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Academic Success Center of Kentucky Newsletter

Building Better Minds

April 2012

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"The Summer That Changed Everything"

Sara's Story

Throughout elementary school to where I was last summer as a college sophomore, I had noticed some issues with my reading skills. When reading an assignment in class, I noticed that I was usually always one of the last or the last person to finish reading. Sometimes my teacher would have to continue on with her lesson, not being able to wait on me any longer to finish. I usually just got overwhelmed by that point and didn't finish whatever passage we were studying. I felt rushed and I got frustrated with myself. Even though I had always noticed I struggled with my reading, it really hit me that I needed to seek help.

Last spring when I was at home reading for my sociology class, it seemed like it took me 30 minutes to get through 2 paragraphs because I had to re-read everything. Frustrated and a little hurt, I looked at my mom and said, "Mom, I can't read!" I love sociology, so not being able to read about something I love was devastating. I was also devastated at the fact I was in my second year of college and still had issues with reading speed and comprehension.



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

My desire has been to train and equip others with the methods we use. That is now possible as my workbook is in the final stages of publication. Draft copies will be available this summer for a reduced price.

Workbook

I was so thankful my friend told me about

***"Growing Brains Everyday:
Brain Training Curriculum
for Teachers, Parents, and
Interventionist"***

A day by day curriculum designed for brain development including working memory, attention, processing speed and more. 30 brain training exercises with increasingly difficult levels to increase abilities. Classroom connection activities, study skills, and instructional methods included. Designed for use in the classroom, clinic, or home environment.

Contact me, if you would like to pre-order my workbook.

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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:
 - Dyslexia
 - Visual Processing Difficulties
 - Auditory Processing Disorder

I was so thankful my friend told me about the cognitive therapy her mom did and said that she could help me. I was thrilled and gave it a shot! When working with Carol over the summer, we did various exercises to strengthen my reading skills. I also learned from Carol that I have an inner-ear imbalance which effects my reading. Through brain strengthening exercises, visual processing exercises, and other reading activities we did one on one, I noticed tremendous progress when I started classes the following fall semester!

My first class of the semester was an Introduction to Ethics class which required a lot of reading; 90% of our assignments were reading various articles and passages. From the first day to the end of the semester, everything I heard and read in class was crystal clear and I could read an article with ease the first time through and understand it without going back and reading it over and over again. As a result, I received an A in the class! I feel very privileged and blessed that I was lead to such a program that has had an ever lasting, positive impact on my life. It was a great way to spend my summer!

" Cognitive therapy works! "

Sara, 21 year college student

***"Making Movies"
Understanding Comprehension***

Comprehension is the ability to remember and understand what you read. One can "see" the details of a passage as well as understand the general concepts. We may say, "you are making a movie in your mind" when reading or listening.

If you are a strong reader, it is assumed you

- ADD - ADHD Learning Difficulties
- Autism Spectrum Disorders
- Language Disorder
- Dysgraphia
- Dyscalculia
- Sensory Integration Dysfunction
- Down Syndrome
- Traumatic Brain Injury
- Memory Difficulties

If you are a strong reader, it is assumed you can remember what you read. However, many college students and honor students need to read something 2-3 times which is making homework laborious. What is unusual, is that many of them can "make movies" but still have to reread. They also have difficulty holding on to the information in class for sustained periods. This is particularly difficult when more information is added. Other students are simply reading very slowly and have weak visual processing which can be strengthened.

Signs of Weak Comprehension:

1. Difficulty following directions
2. Getting the parts put missing the whole
3. Information seems to go in one ear and out the other
4. Difficulty with written and oral language comprehension
5. Difficulty with expressing language orally and in writing
6. Difficulty grasping humor
7. Difficulty with mental mapping
8. Difficulty with abstract thinking

Summer can be the best time for brain training! Contact us for an evaluation. We are working with students and adults from 5- 75 years of age in Danville and Lexington. Limited space is available.

Save 25%

Full evaluation: neurodevelopmental screening, cognitive screening, and personal brain training plan. \$100

Offer Expires April 30, 2012

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