels during important conversations. If they are sitting quietly on the floor, drop down to their physical level and lower your voice to match theirs.

✅ Why it Works: Mirroring targets the brain's mirror neurons, subconsciously signaling safety and alignment. It bridges communication gaps and creates instant, unspoken rapport.

5. Establish "Anchors" for Connection

Another powerful NLP concept involves creating positive associations with specific triggers.

👉 The Strategy: Create a predictable, positive sensory ritual right before a challenging task or a tutoring session. This could be a unique high-five, a specific calming playlist, or a shared healthy snack.

✅ Why it Works: Over time, this specific routine acts as an "anchor." It triggers a neurological state of comfort and focus, allowing the child to enter their learning session primed for cooperation.

“A love of learning has a lot to do
with learning that we are loved.”

– Mr. Rogers

Happy July!



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