



## Personal History Coach (PHC) Program

by Hexco Academic

Students who apply to participate in our PHC program are aiming to reach the highest rungs of the National History Bee and Bowl (NHBB) and/or other national or regional social studies competitions. Students eligible for PHC will have studied beyond the basics of history and also possess knowledge of related topics, such as geography. Having a core foundation upon entering the PHC program will allow participants to expand their background in history and work to master higher-level historical concepts and themes. An assessment of your student's proficiency is 'Step 1' of the enrollment process and is described in detail below.

Author and coach, Keisha Bedwell, understands the workings of the NHBB and is a seasoned personal tutor who is proficient in a variety of subject areas. Under the direction of Bedwell, students can begin to form the 'bigger picture' one needs to field questions with multiple embedded facts. Hexco's PHC program also helps determine the best methods for engaging your student, and the program assists in discovering the most effective approach for helping your student memorize important facts while synthesizing knowledge.

### How it Works

**Step 1** is an assessment of your student's learning style and proficiency in history. The assessment phase will take about a week or two. Tests are given and evaluated in terms of learning style, basic skill level, and areas of expertise. Our goal is to teach students not just to work harder but to work smarter as well, and our coach has compiled a wealth of materials to guide students in this endeavor.

**Step 2** follows the assessment. Our coach will create assignments tailored to each student's definitive strengths, weaknesses, and unique interests. A student's biweekly assignments will entail the following:

- A quizzing session for 1 hour via telephone or Skype to review assignments and provide explanations of complex subjects.
- After each session, the coach will send an email to the student and parent evaluating the student's progress in order to identify and address problem areas. All communications with the student are conducted in a positive, encouraging manner. The coach is NEVER there to grade, only to teach, motivate, and help your student stay on task.
- The coach will give each student assignments that are to be completed prior to the next coaching session. The PHC program is based on Hexco's *History Essentials* and other reliable resources, such as *Encyclopedia Britannica* and educational websites. As the student progresses, unique research assignments tailored to a student's individual strengths, weaknesses, and interests will be administered and discussed.

**Step 3** will consist of your student compiling his/her own set of history notecards, notebooks, or spreadsheets of collected information. Students will receive assignments requiring them to research terms of a specific nature and are encouraged to create a collection of any oddities that they may find along the way.



**Step 4** regards parent involvement. You will be the primary person to quiz your student on the information found in their notes or flashcards on a regular basis to refresh and constantly review the voluminous bank of information expected of successful NHBB contestants. Share interesting news articles and trivia with them. Most importantly, encourage and support your student.

## Recommended Student Resources

- Hexco's [History Essentials](#) (required)
- Subscription to *Encyclopedia Britannica* (approximately \$50 per year)
- Internet access for using various approved websites, such as *PBS* and *BBC*
- Hexco's [History Snapshots: U.S. 1900-1949](#)
- Hexco's [History Snapshots: Europe, Ancient and Classical](#)
- Hexco's [CI&E \(Current Issues & Events\) Notes](#)

## Distribution of Responsibilities

### Responsibility of the coach

- Provide a safe and encouraging learning environment and use positive reinforcement and motivation without grading a student.
- Prepare assignments that cover bite-sized, manageable segments of history.
- Prepare challenging questions that are related to the segment of history currently being studied to quiz students.
- Continually refresh and review previous information with students.
- Keep the student and parents apprised of progress after each session.
- Teach the student techniques for fielding complex questions by separating the parts of a question, breaking the question down, using process of elimination, etc.

### Responsibility of the student

- Maintain a data collection on each major segment of history being studied.
- Spend at least 1-2 hours daily working to complete all assignments, including researching assigned topics and searching for additional facts to add to their data collection.
- Submit each assignment before class.
- Connect with the coach in a timely manner when a session is scheduled.

### Responsibility of the parent

- Communicate with the coach and participate in scheduling sessions at mutually appropriate times.
- Encourage the student to complete all assignments.
- Spend time quizzing students over the current focus of study and reviewing previous material.



## Meet the Coach

Keisha Bedwell is an in-house researcher, writer, and editor at Hexco, primarily specializing in social studies and writing-related contests, and the head coach of our personal history coaching program. Keisha co-authored Hexco's *History Essentials*, wrote the original book of our History Snapshots series, and has also written numerous practice tests and other study materials for students preparing to compete in the University Interscholastic League. She holds a B.A. in both Psychology and History from Schreiner University and brings a unique wealth of knowledge and insight from over a decade of experience coaching and tutoring students of all ages. Her work in PHC includes application of methodology gleaned from working in university tutoring centers and from studying and observing the workings of the NHBB, and her students have brought home multiple national championship titles over the years.

See [Hexco's blog](#) for samples of Bedwell's writings which provide additional information on the NHBB.

## Tuition

- Assessment plus **8** one-hour-long sessions of quizzing via phone/Skype with a personal coach and email follow-up and assignments is \$1,900. Sessions are held biweekly (every other week).
- Assessment plus **16** sessions via phone/Skype of 1 hour each with a personal coach and email follow-up and assignments is \$3,100. Sessions are held biweekly (every other week).
- Note that the 16-session version provides a significant discount. Before the third session of the first 8-session program, a student may extend to the 16-session program by paying the \$1,200 difference to take advantage of the discount.
- After the first 16 sessions, each student can extend their coaching for 8 sessions at a time at \$1,550 as long as they continue to participate in the program without a significant break.
- Payment in full is required at beginning of the assessment by personal check, Visa, MasterCard, American Express, Discover, or PayPal.

## Other Important Information

- We do make allowances for vacations of up to about 4 weeks at a time, and this is not considered a break in the continuation of the program.
- Most students start with 8 sessions and extend to 16 sessions before the third session. Some stop after 8 sessions, but most participants remain in the PHC throughout the school year, and many stay in our coaching program for several years.
- PHC is conducted on a 'first-come, first-served' basis, and placement in the program is dependent on our coaches' availability.



- We cannot guarantee increased placement within any bee. Ultimate placement, as you already know, is dependent on a variety of factors, including luck of the draw, level of study, willingness to study, student error, nervousness in verbal rounds, other competitors, etc.
- We do not offer unlimited, unscheduled, around-the-clock attention from a coach or Hexco Academic.
- Information provided to PHC students is for their use only, even when the program has been completed. All lesson plans, study lists, and guidance are provided solely for one student, and teammates and siblings may not use the lesson plans or lists.
- We ask for 24-hour advance notice in the event that a PHC student needs to reschedule or cancel an appointment. If a session is simply missed without notice, it cannot be made up without charge. Exceptions can be made in the case of a serious emergency on the student's or coach's part.
- For additional questions or more information on the background of our coaches, write [linda@hexco.com](mailto:linda@hexco.com) or call Linda Tarrant or Keisha Bedwell at Hexco: 830-367-3825.