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# Academic Success Center of Kentucky Newsletter

***Building Better Minds***

**February 2012**

## **In This Issue**

- [Lazy or Lagging](#)
- [My Brain Shuts Off](#)
- [What the Ancients Knew](#)

**Dear Carol,**

This is our first official newsletter! We are so excited to be able and share the latest research and information on strengthening our amazing brain! Please feel free to forward to a friend.



Carol and Kyle Brown, founders of the Academic Success Center of Kentucky

## **What the Ancients Knew**

**"It is impossible even to think without a mental picture."  
Aristotle 348 B.C.**

You can help your child's reading comprehension by encouraging his

## ***Lazy or Lagging.... The role of working memory in learning.***

Working memory is a stronger predictor of personal and academic success than IQ. But what is working memory?

You are using it right now as you read this article and remember the information. Working memory is our ability to comprehend, listen and take notes, remember a sequence of events or steps in a math problem. A young student may read a word and forget it a few lines later; an older student may be following the lecture until he is distracted by another student's question and forgets what he has just heard.

It is important to know if your student (or even a spouse or employee) is intentionally not following through with a request or if they have a weak working memory.

In her book, "Improving Working Memory: Supporting Students' Learning," Tracy Packiam Alloway states that in a recent study with students

ability to visualize pictures of what he is reading. So rather than ask, "What happened?" you can ask, "What did you "see" happening?" Students who are not able to make images struggle with comprehension and need to read material 2-3 times. This is a skill that can be developed by following Aristotle's steps for developing memory.

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## Quick Links

### Our Website

Contact us at 859-613-2290  
cbrown@academicssuccesscenterky.com

Join Our Mailing List!

We help students with these challenges succeed in school.

- Difficulty reading
- Easily distracted
- Unable to concentrate
- Frustrated in school
- Needs directions repeated
- Weak comprehension
- Trouble making friends
- Spends longer than classmates on homework
- Misses the "big picture"
- Unable to recall math facts
- Known learning issues

from 8-11 who received extra educational support, like tutoring and special classes, they were still performing at the bottom of the class two years later. Drilling academics without improving working memory is like entering a bike race with flat tires. If we don't develop working memory skills, the academics won't make a difference.

However, working memory can be increased with intensive training!

Contact me for information on how to develop working memory through cognitive training.

***Let's give our students the capacity to learn!***

## "My Brain Shuts Off"

Rory is an incredibly bright ten year old whose logic skills are amazing. However, one minute he's "on" and the next he's "off." Attention issues....maybe...but probably not.

You see his working memory literally stops working.

Rory was on level 1 of Sky Scanning--one of the Brainware Safari exercises--and the computer said the numbers 20, 87, 59. He remembers them perfectly and finds them on the screen. He can remember the first 3 sets of numbers effortlessly, but when a fourth set is added...92, 25, 15...NOTHING. I repeat the numbers for him and...NOTHING. Nothing from what he previously heard; his ability to now recall has vanished. Rory looks at me and says, "My brain just shut off." Hmmmm...

I ask Rory if he knows the story of the "Woodsman and the Axe," and he recalls it perfectly. This is his long term memory.

Rory's story has a happy ending, too... He has gone from 45 seconds of concentration (working memory) to over 10 minutes with increased confidence! His working memory is increasing every week, and he now proclaims when passing a difficult level, "I am SO smart!"

Students like Rory can hold it together for short periods of time but not for long. If Rory sounds like you or someone you know, please contact us for an evaluation.

## Save 25% on a FULL evaluation

Normally \$100, a full evaluation includes neurodevelopmental screening, cognitive screening, and personal brain training plan.

859-613-2290

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Offer expires April 30, 2012

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