

“Understand Your Child’s
Learning Struggles”

“There is Something You Can Do”

SYMPTOMS

- Difficulty reading
- Frustrated in school
- Poor spelling
- Weak comprehension
- Unable to concentrate
- Easily distracted
- Needs directions repeated
- Dislikes word problems
- Unable to recall math facts
- Doesn't grasp humor
- Misses the "big picture"
- Unable to read social cues/poor peer relationships
- Spends longer than peers on homework

Cognitive Skills vs Academic Skills

- Cognitive skills are the tools *for* learning: processing, memory, attention, and logic & reasoning. There are 41 cognitive skills.
- Academic skills are the subjects we learn: math, literature, science, history, languages....
- Weak cognitive skills=difficulties in academic learning
- Strong cognitive skills= enjoying and success in academic learning

Attention

- Visual and auditory sustained attention is the ability to stay on task for a sustained period of time.
- Visual and auditory selected attention is the ability to attend to one input while not being distracted by other inputs.
- Divided attention is the ability to attend to 2 activities at the same time- taking notes and listening to the teacher.
- Flexible attention is the ability to shift focus quickly when necessary.

Memory

- Short-term memory is the ability to screen out unimportant information and keep important information for further processing (1/1000 of a second) and to hold onto information for up to 30 sec. until you decide to throw it out or send for further processing.
- Active or Working memory is the ability to hold information in the mind while performing a mental operation or manipulating the information.
- Long-term memory is the ability to store and recall information for later use. This may be recalling sequences, math facts, rules, reproduce a design, and several pieces of information in an organized manner.

Processing

- Processing Speed is the rate at which the brain handles information.
- Visual Processing is the ability to perceive, analyze, and think in visual images. It is the ability to scan, inspect and compare images seeing the differences in size, color, shape, distance, and orientation of objects. You can create mental image or a movie in your mind.
- Auditory Processing is the ability to hear the differences in sounds, break words apart, manipulate and analyze sounds to determine number, order, and sequence, and sounds within words (phonemic awareness). The ability to perceive, analyze, and conceptualize what is heard and to tell the differences in volume, pitch, and duration of sounds.

Logic and Reasoning

- Logic and Reasoning are the ability to reason , prioritize, and plan. You can establish a logical and practical plan, analyze and solve problems, handle setbacks and learn from mistakes, failures, and conflicts.
- The ability to recognize ideas and categories that have similar features. The ability to use our thinking skills quickly and efficiently to make correct decisions.

Identify

- Cognitive Assessment used is the Gibson Test which is an online version similar to the Woodcock Johnson III COG. It takes 35 minutes.
- You can take it at home or with me. Go to the website to cognitive assessment and it will take you to Cog1st.org. Danville/Boyle Co. site.
- Further testing in comprehension, reading fluency, and auditory processing will also be done.
- IQ scores and academic testing do not reveal underlying challenges

Facts about the Brain

- We use 100% of our brain
- The brain is elastic or has “plasticity” which means it can continue to change and make new neural pathways for a LIFETIME!
- Our last brain cells develop in old age
- Listening to Mozart doesn't make you smarter but playing Mozart does
- Sleep, nutrition, exercise, and reduced stress impact our ability to learn
- IQ is NOT fix and can be increased!

Strengthen

- Short-term intensive cognitive/brain training.
- Optimal results are seen with 60 hours of therapy : one hour a day, five days a week for 12 weeks or 1.5 to 2 hours a day for 6-8 weeks.
- Additional time may be beneficial for some students
- Intensity and frequency are the key to developing the neural pathways .
- Students received focused attention and immediate feedback in one-on-one sessions
- The underlying process of memory, attention, processing, and logic and reasoning are developed
- The exercises are challenging and fun!

Tutoring vs Brain Training

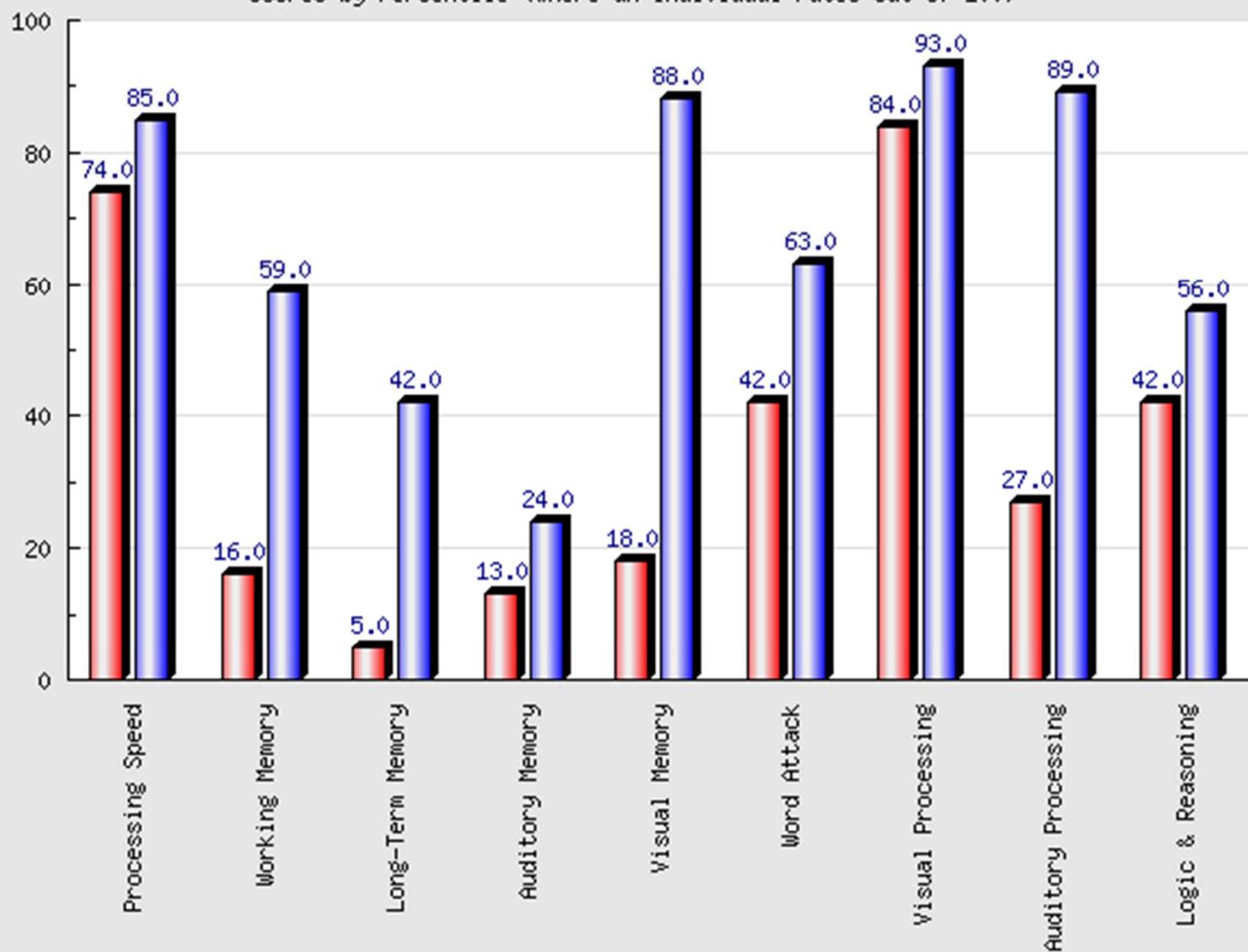
- Tutoring is focused on providing encouragement, support, and instruction in academic subjects: math, writing, science....It is usually necessary for most of their academic career.
- Brain training produces lasting results in a short time and can greatly diminish or eliminate the need for tutoring in the future.

Who Benefits

- Students and Adults from 5-105!
- Anyone below the 80% percentile on the cognitive assessment
- Students with learning difficulties such as: dyslexia, ADD/ADHD, PDD, Autism, processing disorders, language delays
- Students who want to increase ACT/SAT scores
- Progress is dependent on students cooperation and parents commitment

Cognitive Skills Profile

Scores by Percentile (where an individual rates out of 100)



Transform

- Improved attention span, focus
- Fewer careless errors
- Completion of tasks faster
- Completion of tasks more accurately
- Less frustration with difficult tasks
- Better ability to follow instructions
- Better ability to grasp concepts
- Increased motivation & effort
- Greater ability to handle challenges
- Enhanced thinking
- Increased attention to detail
- Better reading comprehension
- Self-correct and become independent learners!