

ERIKA OPPENHEIMER

Test Prep for the Whole Person

ABOUT

In addition to teaching academic content and testing strategies for the SAT & ACT, Erika infuses mindfulness into the test prep process. Her approach empowers students with skills and habits to perform their best on test day and in other areas of their lives.

Erika has worked with students on the SAT and ACT since 2011, representing top test prep companies before branching off to work directly with families.

BACKGROUND

Originally From: Sioux Falls, South Dakota

Based In: New York, New York

Education: BAs in English and Psychology, Georgetown University (Phi Beta Kappa, Top 1% of graduating class)

Publications: *Acing It! A Mindful Guide to Maximum Results on Your College Admissions Test*; *One Month SAT & ACT Prep Plans*; *The Huffington Post*; *The American Jewish World*

SPEAKING TOPICS FOR STUDENTS

Empowered Test Takers: Strategies to feel calm, clear, and confident while taking tests

Test Prep Power Up: Easy, effective strategies to improve performance on each section of the SAT or ACT

SPEAKING TOPICS FOR PARENTS & EDUCATORS

Leading Students in a Mindful Approach: Four steps to bring more mindfulness to our support of students

PRAISE FOR “ACING IT!”

“Erika walks students step-by-step through the test preparation process with clarity and ease, providing tools and tips that are meaningful beyond measure.”

— **BARB SCHMIDT**, Author of *The Practice: Simple Tools for Managing Stress, Finding Inner Peace and Uncovering Happiness*

“*Acing It!* is brimming with intelligence, compassion, and accessible tools for success. Erika will help you change your entire mindset toward learning and enable you to reach your full potential.”

— **MICHELE KAMBOLIS, M.A.**, Author of *Generation Stressed: Play Based Tools to Help Your Child Overcome Anxiety*

