

Back to School Tips:

Good Smart Sitting

Sit on a chair. Push your hips back, ears over shoulders, shoulders over hips. Adjust the seat height so that your feet are planted flat- consider using a footrest or outdated textbook. Try a slant board, draftman table or tilted computer rest to make sure your arms are positioned comfortably. Then you're ready to get to work.

Computer Campus:



Dale Friedman suggests: Kids love iPads. Students who want to use their iPads to email should be practicing their keyboarding skills with [this keyboard](#).