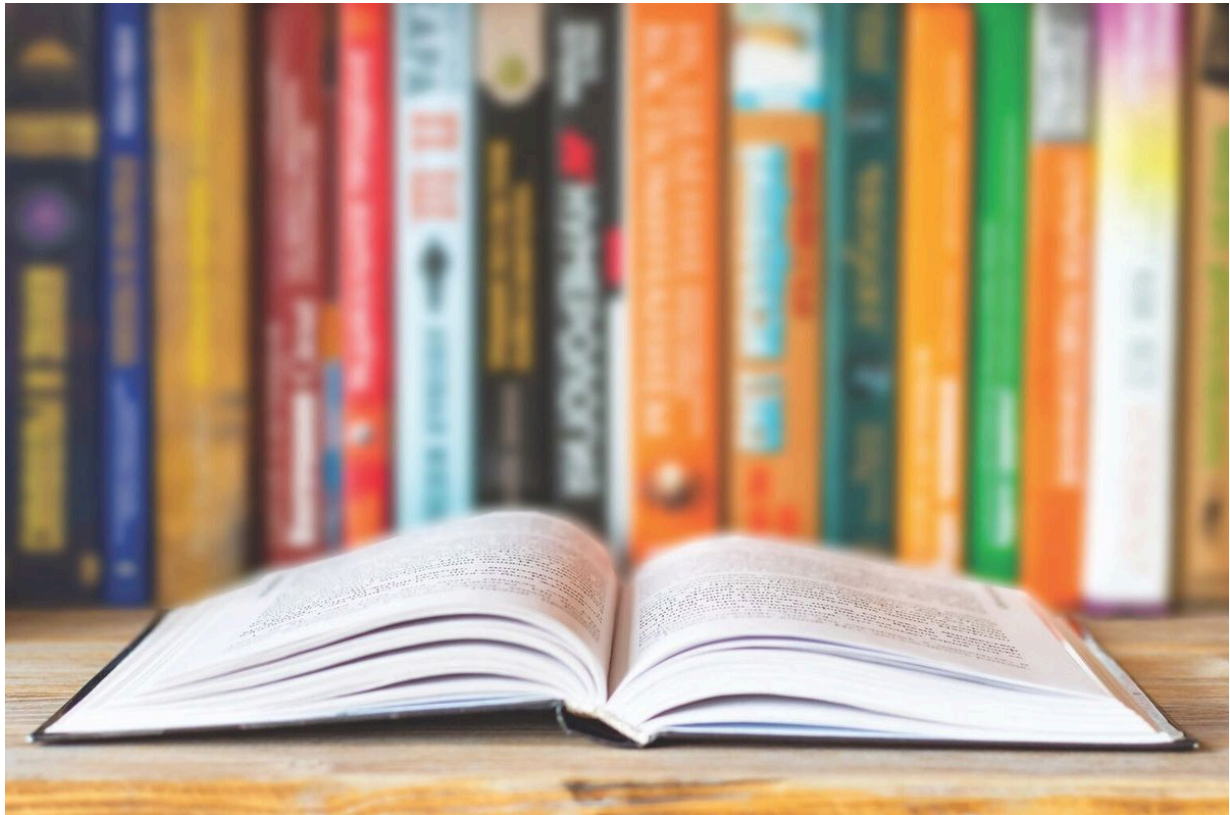


Tech Tips to help kids avoid the ‘Summer Slide’

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As summer approaches and classes come to an end, many students are excited to take a break from learning. However, there is a risk of students experiencing the “summer slide,” which is a loss of academic learning and skills that can occur during the summer months. According to [Sociological Science](#), students could lose up to three months of their learning during the summer.

“Summer break can be a time for students to relax and recharge, but it’s also important to mix in educational opportunities to avoid the summer slide,” said Sarah Pearson, area vice president at UScellular. “Whether it’s creating a summer reading list, exploring nature, or volunteering at a local organization, children can still take part in fun and educational activities to be prepared for the upcoming school year.”

UScellular offers the following tips to help parents and their kids avoid a summer slide:

1. **Join a local summer program:** Local organizations offer many summer programs that can help students stay social and active in their own community.
2. **Learn a new language:** According to [Education First](#), learning a new language has been linked to development and health benefits. Trying out a new language is easy with free to use apps such as [Duolingo](#), [Memrise](#), and [Rosetta Stone](#).
3. **Take a learning adventure:** Oregon has a lot of places to explore. A trip to your local cave, coast or museum exhibit can help students gain new experiences and explore their own community. Apps such as [AllTrails](#) can also help find new places to discover in your area.
4. **Create a summer reading contest:** By creating a reading list, reading can be fun and rewarding as each book is finished. If you would rather join a reading program, sites like [Quindew](#) offer free programs for all ages. Apps such as [Libby](#) or [Audible](#) allow you to access e-books and audiobooks straight for your tablet or smartphone.
5. **Join a volunteer organization:** During the warmer months, many local organizations offer volunteer opportunities for students. Volunteering allows students to explore and develop skills, improving their mental health. Apps such as [Point](#) and [Golden](#) make it easy to find and participate in volunteering opportunities in your community.

About UScellular

UScellular is the fourth-largest full-service wireless carrier in the United States, providing national network coverage and industry-leading innovations designed to help customers stay connected to the things that matter most. The Chicago-based carrier provides a strong, reliable network supported by the latest technology and offers a wide range of communication services that enhance consumers' lives, increase the competitiveness of local businesses and improve the efficiency of government operations.

Through its [After School Access Project](#), the company has donated more than \$23 million in hotspots and service to help youth connect to reliable internet. To learn more about UScellular, visit one of its retail stores or www.uscellular.com. To get the latest news, visit newsroom.uscellular.com.

