

Student News

Lauren Atkinson, Villa Joseph Marie, Class of 2011



My daughter Lauren took Dr. Pace's 25-hour SAT Academic + Retreat Program last summer and she really loved it. The course helped her so much: Lauren increased her SAT scores by 240 points. At the end of August, Lauren started the University of the Sciences in Philadelphia where she will be studying pharmacy for six years. Dr. Pace's SAT course bumped up Lauren's scores enough to get her into the college of her choice. I have another daughter, Diana, who is a junior this year. She also plans to take Dr. Pace's course next summer. Thanks, Dr. Pace!

- Mrs. Denise Atkinson

Student News



NATIONAL MERIT SEMI-FINALIST:
Samantha Nichols, 12th grade at Archbishop Wood. Keeping our fingers crossed Samantha is a FINALIST!



MAYOR'S SCHOLARSHIP RECIPIENTS AT PENN:
Melanie Sweeney and Shannon Keenan!
Graduates of Nazareth Academy, roommates at Penn, Melanie and Shannon say hi and thanks to Dr. Pace!

Seminar helps me conquer the SAT

By Antionette Bredin
Archbishop Wood High School

This article originally appeared in the teen "reality" section of The Intelligencer and the Bucks County Courier Times.



"In my opinion, the SAT is a most perfect instrument for learning each of the subjects it tests." — Dr. Patricia Sisca Pace

I never would have thought I would hear this statement; however, Dr. Pace proved me wrong. SATs seem like a daunting task, a beast that one has to surmount. This is not

true; in fact, the SAT is really a simple test if one can just "see" the answers in front of them.

I had the privilege of taking Dr. Pace's SAT seminar this July at my school, and it was a life-changing experience. Not only did I learn how to conquer my fears and anxieties about the SAT, I learned how to make healthy lifestyle changes that foster my ability to do my best.

After receiving her doctorate in psychology, Dr. Pace incorporated her knowledge of the human psyche with her passion for tutoring. Her first office was in Hollywood — she had celebrity clientele!

"In 2002, I received ... a certification in spiritual and retreat direction. Soon after I began putting together a retreat program aimed at helping students deal with the issues that plague them when they take the SAT," she told me in an interview conducted by email. "I called the program the SAT Retreat because it presents a retreat approach to learning."

I never had the self-esteem to believe that I could score higher on the SAT. I always thought I was plagued with poor test-taking skills; however, Dr. Pace's SAT retreat taught me how to respect the test and cope with my fears of failure. I learned to trust in myself spiritually, mentally and physically. Not to mention, I learned the techniques of breathing properly, which I have applied to other aspects of my life.

Not only did I value her program, but Dr. Pace benefits, as well. "They (her students) have filled my life with goodness and beauty," she said. "They have filled my life with meaning."

Dr. Pace taught meditations on trust, energy, balance and wisdom. "The simple truth is that the whole person takes the test: the mind's ability to solve problems is influenced by the body, the emotions and the spirit," she said. "And telling students not to be nervous or distracted is not enough — they need to be shown how not to be nervous and distracted."

These instructions showed me how to focus and apply myself fully to the test. I couldn't believe the boost in my self-esteem and my score: it increased by 200 points!

Dr. Pace motivated us every step of the way and made it possible for us to trust in ourselves and our ability. The class was invigorating and inspired me to make changes to my everyday lifestyle, such as taking time to reflect on my day and eating a better breakfast.

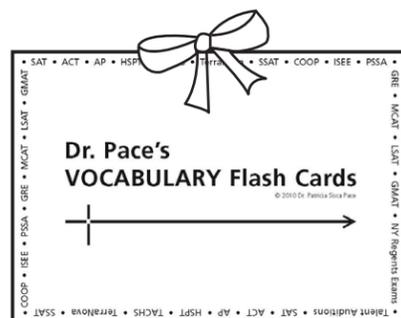
Not only did I benefit from the retreat, it has helped other students increase their SAT scores, ultimately, helping them earn scholarships and admittance to their desired college.

When I recall my experience at Dr. Pace's retreat, the clichéd term "just believe in yourself" comes to mind. Before I took the seminar, I just accepted the fact that I was incapable of performing well on standardized tests; however, Dr. Pace taught me that I can raise my score. I just need to "see" the answer in front of me and summon my inherent wisdom — skills that can be used throughout life.

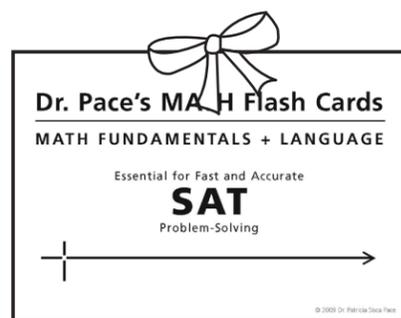
When you accept failure you will fail; when you trust in yourself and your abilities you are unstoppable.

GIVE THE GIFT THAT GIVES BACK! DR. PACE'S FLASH CARDS

Dr. Pace's SAT Math, Vocabulary, and High School Entrance Math Flash Cards can be purchased at Nazareth Academy, Archbishop Wood, and Saint Basil Academy. Save on shipping costs by purchasing them directly from these schools!



VOCABULARY FLASH CARDS



SAT MATH FLASH CARDS



HIGH SCHOOL ENTRANCE
MATH FLASH CARDS

FOR INFORMATION & RESERVATIONS & FLASH CARDS

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

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DR. PACE

www.drpaceseminars.com

Late Fall 2011 Schedule

2-Hour SAT Refresher (Two separate classes!)

Brief overview of all components of the SAT.

LOCATION: Archbishop Wood High School 655 York Road Warminster, PA 18974	OR	LOCATION: Archbishop Wood High School 655 York Road Warminster, PA 18974
DATE & TIME: Thursday, November 3, 2011 4:30 to 6:30p.m.		DATE & TIME: Thursday, December 1, 2011 4:30 to 6:30p.m.
COST: \$50		COST: \$50

SAT Workshops: Thanksgiving Weekend

LOCATION: Nazareth Academy High School, 4001 Grant Avenue, Philadelphia, 19114 (Grant and Torresdale)

DATE: Saturday, November 26, 2011

- **SAT Math:** Targets typical SAT Math problems on actual SAT tests
TIME: 9:00a.m. to 11:00a.m. **COST:** \$50
- **SAT Grammar:** Comprehensive review of grammar questions on actual SAT tests
TIME: 11:00a.m. to 1:00p.m. **COST:** \$50

DATE: Sunday, November 27, 2011

- **Essay Writing:** Study & application of all components of the essay rubric + analysis of model essays + practice outlining to assist the essay writing process.
TIME: 11:30a.m. to 1:30p.m. **COST:** \$50
- **Critical Reading:** Strategic approaches to Vocabulary, Sentence Completions, and Reading Passages from actual SAT Tests
TIME: 1:30p.m. to 3:30p.m. **COST:** \$50

“Learning Skills” Program

FOR 6TH, 7TH, AND 8TH GRADE STUDENTS AND THEIR PARENTS!

Seamlessly interweaves essential learning tools from psychology and spirituality with Math, Reading, Essays, and Grammar problems. Delivers both academic excellence and a meaningful, productive approach to learning. Provides parents an opportunity to deepen their understanding of the unique ways their children learn. A student review of Dr. Pace’s Learning Skills program: *This program opened up new ways of learning. It changed my views about my ability to learn, helped me find my best way to study, and helped me want to study!*

- Information Processing + Essay Writing
- Time Issues, from Procrastination to Time Pressures on Tests + Reading
- Managing Unproductive Emotions and Distracting Thoughts + Math
- How Best to Study + Language Arts

LOCATION: St. Cecilia School (Fox Chase)

DATE: Sunday, November 6, 2011 **TIME:** 12:00p.m. to 5:00p.m. **COST:** \$80

Neumann Scholarship Test-Prep

Academic preparation suited for students who are likely candidates for the prestigious Neumann Scholarship test.

LOCATION: St. Cecilia School (Fox Chase)

DATE: Saturday, December 17, 2011 **TIME:** 9:00a.m. to 2:00p.m. **COST:** \$95, includes book

DR. PACE

www.drpaceseminars.com

Winter 2012 Schedule

25-Hour PSAT + SAT Retreat Seminar

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

Comprehensive review of mathematics, sentence completions, critical reading, grammar, and essay writing, with 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.

LOCATION: Nazareth Academy High School, 4001 Grant Avenue, Philadelphia, 19114

DATES: 5 Saturdays: February 4, 11, 18, 25, March 3 **TIME:** 9:00a.m. to 2:00p.m.

COST: \$445 includes textbook, workbook, trade book, CD, folder of material, 2 parent meetings, and online assistance.

SAT Refresher

Brief overview of all components of the SAT.

LOCATION: Archbishop Wood High School, 655 York Road, Warminster, PA 18974

DATE: Thursday, March 8, 2012 **TIME:** 4:30 to 6:30p.m. **COST:** \$50

HIGH SCHOOL ENTRANCE & SCHOLARSHIP PROGRAMS

HSPT Test-Prep (for high school entrance & scholarship)

MATH, ENGLISH & COGNITIVE

LOCATION: Nazareth Academy High School, 4001 Grant Avenue, Philadelphia, 19114

DATE: Sunday, February 12, 2012 **TIME:** 12:00p.m. to 5:00p.m. **COST:** \$95, includes material

TerraNova Test-Prep

MATH, ENGLISH, COGNITIVE & CONSTRUCTED RESPONSE PROBLEMS

LOCATION: St. Cecilia School, 525 Rhawn Street, Philadelphia, 19111

DATE: Sunday, February 19, 2012 **TIME:** 12:00p.m. to 5:00p.m. **COST:** \$95, includes material

Slaying the Dragons of Standardized Tests for Students and Their Parent(s)

HOLISTIC PREPARATION FOR ALL HIGH SCHOOL ENTRANCE AND SCHOLARSHIP TESTS

IQ Nurturing! In addition to learning holistic techniques that benefit performance, parents and students also learn ways to nurture IQ. Covers: Holistic, with some Math, English & Cognitive.

LOCATION: St. Cecilia School, 525 Rhawn Street, Philadelphia, 19111

DATE: Sunday, February 5, 2012 **TIME:** 9:00a.m. to 2:00p.m.

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

Refund Policy: Students who miss sessions can make-up time in other pre-approved programs by Dr. Pace. Full payment is required for all programs whether or not the student can attend all sessions.

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