

ERIKA OPPENHEIMER

Test Prep for the Whole Person

ABOUT

In addition to teaching academic content and testing strategies, 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, ACT, and PSAT since 2011, representing top test prep companies before branching off to work as an independent consultant.

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*

PRAISE FOR COACHING

“My experience with Erika was completely different from my experiences with other tutors. Erika got me to address my anxiety, and built up my confidence so much that the anxiety dissipated, and that is something for which I am so grateful.”

— **CLAIRE R.**, Student

“The mindfulness techniques that you taught Sarah really seemed to help her in concentrating on the task at hand. She also definitely learned some organizational skills. Sarah’s grades weren’t bad to begin with, but have improved since working with you! She got into the college of her choice, and I have no doubt that she will have a more successful college experience because of these techniques!”

— **SUZANNE S.**, Parent

