

# Episode 51 - Jed Applerouth

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## SPEAKERS

Moira McCullough, Jed Applerouth

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Moira McCullough 00:01

Welcome to the College Scoops podcast. I'm your host, Moira McCullough and today we are talking with Jed Applerouth Founder and President of Applerouth Tutoring Services. Jed will discuss some of the psychological impacts both positive and negative on college students as a result of the pandemic, and how to prep mentally for 2021.



Jed Applerouth 00:17

So get rid of passing things, generate errors. Don't go for more than half an hour an hour, take breaks, spread space things out and do like, it's way better for you to do 345 minute sessions of a physics thing over multiple days. Then do three and a half, four hours in one day. So it's really important to space out, you need time between two nights to reinforce the night you have this transfer.



Moira McCullough 00:49

This is the College Scoops podcast and I'm your host Moira McCullough, we focus on everything college related from the admissions process to where to eat, stay and explore on and round campuses. Our guests include founders, educators, authors and experts in the college space. Join us as these experts share their knowledge, experiences and lessons learned to help you have stress free and formative and tasty college journeys. Whether it's

your first or last child going to college, or you're just interested in going to a college town for a game or meal, we've got you covered. If you haven't already, please subscribe to the College Scoops podcast to get the inside scoop on everything college related and leave us a review. Thanks to all of our sponsors partners in the entire College Scoops Ambassador team for helping us bring valuable content to our community. If you would like to support College Scoops as a sponsor, please head over to [patreon@patreon.com/collegescoops](https://patreon.com/collegescoops) and sign up as a sustaining listener, insider or Deluxe sponsor. We have exclusive benefits for our members free ebooks and even a College Scoops care package. Jed Applerouth is the Founder and President of Applerouth Tutoring Services and a nationally certified counselor with a PhD in educational psychology. Jed has researched student cognition, memory, motivation and learning strategies to enhance the pedagogical strategies at Applerouth. A trained artist, Jed merges his counseling and educational insights with his visual talents and humor to create original and effective instructional materials. Jed, thank you so much for joining us on the College Scoops podcast today.



Jed Applerouth 02:29

Great to be here Moira. Thanks so much for having me.



Moira McCullough 02:31

Well, it's so nice because I reached out to you because of your article that I read on your website. And you have so many great articles. But this one hit me at the moment that just I really needed to hear it was about willpower habits and cognitive reframing, which I was like I need to do more of that.



Jed Applerouth 02:50

Absolutely. Reframing is big.



Moira McCullough 02:53

Oh my gosh, I felt like you were you had a look in into my home. Because as I was walking by that Halloween candy bowl that I was so good at avoiding for weeks until that moment, and then I reached out. To whoever has not read that article, I'm going to put it on the blog post to share



03:10

That concept, the cognitive reframe - it's a major concept in counseling and psychology of how to help people reframe situations and reinterpret, but one of the things I first heard it was there's a researcher in Stanford, Walter Mischel, he's very famous for the marshmallow test. And he did this in Stanford and 60s with his daughter, and then her class. And he got the whole thing about the ability to delay gratification. And like he had the marshmallow. And you know, and for 15 minutes, these little kids, the idea was, if you can wait 15 minutes in this room with this marshmallow here, then I'll come back and give you another marshmallow on top of that. And it was all about the impulse control inhibition. And can I ignore that and the kids who were very successful, many of them are the ones who failed epically are the ones who were just looking at this marshmallow. And they were sniffing the marshmallow there. It's like they're trying to not yet but eventually you're going to get it the ones great, they did a reframe of this isn't a marshmallow at all, or they would distract themselves, they would turn away from marshmallow or they would say it's like, this is a an abstract contract at the end of this. And those people that did reframe, made it to that, that that time period. And so the idea of mentally to shift how you use something is so powerful for the ability to regulate behavior and attention and the distraction that you know, the inside game is huge every friend.

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Moira McCullough 03:48

It is an actually my son, my youngest son is amazing at it. He has refrained, he's cut out sugar, and I'm a baker, and even for his birthday in late September, I asked him what can I get you for your 18th birthday as I love baking. And he just looked at me and he thought, do you really want me to answer that? Let's think about it. I've given up sugar for this reason so work with me. So I'm trying to learn from you and from my youngest son!



05:05

Almost, mentally, it's mostly an inside game, I have friends who spent a decade quitting smoking, and my friend is fine with it. And he's in his 40s. And it's like, but it was it was a reframe. It was a mental versus like that, a little bit of pleasure, whatever it was, or that, versus really focusing his thought now on all the negatives. And so it's kind of like self hypnosis, essentially, where you're trying to prime yourself, or there's your there's the positives of what I get. But now it's these this cigarette now. It's like, it's definitely, he has mine fed with all the costs, and the negative and his lungs and vision. So now he's been a year and a half. And he has, after so many failed attempts, he's finally done it. But for him, it really was this mental, this cognitive shift that it says should change his behavior by

powerful.

M

Moira McCullough 05:50

Well, and that's kind of, you know, given the time that we're in right now, it's a perfect discussion to have. Test taking, that has been always a challenge for me as I was younger, and I had to learn how to learn. And that took a long time for me. But now when we talk about the environment, and what students are going through, and it's stressful around for everyone, it doesn't matter what age you are. So I wanted to reach out and ask you for advice and how we can help students to self regulate, take that willpower, take control of what they can control, and create an environment that will make them perform better.

J

Jed Applerouth 06:27

Yes, so what are some of the things that you've seen in terms of know, when we talked, you mentioned some of the positives that have come out of online learning and virtual environment? And I was surprised at some of the statements that are really kind of accurate? So can you share a little bit about that, what you've seen and what you've heard from students as to some of the positive things that have come out of it, and what we can do? Absolutely. And, you know, it's finally, it seems like we can see, if all the science that we use, the research data is true, what looks like April and May aren't that far away. It all this, even this morning, some of the data from Pfizer, and binds back and some of the research about long term immunity is like, I'm getting excited, and I find myself it's like, it's really, really going to end in five months, it's amazing. And we've done eight months, I get sick and survivals. Like, like none of us can. But in terms of over the past eight months, we've definitely seen positive and negative normals. And and initially, when I remember the very, very beginning, when this first began sort of manifest, you know, February, March in us, and then one of my good friends is a psychiatrist, and she and all of her work colleagues on these, like they're they're posting to each other, how so many of their clients who were struggling before, when like the stay at home learning began watching them again, a lot of the students that they were working with that other issues and pathologies, comorbidities, they began to do better in this environment. Some of them had social anxieties, some of them, you know, they're having to choose, you know, what clothes you have to wear, having to manage the ins and outs of hierarchies in high school performances with saying the right thing and the wrong thing. And that suddenly becomes gone people don't ever start raising your hands or that, suddenly, now I can like text, the teacher will change, and some people will be on the fly.



08:19

This is, again, a minority of students, because the majority of people out there, this experience of learning via screen. It is in the grand scheme of things relatively thin. It's not a rich, robust dynamic as a classroom, if you think about all the cues that you're getting constantly from students around you, and the teacher environmental cues, they're telling you, you know, even the students that teachers, violin or body, well, paying attention to information in terms of what's important, what's important, look around my peers, all the heads down suddenly, if there are things you're missing news screen. And so the thinness has really been challenging for many people who rely upon some of these cues in learning environments. And in some people have had to struggle with how do I regulate myself my time. Again, the same thing, if you're in a library, everybody around you studying is one thing, but when you're in your space, with all the distractions, and it's learning how to engineer your environments, to facilitate the task you're trying to achieve, and to minimize distractions, and to try to relate to balance that so if you engineer environment, right, you're at least halfway there. And part of it is, you know, these little devices and these little things which are in our, in our frame of view, even the very sight of this minds on airplane mode. So I know it's not going to be me, but even the anticipation and the expectation that it might mean is it affects my ability to do deep processing. It makes you process in a more shallow way. Text memory, affection, attention, transfer, watch, remember these these little things are a nightmare for learning, but also in the For the ability to find information, I reference mine in a pretty regular basis. But I've also had to learn to have boundaries around it in the bedroom, you know, having some healthy boundaries around our technology, they can do incredible things. But they can also have negative effects. And also negative social effects on us and so quick, but positive, too. So this is a totally double edged sword. But your students is learning that if I'm trying to focus on a task, I have to manage my environment better, I have to make sure my phone is offering even better charging the kitchen delightful that I don't have Instagram, I don't have, I don't have anything. And even you know, in part of us learning how to self regulate and self consequence self motivated. And I'm not going to let myself there, we all have certain sites with love. And whether they're social, and if you're a teenage person, they're probably more social, if you're an adult, that could be pedia surfing and going through the lols, or seeing an award or whatever you go to. And it's having some, again, boundaries, in terms of when I do that, when I'm allowed that. And that if I'm trying to do deep work, you know, I can't let myself having those, you know, it's nice to have breaks, it's nice to go for 30 minutes and not take 10 minutes. But if I just let myself interrupt my deep work session, and then I'm going to really affect my outputs and the quality of the work I'm accomplishing. So good boundaries between when I'm working and where I'm playing, is something that during this time especially has come to the fore, when students have to really regulate themselves. Even if there's a classroom here, I haven't realized as a teacher,

I've been trying to he did a lot of online learning and happy kids, they were here on the box, but their phones are open. And there are other things. Because when you're at home, you know you have a lot more control and power. And he said those kids, they were learning minimally, they're going through the motions of learning, but they really weren't learning that much. And so I think students that had to realize that they have a lot more power, you know, in terms of, if they regulate, if they study, if they don't study, if they're, you know, their learning becomes more their own. And honestly, once we're adults, that really is our world. And so they're they're getting honestly a little bit more of a case of learning in the adult world, where it's not the system of control resistance, personal, non controlling auto behaviors. Even in grad school, there's so much more freedom and freedom to focus and freedom to flounder and fail. And that's one of the reasons why people go into a Ph. D program. Half of them are in add to that, no, they'll finish that last section is up to you to regulate. When I work, when I study what I'm focusing on, and half the people don't don't finish it. So I think this really was a good test of Do you have the skills or resources? If not, can you expand them, increase them, enhance them to make you more effective at self regulation, because even once you go to college, you have to do above finish. And so you know, learning the skills of regulating oneself now can be super helpful in college, grad school, and then working beyond because we know many jobs require you to be someone independent. And isn't isn't a teacher up there cracking the whip and saying now do this now. This is okay, here are my five tasks. I had this much time. How do I use my time? Where do I have breaks? How long do I go before I change subjects? These are all things you have to learn. And so to me this this time has been helpful and instructive. And I feel like some people are going to go back to regular school stronger. Having learned that they do have resources or they have improved and even kids who floundered and then got their bearings. Well, they're now better off for having floundered and strengthened and then having never known.

M

Moira McCullough 13:34

I think that's one of the things that we have to do is kind of look at the positives and look at what am I learning from this, and what can I take away to make it better going forward. Because sometimes, you could focus on the negative, you could just go down that rabbit hole.

J

Jed Applerouth 13:49

And negative lots of reasons to whine what sacrifices we all sacrifice something and teenagers and kids. They've lost a lot objectively, but it also is, you know, this is an experience, you'll look back and remember this appearance your entire life. And part of it is what did you get and I think everyone, you know, I think can get something from this

and for us, like we're in online education. We've been doing the zoom stuff for 10 years, it was assumed it was a Cisco and WebEx and was IQ other products, but now it's realizing a lot of kids actually I've had people say like I actually really like online learning. And I said therapist, friends you know what, I didn't want to do it forever. But now I realize I actually can do remote therapy pretty well. And so when you know there are things that we have when I normally travel around the country giving lectures, and this time I sustain my basement and realizing you know I can do a pretty good job and then skip the airports and the rental cars and hotels and just so this may carry forward. There are things from this experience which which may transfer the next 10 years of my life even though that totally over. So I don't know I do think there are definitely lessons and there are upsides With the sacrifices in the pain and other things like that, but some people do, even though struggling, I was talking to a friend this morning whose daughter has gone through a bit of a mental health challenge, and no people now there's more depression and anxiety, other things, especially kids who are very, very social and super extroverted. And they've been locked in on their certain regions here in Atlanta is still their third watching screen. And some kids have been struggling kids who are super healthy, adaptive, and they were doing great. This has really pushed them and really challenged them to see what kind of skills do you have at your disposal? What kind of resources do you have? And, and, again, I was talking to my friends, like, the struggles that your daughter's going through right now honestly, if she goes through this in, like, she'll actually be stronger, and ready for the next challenge, because guarantee, there will be more challenges, it will be coded, but there'll be something else most disappointing or hard. And if you can get through the hard thing now, these hard things make us more resilient later in life. Absolutely.

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Moira McCullough 15:58

I mean I always say you learned so much from the failures. And if you don't, then you need to fail again.

J

Jed Applerouth 16:05

I was talking about this thing called distress tolerance, that I can handle some pain. And I can get through this. And you know, my friend whose daughter was doing a lot of self harm, which is actually pretty common with females, like one in five, we'll try some of the self harm. And it's like, you know, that that's one way, but there's a whole buffet of options of when you have distress when you have I mean, there are some there are ways that are really adaptive, and healthy. And and those are destructive, they know that there's a price for those. And part of it is okay, this is one, this is one way of solving the problem, or what are other ways now, you know, I get why you're doing it is after you work yourself as

endorphin other things that make you feel good for a moment. And a long term. It's a there's a cost to it versus some people they exercise. And like you know, they don't keep them very, some people don't again, there's a whole array of substances and alcohol and chemicals. But then there's meditation, and then there's mindfulness. And then there's other other things. So part of it is trying this array, this whole buffet of ways of handling distress, and learning that I can handle something I can handle, I haven't been a warrior, and I'm not going to have this fall apart. But let me look closely at one of the skills and resources and options and choosing one that's gonna be better for you in the long term for your life. But I I don't begrudge someone else often that you tried this, I got you felt pain and wanting to feel something you did this, I'm standing? Well, what if you want to feel something? It's like number? What are other ways you feel something apart from hurting yourself? And we start talking about that. And it's, you know, it's like, okay, you know, we're always trying to problem solve. And this is one answer to a problem. But is there a mercy to optimize? Is there? Is there a better answer to the same problem? without judgment, without shame? I don't want to shame or judge. It's like, okay, but I see you trying to solve a problem you're having and look at it in that garden, you're looking at resources and strengths, and what are other things you've done, which is helped you? Can we do more of that? And less versus your bad for doing that? Okay, you solve this problem this way? Is there a better way? I think that's

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Moira McCullough 18:06

The whole judgment and having a little bit grace, and giving yourself a little bit of opportunity to self reflect and say, Okay, I do these five things. And guess what, there is a way to optimize it and do something better. So if you have students, when you talked about this, somebody who's social, who are used to that being in a room. I'm somebody who does better meeting face-to-face, this whole zoom thing is really kind of, it's grown on me, and I appreciate it, and I'm thankful for it. But I would really like to be sitting in an office talking with you, or sitting at a cafe, in that type of environment. So for students, how do you keep that sense of connection without feeling isolated? What are some different approaches or tactics that you would say, you know, to get engaged and excited about learning?

J

Jed Applerouth 18:55

And connections, and this whole thing's connections and part of it, we know that one of the key ingredients in happiness is a rich network of human connections, you know, like pro social, like, helping other people having meaning and purpose and being connected. And then that's one of the reasons like religion is really great. You know, there are things where we get connected, people that are 12 step, it's a community. And it's a connection,



the connections we make keep us healthy and sane. And I've seen people in my family and network, we're getting really isolated for a variety of reasons. We're living by themselves. We're single, and the isolation, man, it's how we punish people, as isolates, how we torture people is isolation. And so you have to find ways to make meaningful connections. And part of it is you know, there there are different ways to connect those connecting with self and then part of that is like you know, going for a walk is one thing when is this my friend's daughter go crazy. It's like she goes out for a walk and like even connecting with nature when the trees are and then the humans around you. And I you know, I've been pushing I have a person close to me has been very depressed over this past four months. And it's all about the human connection LED, turn off the Netflix, turn off the stuff, these things, these things, they're not giving you out, you're acting, you're not receiving you and you aren't helping another, we also benefit tremendously, we help another. That's part of happiness, too. And so I think, you know, being abused being, which is a major need of ours to be useful. And so in this regard, how do you connect closely as well, you know, it's finding ways to do things safely this weekend, my wife and I went and saw two friends, and it's still warm enough in Atlanta, which is very sad on the carport, and feet apart. And we were able to, you know, an hour, an hour and a half outside, just just having a simple interaction and just being close to the person in a safe way. And then my friend, Keith, what did you see, see his houses we did outside and this zebra thing again, distance, but it was just, you know, an hour an hour and a half of being with someone. It's so healthy. And I think right now more than ever, these relationships are key. And what I want to recommend and encourage strongly is not interacting, or connecting, mediated by a screen, if you have the ability, there's a great book, it's called Igen, James Wang, he knew everything mental health wise. And the more time you spend looking at this, the more time you spend interacting with the screen, the less happen you are less help you are higher anxiety or depression. And the more time you are with your friends, in person interacting, connecting, and that's very grounding. And that's wonderfully helpful. And also, you know, there's, it's so different when you interact with a human being and the kind of feedback the attention, you're getting the the eye gaze, and all this, there's a richness to it. And non on the computer when you know, people are co thinking or rumors spreading, and they're lighting up, there's more of a performance, non performing something and there's anxiety performance, versus when you're spending time with another human being. And typically, it's not performing. And there's something more authentic and can be real. And it's not for public consumption. So you and his friend having this meeting of hearts and minds. So in terms of connection, right now, it's the more you can optimize human connections, you can short one safe one's better, better, better with your teacher, and always you want to have face, even if I right now there's more of a limbic connection and limbic resonance with a human versus just seeing a text. Text is so thin, you lose nuance, you lose subtext, you lose everything. And so a voice, trumps the heck out of a, you know, a snap or chatter, and then beyond the voice having

to face and be on the face having the body. Because we're also mammals, I just finished this enormous book, two nights ago, not behave Robert Sapolsky, neuroscience back money, email, under the teachers interact with them, these connections are so important. So with your friends, and for teenagers, their peers are more important in the adults clear, they're trying to separate, they're trying to individually mess, their primary life status, is to forge an identity that's independent of your parents. And that's when the parents stop being cool. And they're, I don't want to you know, you're so lame, their eyes roll, that's healthy, that's part of I'm trying to create a self. So I'm not totally messed with you. And that's, that's great. Nowadays, without looking back and say, actually, you're available, both for a short time, it's like my peers are important, as perfect. And so just trying to encourage, you know, you need to have the friendships and the meaningful connections with teachers, and have them reach out actively versus thing, because you can definitely isolate behind a screen and not engaged. And it's so important that we encourage good help help seeking, and just eventually, the teachers right in your teacher recommendations and everything else, that you need to have these connections. So they know how to talk about you, and speak about you and know how to also support you. And if you need more help or more time, whatever it is, you know, when you have that rapport, that really creates currency, and that creates an opening for you to begin to ask for things you need, and advocate for yourself. So having good healthy before the teachers is amazing. And eventually we were college one same and beyond. Now, what

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Moira McCullough 24:08

I always say to my kids, when you establish that relationship and develop that, and sometimes it's the informal connections, whether you're in a hallway, and now you don't have that, but but when you reach out and talk about something other than the home or per se or the assignment per se, and you get to know them, how are you today or ask them the questions. They're dealing with it as much as we are, they're having a tough time they would rather be in a classroom with yourself. The one thing I think I have seen with at least my kids is, we were never big on technology to begin with. But as a result, I think that kids are going to value that that face to face communication, which I think it was last for a period of time that it was like this faceless everyone was texting and now I think they're craving for that face to face. And they don't want to bring that phone and they're not going to be staring at that screen while they're sitting next to you. each other. I don't know if you've seen that as well. But

J

Jed Applerouth 25:03

It's slowly coming in another researcher at the moment, she wrote a book called Alone Together. And you've seen this before, where everyone's hanging out. But everyone's by

themselves. Get on a New York subway, you see in the restaurant, you see their friends meeting, and they're all doing this sounds like, wow, there's a missed opportunity here. And the notion that we don't have good boundaries, yet, with our demands, needs time, for us to craft new boundaries, and have really introspection and reflection on our devices. Initially, they first came out and said, Oh, my God, these are the best thing in the world and realize, oh, they're actually nuts. They're, they're great tools. But also, when we spend every minute on these, we're squeezing out time when our brain goes into this. Like default load processing, there's a certain kind of thing non focused thinking, where we get creativity and our brand resets, we get ideas on the default mode network. And if we're constantly putting in new information, and activating our cortex, you know, BBC, we're not going to get those insights. We're not going to get that self talk saying little things coming to us. If we're just shoving in more and more and more content. Like we need time. Also, part of it is before, I'm going to fill every second with new yourself versus No, no, it's actually bad for my brain. That's my creativity. That's my thinking back my insight. And so Ambassador myself relationship, my my inner landscape gets clouded. If I keep cramming for stuff I need, I'm not eating it. And so we're learning. In Colombia, I have a little baby girl upstairs, she's seven months old. And it's like, it's important that when I'm with her, every time that I don't go and reach for the phone, because I was amazing. Seeing her at set at 567 months, whatever our attention is, hers goes. And she's learning that if we start looking at screens, and then the screen becomes most important thing in the room for her for seven months old. It's like, I have to be very careful here. Yes, at seven months at a nightstand at 20. So it's learning boundaries. And it's learning for ourselves our boundaries and modeling for our kids good boundaries. And I think phones are collected, they go into a thing, but not constant access uninterrupted times these should go away.

M

Moira McCullough 27:18

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J

Jed Applerouth 27:56

That's where it goes fancy here.

**M** Moira McCullough 27:58

I'm so excited for Thanksgiving in the sense with all of our kids coming home. And I know, I can't see extended family and but I know that some of our best memories have been going for a walk and all of a sudden seeing the leaves falling and then having a discussion. And just as you said, taking it all in it was like, how could we have missed this because if I was on my phone, or if I was listening to an audible, I would have missed this.

**J** Jed Applerouth 28:24

Yeah. And then the limbic resonance with the with the other. When you're with someone, you're connected with them, and you're attuned to them. And then you read with nature and it changes our rate of respiration and our rate of our power and our blood pressure goes down, everything starts to calm like nature heals, and human connection heals. And human connection drops, cortisol levels, things I all these good things happen to work with people and connecting with them or even their touching or holding hands, whatever these things heal our bodies and our minds. So that Yeah, you know, these phones can just get in the way of all of it. My wife grew up in New York City. And there's a place to live up in Albany, but her great grandfather built on Lake. And like, for 25 or so 30 years, when she went up there, there was no Wi Fi. And then they finally couple years ago got it and she has a very nice once. It allows me to work up there. But then suddenly, it's like forever ever. It was just puzzles, or we hang out and then we just connect. And now when the kids come like her nephews playing fortnight or doing or the other kids are on Instagram, it's like the importance of being bored of the incredible importance of boredom, for creativity, and the importance of boredom for self regulation. Yes, like we need to create and structure boredom versus over scheduling and filling every minute is actually a really lousy.

**M** Moira McCullough 29:44

We have the opportunity to go up to Cape Cod during the summers and we don't have any TV.

**J** Jed Applerouth 29:50

That's the best.

**M** Moira McCullough 29:51

We have a whole chest of all these games and it was very interesting when some of my kids had their friends over and they didn't know what parcheesi is. My grandmother's Parcheesi.

**J** Jed Applerouth 30:01

And you don't you're not leaving the present, like you're actually present with each other. Right?

**M** Moira McCullough 30:06

Yes, how you help students also with the test anxiety, all that you've just described is his steps towards that are any other tips that you have for students as they try to finish this semester strong, and then ways, you've suggested all these ways to decompress during the break in between semester, take the opportunity, and then hit the ground running, or at least start with semester 2021, which we hope is going to be totally new year, overall?

**J** Jed Applerouth 30:33

Well, finishing strong, I mean, it's a combination of things. We're going to, you know, entering a period, a lot of kids who were in college, now break, they're gonna be at home, right, like backwards. And, and many, you know, as the outbreak is going to be raging around, it seems like it's, it's pretty tough, and it'll be tough for a while, and the vaccine still months away, so we're gonna have to be on better behavior. But it means that some kids who are currently in school, I mean, back home again, and it's about learning how to manage, again, manager environment management time that a prioritize the structure. One thing we were talking about before we press record, was the importance of doing harder things earlier. And first, not saving, it's, it's understanding how to prioritize understanding things like and intensive cognitive tasks. First, don't put them at ease, you know, do the hard things first. And also the importance of taking breaks at the mind, you know, in terms of an exam times, somebody will go for two or three hours. And ultimately, our cognitive efficiency declines and declines and vines like we there's the effects of your, as you put new things in the brain can hold so much at one time. And you begin to call cognitive interference and new information. Now, here's the old like, you need breaks, you need times the brand consolidates the time to walk away, and then to replenish and come back. And so like after an hour, after nothing, depending on yourself, you know, take a break, and then do something non cognitively demanding. Go and look outside, play a song with your body even better, and come back do something about it, you're leaving subject. So you don't, it's much, much worse to do three hours of one subject, whether

we're better to do an hour in physics, and then pause and do an hour of French or spending more than an hour versus doing three hours of physics. So the big blocks are very ineffective, very efficient. And there's also an important thing about the how essential is the feedback when you're trying to learn content. And the things that are non feedback intensive, are very effective. So like reading a chapter three times, wildly ineffective, even like doing like highlighting, or it's not very effective, it's passive. If you want, you have to generate errors when you're doing good. So you have to be doing self quizzing, self testing, and doing split half notes, concepts here. And I have to forcibly retrieve information from memory and see if I know it, I'm not generating mistakes and errors and feedback and not really learning. And so self testing is actually hugely important versus just whatever is passive, typically is not effective. So get rid of passive things, generate errors, don't go through more than half an hour an hour, take breaks, spread space things out and do like, it's way better for you to do three 45 minutes sessions of a physics thing over multiple days, and do three and a half hours in one day. So it's really split, you need time between the two a night to reinforce me I'd like to have this transfer, you know, in terms of from short term working memory and long term memory at night, and those events are really important to to learn it some and forget some come back we learned again, every time you revisit those neural traces get stronger and stronger and stronger see a multiple traces not one one long session. Other things are the importance again, if I'm the study that you know for actually both breaks into your calendar. So when you have all this time and you're in study session for like three hours, then I'm going to move my body and go for a walk, I'm gonna play and even structuring your time to be social structure in 30 minutes, or a snack that means like, you need to have a Don't try to do concurrently. You have better boundaries for I'm studying for two hours, iPhones and different room for an hour. I'm just playing having good boundaries, using your body on the importance of sleep. For long term transfer max sleep is essential for memory and encoding into long term memory and die it's important to you as our glucose runs out, our you know, throughout the day, we get less and less able to think. And so taking breaks going and eating make sure you have glucose and you know, feed your brain. You're hungry, you're malnourished, so exercise, sleep diets, social interaction, human contact, taking breaks. These are all things that will help you increase learning how to how do I manage myself, this is all about self regulation, which is about this moment school but also in life, right otherwise Be a good parent to myself. As you know, it is a self parenting and eventually we're in we're in college. How do I sell pair when I'm in college? And how do I take care of myself? What I need is laughing



Moira McCullough 35:09

I am laughing because everything that you've just described, I need to do as myself.

**J** Jed Applerouth 35:13  
Exactly this is these are life skills.

**M** Moira McCullough 35:15  
I found myself, I think the whole working from home, I would go 10 hours, and all of a sudden, it started affecting me physically. I'm like, What is going on? Oh, well, maybe because I just sat here for 10 hours. And to your point, I wasn't as effective performance level just plummeted. And I was exhausted, and I had no water. And then I went down to just grab a piece of candy. I mean, honestly, I did everything that you said not to. So amazing. I think the other thing truly that I would say, as a parent, I'm getting ready for with my kids coming home is also how can I help you? And how can we be in this small place together, and help each other and kind of set up boundaries? Because I think that's something else. It's like, what do you need to do? And when do you need to do it so that we're working with each other and not against each other.

**J** Jed Applerouth 36:05  
And I think taking up the level of communications, that we are, you know, we have to we have to collaborate, we have to be mindful of each other and help each other. And so it's communication, right and skillful communication and asking for what you need. And being aware of part of it, the executive function piece, so you know, knowing I'm going to need this at this time, and being able to anticipate that and share that. And also, again, as you mentioned before, you know, you have someone who came to you for help, and like, you know, oh, 930 at night, and that's when cognitively you're spent. And so it's like now I can't be as easy as just do in the morning, I'm much, much more helpful and beneficial, and it's being able to dissipate, I might need help from past experiences. Therefore, I'm gonna ask you in advance and find out when is it gonna be easiest for you to help me. And then that's really a life skill, learning how to ask for help. And part of it is the packaging and the timing of the ask, of where and how and when and how early you ask, versus, I'm going to ask when I'm in crisis versus understanding, you know, I may need help. Let me plant a seed a day early. So if I do need help, I know when you're going to be available around. So I'm not scrambling and stressing out when I'm ready against the wall of the deadline.

**M** Moira McCullough 37:11  
Right. And I think something you and I talked about, the joy I got out of helping others is what are ways that we can do to help each other and this time, I know with my not being

able to see my parents, and they're, they're not in a place where they have access to anyone, I almost get more joy in helping others, and that's making me stronger.

**J** Jed Applerouth 37:30

So there's a balance point. But yes, it's nice recompense of giving to others. And, you know, helping others being connected to others we are, we're social animals, and we're meant to be, you know, you want to feel competence, want to feel like we can do things we want to feel connected to others. We want to feel like we have choices and autonomy. And these are like fundamental pieces of what drives my identity. You I'm helping you versus living selfishly, other therapy. Yes, Man's Search for Meaning is very important little book. And Viktor Frankl talks about, like living for another. And how do you make them you know, he survived the Holocaust and observe people. And all the acts like having something to live for when you've had a crisis of faith and things haven't been living for another, living to help another. And finding a way to you know, having meaning in your life is really is really profound from for happiness, and finding way. And if it's, even if you have a treadmill waiting for a new, there's purpose and meaning. And that's really important for us to know that we're our lives, you know that they have some effects and impact and helping another you know, that someday we feel better about ourselves. But we're, there's a selfish element of altruism, but also we serve the other and ourselves.

**M** Moira McCullough 38:47

There's a lot of good out there and we just have to be upbeat. So two things. One, what do you wish you knew before you attended college?

**J** Jed Applerouth 38:55

Wow, what do I wish I knew? I guess I wish, as you know, in my mid 40s, I wish as an 18 year old. This may sound funny, but I can how little the academics mattered. That it really wasn't about the academics, I would have taken very different classes. I'm one of the people like you know, I got a two bachelor's and master's a PhD. And my my bachelor's was my least meaningful, and least useful, and least enjoyed. experience. I so enjoyed a master's program. I so enjoyed the the doctoral program, a part I loved it my bachelor's, I think I kind of wasted it. And for me, realizing in hindsight, you know, college was really about this transition period between the educated and adult, learning how to navigate these situations, how to manage things, friendships and leases and travels, applying for jobs. That was really the purpose. In many ways was a buffer between you know, before I had financial responsibilities economically. In my classes I really drudge through I did part



of the warden effect on the news, counting one and accounting two and no cost accounting, oh my god, and finance one and finance two. And you know, unlike stat one instead, it's like your calc one calc calc 151. Guy, there was so much through a lot of drudgery. And then there were, I had four classes of 40 that I really loved. And it's like, that was a lousy ratio. There were there's a lot more drudgery versus of the real joy of learning. And in hindsight, I would have gone back and taking more classes that I loved, like my, you know, modern American poetry and English 88. And there were classes that were transformative. But there were few, right, and I have friends who went to college and college blew their mind open. And they adored college, it was the best experience. But for me, my Masters, my doctor, were more really more, there's more pleasure. So I think go for more pleasure. And think less, you know, less drudgery, less pain, and realizing that you use a fraction, if any of what you learned in college I 10 years later, so few of us are using our major. It's so rare. And so it's like so think about you're going to probably get more professional chops and for your graduate level work. So I feel like for your undergraduates will be focused to me it's more of these that excited more the the joy of learning more the guy versus right now everyone's afraid they're going towards computer science or something. Unless you love that, like my thing is this experience to be with smart people, smart classes, and eventually, you're going to probably go to grad school, and then in grad school probably get you closer to your career. Then you're under the undergraduate except for the few people can go from their bachelor's to the career. Most of us there are going to need some additional schooling especially in this knowledge economy. We're we're really working more with our brains than anything else. These days.

M

Moira McCullough 41:56

My business school experience was so much I went in with such a different mindset and it blew away my undergraduate years as well but but I just have to say, I read in your bio that you did A Capella. So you did go out.

J

Jed Applerouth 42:08

I loved A Capella. I was fun as hell we go tour around the country. It was that, to me are the best parts of Penn. Going abroad going to France was amazing life changing. And my A Capella group that was so much fun for me. And then some painting on campus - I am an artist. doing the art stuff, but in terms of and then there were four great classes. But a lot of that was parties and girls and other stuff. The academics for me, I learned very little and that was relevant if they kept an eye for me, like as a business person, I spent four years doing undergraduate business, six months on the ground as a McKinsey consultant. I learned more in six months than in the four years of books. So I feel like what I think my sense of it was a lot of that time was not that useful or valuable. But I do I have a degree

for it. But you know, my experiences, my additional learning in my master's program changed me and it may change my way of viewing the world. The way my bachelor's degree was kind of going through the motions for the most part. So my Masters, my Doctorate, those blew my mind open. Undergraduate, like, I kind of lost. Maybe I would redo this I would do it differently.

**M** Moira McCullough 43:21

The only thing is I have to make a couple connections. One I also went to France to I wasn't an A Capella, but I'm an A Capella groupie,

**J** Jed Applerouth 43:28

So much fun. It was so much fun.

**M** Moira McCullough 43:31

I went to high school right down the street from Yale. So we would always see The Whiffenpoofs. So I'm just saying I may have you know, seen you at one of your shows that you didn't realize that person in the back.

 43:44

The Coop, there's some great groups. Yeah, for sure.

**M** Moira McCullough 43:46

Unbelievable. Is there any favorite food spot in any college campus that you've been to that you would say if you're on that campus go to or on and around that community?

**J** Jed Applerouth 43:57

When I was at Penn, there was on LeBus was my favorite place to go on Samson. I would go for their healthy food and it was fresh. I hope they're still around. I know the pandemic has been very tough to private. They're amazing. Like near The White Dog Cafe on campus. I love it and I ate there all the time.

**M** Moira McCullough 44:27

Jed, thank you so much that was really enriching and really interesting. And I'm going to listen to this podcast over and over again.

**J** Jed Applerouth 44:35

Well, great, glad to be here. And if you happen to do it again, if you ever need me again. Thank you.

**M** Moira McCullough 44:42

Thank you to Jed for a truly rich and insightful conversation on ways we can create healthy environments, whether it is in our classroom, outside of the classroom, our work environment or at home. So many of the concepts we discussed are applicable to how we can take control of our current situation by creating healthy habits. instilling rules to change our behavior, using cognitive reframing and self regulation as a way to achieve success, not only in the classroom but in work environments and at home, stay connected and engaged because as humans we need that it's in our DNA. Reach out to your family, friends, classmates and colleagues, as now more than ever people are craving for social interactions. You can find all of our show notes and links to the helpful resources mentioned throughout our conversation on our website at college Scripps comm slash podcast. You can learn more about Jed and Applerouth Tutoring Services on their website @applerouth.com. Please take a couple of minutes to rate review and subscribe to College Scoops. Thank you for listening to our College Scoops podcast. Our entire College Scoops team strives to make the college journey a little bit easier, less stressful, fun and tasty by sharing all the insights groups we have curated along the way. We would love to hear from you about topics to cover and your ideas and everything college related. Reach out to us at collegescoops.com or follow us on Instagram, Twitter and Facebook.