EQUIPPING MINDS

Cognitive Development Curriculum

Professional Development Proposal

Training Your Educators to Strengthen the Cognitive Foundations of Every Learner

Dr. Carol T. Brown, Ed.D. | Founder & Creator | 2026

1. Why Cognitive Training?

Most struggling learners are not missing academic content; they are missing the cognitive foundations that make content learnable. Working memory, processing speed, auditory and visual processing, attention, and cognitive flexibility are the skills that allow a student to hold information, connect ideas, and transfer learning across subjects.

Equipping Minds Cognitive Development Curriculum (EMCDC) was developed by Dr. Carol T. Brown, Ed.D., to directly strengthen these underlying cognitive skills, not through tutoring, but through structured, intensive cognitive training. Independent research conducted at the University of North Alabama, Boyce College, and Dallas Theological Seminary confirms measurable cognitive and academic gains among students aged 9–68, with and without learning disabilities.

★ What Research Shows

In a 2025 public school study at the University of North Alabama, students with SLD and ADHD who received EMCDC training gained +48 scaled score points in iReady Reading and +34 in iReady Math in just 8 weeks — compared to near-zero gains in the control group receiving regular instruction.

A 2024 school pilot program found that students receiving EMCDC outperformed non-pilot peers by up to 43 scale score points and gained up to 23.7 percentile points on national independent school benchmarks — with only 23 of the recommended 60 training hours.

2. Professional Development Options

Equipping Minds offers several training formats to fit your school's needs, budget, and timeline. All options can be delivered in person or online.

Training Option	Cost Per Person	What's Included	Best For
2-Day PD Workshop (with materials)	**$350 / person**	Full 2-day training + Teacher Workbook + 1 deck of EM Cards (Beginner or Xtreme)	Schools wanting staff fully equipped from day one
2-Day PD Workshop (training only)	$200 / person	Full 2-day training — no workbook or cards included	Staff who already have materials or schools purchasing materials separately
EM in the Classroom (recorded)	**$200**	Recording of the full 2-day PD plus school implementation videos — shareable with your team	Schools wanting ongoing reference or staff who missed live training
ROSES Program (20-hr PD + 600 videos)	**$500**	20-hour professional development workshop + 600+ step-by-step implementation videos — shareable school license	Schools building independent, sustainable implementation capacity

Note on sharing: During the 2-day training, participants can share game materials. However, when working with students, it is most effective for each educator to have their own set.

Student Materials

Item	Cost	Note
Student Workbook (printed)	$30 each (school discount)	Recommended for each student
Student Workbook (printable file)	$10 per student	School prints locally
Beginner Level EM Cards (Pre-K – Grade 1 ability)	$25 per deck	Choose Beginner or Xtreme based on student level
Xtreme Level EM Cards (Grade 2+ ability)	$25 per deck	See card descriptions below

Shipping costs depend on the number of boxes. Bulk orders are coordinated directly with Dr. Brown.

3. Required Classroom Materials

In addition to the Equipping Minds workbooks and cards, the following materials are used during training and student sessions. Most are low-cost and available on Amazon. Educators can share during the training workshop; individual sets are recommended for ongoing student work.

Item	Notes
Unifix Cubes: green, blue,red,yellow,black,orange, brown,white,purple	Used for hands-on sequencing and working memory exercises
Spot It Jr. Animals, Classic, or Gone Camping	Visual processing and attention training
Equipping Minds Colored House Cards Beginning and Xtreme (large classroom files available)	Executive Functioning
SET Card Game	Pattern recognition and cognitive flexibility
Blink Card Game (may be difficult to get)	Processing speed training
Uno Cards and/or Giant Deck of Playing Cards	Used across multiple cognitive exercises
Sheet Protectors and Dry-Erase Markers	For reusable workbook exercises
Also recommend: Color Code, Uzzle Stack, Qbitz Jr	Yo, Millard Fillmore! (Kindle)

4. Training Delivery & Logistics

Detail	Information
Format	Available online (live Zoom) or in person. Both formats deliver the full 2-day curriculum.
Recommended Duration	Two days are strongly recommended, scheduled consecutively, a few weeks or months apart, or as weekly or bi-weekly sessions over several months. A single day is an introduction only.
Group Size	Flexible — suitable for individual staff, small teams, or full district professional development days.
In-Person Travel Costs	For on-site training, travel expenses (hotel, meals, and mileage) are billed separately. Typical cost: $900–$1,000 for a two-day engagement.
Ongoing Support	EM in the Classroom recordings and the ROSES video library provide ongoing reference and support for trained staff after the initial PD.

Scheduling	**Contact Dr. Carol Brown directly to check availability and schedule your training. Calendar available at equippingminds.com/dr-browns-calendar**

5. What Schools Can Expect

Schools that have implemented EMCDC consistently report outcomes beyond test scores. Educators notice changes in how students engage, focus, and carry themselves in the classroom.

Student Outcomes	Educator Observations
Improved working memory and ability to follow multi-step directions	Students redirect themselves more quickly and sustain focus longer
Faster processing speed, measurable within weeks of consistent training	Increased engagement and student confidence in academic tasks
Reading, spelling, and science gains confirmed by standardized assessment	Students describe sessions as 'fun' and 'helping me think better'
Gains in verbal reasoning, non-verbal reasoning, and IQ composite (KBIT-2) confirmed by independent researchers	Educators report seeing 'revelatory progress in students who have long struggled with down-scaled expectations'

★ **A Note on Implementation Intensity:** Research across all EMCDC studies confirms that consistent daily practice (5 days/week, 30 minutes) over a minimum of 60 hours produces the strongest outcomes. Partial participation yields partial results.

The 2024 GFCS school pilot produced its results with only 23 hours — one-third of the recommended protocol. A full 60-hour implementation is expected to yield significantly stronger and more durable gains.

6. Next Steps

We would welcome the opportunity to discuss your school's specific needs and match the right training option to your goals, staff size, and student population.

1	**Contact Dr. Brown to schedule a phone or Zoom consultation — no obligation.**
2	Review the companion Research Evidence Summary document for the full data behind EMCDC outcomes.
3	**Select your training option, confirm dates, and coordinate materials ordering.**
4	Attend the 2027 Annual Equipping Minds Conference: June 7–11, Frankfort, KY (in person) or online. Level 1: $600 | Levels 1 & 2: $1,000.

Ready to Equip Your Educators?

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