

Visit With the Utays

August 2008

School Psychology and Education Specialists

Dr. Joe Utay, Director of Counseling and Evaluation Services for Total Learning Centers and former professor for Indiana University of Pennsylvania's Department of Counseling, is a graduate of University of Pittsburgh, a school psychologist, marriage and family therapist, author, national speaker, and father.

Dr. Carol Utay is Executive Director of Total Learning Centers. She is also a graduate of University of Pittsburgh and an expert in learning and special education. "Dr. Carol" has experience as a principal, Orton-Gillingham reading therapist, teacher, consultant, national speaker, professor, author, and mother. She is a national 2006 Athena Award winner for community service.



Drs. Joe and Carol Utay are charter members of Allegheny North Kiwanis, a global organization of volunteers dedicated to changing the world, one child, one community at a time. They are proud parents of Andrea, who graduated college after struggling successfully with support from the educational community and experts at Total Learning Centers.

Give Your Child's Brain a Workout for School, Part 3

“Our son needs to improve his ability to plan, organize and actually accomplish increasingly complex school tasks, or put plainly, to use his head better! You have written about brain plasticity - that there are now programs that take advantage of new research showing you can change the brain's ability to think more efficiently and therefore ease stress and increase academic success. ... How can I find out for sure?”

So far, we have discussed issues related to motivation and what to look for when deciding whether this is an area that needs improvement. When executive functioning is working properly, a child efficiently inhibits, shifts, manages emotions, initiates, uses working memory, plans, organizes, and monitors activities. Last month, we described eight specific signs that executive functioning is not working efficiently. This month we share information about several research-proven programs we have personally witnessed make significant changes in many students' and adults' ability to think better and faster, and remember more efficiently.

- **PACE Plus** (Processing and Cognitive Enhancement) is an intense 60 hour course that truly exercises the brain to the next level! An adult class is also starting soon.
- **COGNITIVE CALISTHENICS** is the advanced form of PACE Plus for those who want an even bigger jump in brain power.
- **SPRINT**, developed by Total Learning Centers, focuses on thinking **speed**. It is great

for students who have basic skills but need to apply them faster.

- **COGMED**, only offered by approved physicians and psychologists, is a home-based program that significantly improves memory in just 5 weeks.
- **POSITScience: InSight** is useful for speeding up visual processing, sharpening visual precision, enlarging useful field of view, expanding divided attention, and improving visual working memory.
- **POSITScience: Brain Fitness** strengthens the auditory system of the brain by speeding up auditory processing, improving working memory, and encouraging the brain to produce more of the chemicals that help it remember.

You can research each program for yourself. For example, check out Cogmed's website (www.cogmed.com) and see their impressive research and list of approved providers. Try PositScience's Brain Speed Test, Speech in Noise Test and Word List Recall at http://www.positscience.com/products/brain_fitness_program/ (click in the bottom right of the page for the free tests). As always, just call the Total Learning Center nearest you for a program demonstration and answers to specific questions about your particular

child's needs (877- Skill 11). If easier, email
info@TotalLearningCenter.com.

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