

CATHOLIC SPOTLIGHT INTERVIEW: DR. PATRICIA SISCA PACE — THE CORRELATION BETWEEN FAITH AND ACADEMIC EXCELLENCE

Posted by Lisa Hendey on January 22nd, 2012 in Columnists

As a mom of a university sophomore who successfully navigated the waters of the college application process, and a high school junior who will be engaged in the process for the next year, I can appreciate all too well the stress our young students face these days when anticipating and planning for their futures. Gone are the days of one or two college apps and a single try at the SAT. They've been replaced by the Common App, students applying to dozens of institutions, and kids making monthly appointments to retake standardized tests in search of a few more points on their scores. I know too many teens who choose how they spend their time primarily motivated by how the activity will look to college admissions professionals. I've witnessed too many "meltdowns" brought on by the stress of the process.

So when I came across the work of Dr. Patricia Sisca Pace and her educational seminars that combine learning with faith, I was intrigued. I'm very grateful to Dr. Pace for participating in the following interview. Whether your children are five or fifteen, I know you'll find her comments to be helpful and enlightening. Be sure to visit Dr. Pace at <http://drpaceseminars.com/> for more information on her seminars and other resources.



Q: In an age when academic performance is so competitive, why should families consider consulting with a professional to aid their student in preparing for educational pursuits?

If parents want their children to perform at their personal best on tests, it is best they consult a professional who addresses both academic and nonacademic factors.

Regarding academic factors, professionals well-versed in a specific test are able to see the big picture and condense the major components into a few clear concepts. Such a level of expertise takes many years to acquire, as it would in any field; a student, even a bright student, cannot be expected to gain that level of expertise within a short period of time. On

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the other hand, if the goal is not personal best but rather a small point increase, such as 30 more points on an SAT, some students might be able to achieve that goal through self-study. However, whether through self-study or with outside help, test-takers should become familiar with the test format, timing, and problem types before they take the test.

Regarding nonacademic factors—such as distractions, boredom, fatigue, low self-confidence, nervousness, lack of motivation—my years of experience have shown me that students need quality assistance. From a spiritual perspective, forces are at work that move learners both toward and away from their best, their unique talents, their goodness, God. As a spiritual director, I see the need to teach learners how to recognize and deal with those forces in a healthy and productive way. Moreover, it is important to remember that the whole person takes the test, not just the mind; so, in order to achieve personal best, the whole person—body, emotions, spirit, and mind—must be healthy. It is easy to understand this if you visualize performance as a continuum, ranging from the person's personal worst to personal best, with an average performance in the center of the continuum. We all have bad days, when nothing seems to go right, and good days, when everything seems to go well—whether the task is running a race, playing the cello, or taking a test. This explains why most score reports show the student's score within an expected range of scores; that is, if the student took the test again, he/she would be expected to fall somewhere in that range. Preparing the whole person equips the student to deal with the host of dragons that get in the way of scoring at the upper end of his/her range. And that score difference can be very important! For example, a high school senior came to me a few years ago and told me she had been accepted into her first choice college and she was awarded a scholarship. But her SAT scores were a bit low. The school informed her that her scholarship would increase if she could raise her SAT scores. She took my course and then took the test. Her SAT score increased by 70 points, which is about seven questions and within her performance range. For those seven questions, they gave her an additional \$20,000 dollars in scholarship! So, to answer your question about professional assistance: Yes, unequivocally! Professional assistance is needed to address the host of dragons that get in the way of personal best.

For the full interview, please visit <http://catholicmom.com/2012/01/22/catholic-spotlight-interview-dr-patricia-sisca-pace-the-correlation-between-faith-and-academic-excellence/>

DR. PACE

www.drpaceseminars.com

Summer 2012 Schedule

25-Hour Comprehensive SAT/PSAT Academic + SAT Retreat Seminars

3 DIFFERENT LOCATIONS, 3 DIFFERENT WEEKS, SAME 25-HOUR PROGRAM!

DATES: 5 Days: Monday - Friday
July 16 - 20, 2012

5 Days: Monday - Friday
August 6 - 10, 2012

5 Days: Monday - Friday
August 20 - 24, 2012

LOCATIONS: Archbishop Wood
655 York Road

Nazareth Academy
4001 Grant Avenue

Saint Basil Academy
711 Fox Chase Road

COST: \$460 includes newest textbook edition with extra test and DVD, plus a workbook, trade book, CD, folder of material, 2 parent meetings, tutorials, and online assistance up to the October tests!

TIME: 9:00a.m. to 2:00p.m.

COVERS: MATH, CRITICAL READING, VOCABULARY, GRAMMAR, ESSAY + SAT RETREAT

Comprehensive review of Mathematics, Sentence Completions, Critical Reading, Grammar, and Essay Writing, with Dr. Pace's unique strategies and real SAT practice tests. PLUS the *SAT Retreat*: techniques for dealing with the non-academic factors (such as test-anxiety, distractions, and low confidence) that thwart personal best performance.

DR. PACE'S 25-HOUR SAT PROGRAM: SAMPLING OF STUDENT ACHIEVEMENTS



Samantha Nichols
Archbishop Wood High School

Samantha Nichols is a National Merit Finalist and a Lafayette College, Marquis scholar: \$20,000 merit scholarship for four years, plus a stipend for study abroad. Samantha will be an English major with a creative writing concentration + East Asian studies with the Mandarin Chinese that she has been studying in high school.



Kyra Pastore
Notre Dame High School, NJ

Kyra Pastore was offered scholarships to:

Stevens Institute of Technology:
Ann P. Neupauer Scholarship, full tuition

Rowan University: full tuition, room and board merit scholarship

The College of NJ: \$10,000 per year merit scholarship

Rutgers University: James Dickson Carr Scholarship, \$10,000 per year



Jessica McPhillips
Nazareth Academy High School

Jessica McPhillips received the Mayor's Scholarship to the University of Pennsylvania.



Christine McLane
Saint Basil Academy

Christine McLane will be attending University of Pittsburgh for Biology/Pre-Med. Christine was offered scholarships to Temple University for \$10,000 and University of Scranton, Honors Program Loyola Scholarship for \$56,000.

Note: Any professional educator planning to sit in on or use Dr. Pace's teachings and/or techniques needs to call Dr. Pace for licensing fee information. 215-725-6568

DR. PACE

www.drpaceseminars.com

Summer 2012 Schedule

Special One-Week Holistic and Academic Programs for High School Entrance and Scholarship Tests

DATE: 5 Days: Monday - Friday, July 30 to August 3, 2012

LOCATION: Nazareth Academy HS

The HSPT and SSAT are high school entrance and/or scholarship tests used by most non-public high schools in the Greater Philadelphia area and New Jersey. Dr. Pace is offering 3 programs to help students achieve their personal best scores on both tests. *Please note: Students enrolling in all 3 programs receive a \$40 discount.*

+ ACADEMIC PREPARATION FOR THE HSPT TEST

Covers all areas of the HSPT: Math, Reading, Grammar & Cognitive. Dr. Pace includes her unique strategies, a subject review of all areas, practice tests, a daily Progress Report, homework, and a plan of action for the months leading up to the fall test dates.

TIME: 9:00a.m. to 11:00a.m.

COST: \$155, includes textbook and material

+ SLAYING THE DRAGONS OF STANDARDIZED TESTS, HIGH SCHOOL ENTRANCE FOR STUDENTS AND THEIR PARENT(S)

A Holistic Programs that Educates the Whole Student (Body, Mind, Emotions, Spirit) and Natures IQ! In addition to learning holistic techniques for personal best performance, parents and students learn ways to nurture IQ. This program prepares students for sections of standardized tests that measure ability. A perfect supplement to Dr. Pace's academic seminars!

TIME: 11:00a.m. to 11:50a.m.

COST: \$80, includes 2 workbooks, a CD, and a trade book

NEW + ACADEMIC PREPARATION FOR THE SSAT TEST

The highly challenging SSAT primarily tests ability, not achievement. Dr. Pace is now offering her successful SSAT seminar in our area, using the best SSAT material available, covering all areas of the test: Quantitative, Verbal, Reading, Essay Writing. Dr. Pace includes her unique strategies, a subject review of all areas, practice tests, a daily Progress Report, homework, and a plan of action for the months leading up to the fall test dates. This program provides a solid foundation for the college entrance SAT.

TIME: 12:00p.m. to 2:00p.m.

COST: \$180, includes textbook and material

SAMPLING OF DR. PACE'S HSPT + DRAGON SLAYERS STUDENT ACHIEVEMENTS

MORE ON BACK



Caitlyn Hagan
Saint Catherine of Siena

Thank you for your dedication to helping children achieve their best for the high school entrance exams. Caitlyn was well prepared and enjoyed your HSPT and Dragon Slayer courses, which allowed her to be well prepared and less nervous while taking the test. Caitlyn attends Saint Catherine of Siena School in Horsham, PA. She has had wonderful teachers at Saint Catherine's and has enjoyed her eight years of parochial school. Caitlyn was offered an academic scholarship to the following private high schools: Villa Joseph Maria Academy, Gwynedd Mercy Academy, and Mount Saint Joseph Academy. Caitlyn has decided to attend Mount Saint Joseph Academy. She continues to utilize the skills she learned in your courses and looks forward to high school in the fall.

Sincerely, Mary Ann Hagan

FOR INFORMATION & RESERVATIONS

CALL: 215-725-6568 VISIT: www.drpaceseminars.com

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Summer 2012 Newsletter

CONTINUED

☆☆☆ HSPT + DRAGON SLAYERS STUDENT ACHIEVEMENTS ☆☆☆



Mary Junod
St. Jude School
Scholarships to Wood & GMA, Attending GMA



Michael Burns
St. Helena, Blue Bell
Attending St. Joe's Prep



Julia McPhillips
Nazareth Academy Elementary School
Attending Nazareth Academy High School



The week before my entrance exam for Nazareth Academy High School, I was very anxious and worried about these so called "dragons" of the test. When I started to feel negative about the test, I knew that I had to listen to your CD, "Slaying Dragons" by Dr. Patricia Sisca Pace. Every single night I laid in bed, listening to your reassuring words, and that is when I realized that I was going to do fantastic on the test! My mom and I followed the diet plan that we discussed in your program for the whole week, and I felt a major improvement in my feelings, my ability to concentrate, and even my knowledge! I was amazed at how my negative feelings or my dragons

were destroyed in just a matter of time! The night before the test I knew that I was going to have to slay some dragons, but I knew that if I got enough rest and I listened to your CD I would be fine! Well let me just tell you, the night before my test was the best night of sleep I have ever had! When I woke up, I felt so relaxed and refreshed that I could go run a marathon, or take a test! My mom was surprised to see me so relaxed, and so was I! I finished each section of my test within the time allotted, and I checked all of my answers. By the end of the test, I knew that I did well and was going to become a NAHS panda! That is why, I am writing to you today, to thank you for your guidance and words of wisdom on slaying the dragons of entrance exams!

Your successful student,
Emily Sokolowski, Nazareth Academy Grade School
Nazareth Academy High School, class of 2016

Emily took both the HSPT and the Dragon Slayer programs.



NEUMANN SCHOLARS

ATTENDED DR. PACE'S NEUMANN SCHOLARSHIP TEST-PREP



Daniel Quedenfeld, Saint Cecilia School, Fox Chase and Ryan Green, Saint Jerome School

FOR INFORMATION & FLASH CARDS

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