

# Visit With the Utays

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*School Psychology and Education Specialists*



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## Build up Your Child's Brain this Summer So He Doesn't Lose it this Fall

What common hidden education problem do these children share?

1. Dave has problems starting homework and chores and needs extensive prompts to begin.
2. Jack loses track of what he's doing, forgets what he's supposed to get when sent on an errand, can't remember rules, and struggles with mental manipulation of numbers and words.
3. Pat has trouble dividing large assignments into manageable pieces, doesn't have the right materials when needed, and underestimates the time needed to finish a task.
4. Steve can't locate belongings or assignments, has a messy room and closet, and leaves a trail of "stuff."
5. Charlie makes mistakes from rushing and fails to check ongoing work and therefore does not make mid-course corrections.
6. Zack can't stop talking or moving and rarely "looks before he leaps."
7. Tom is inflexible and requires consistent routines, gets upset when confronting a change and transitions, and constantly asks what is going to happen next.

**Each child needs help developing their crucial "take charge" brain process called Executive Functioning.** When a child's Executive Functioning is working properly, it efficiently focuses, inhibits, initiates, shifts, manages emotions, uses working memory, plans, organizes, implements, and monitors activities. And, even though anytime of the year is good to work on developing these skills, the summer does offer the advantage of not needing to also deal with ongoing homework frustration and often overwhelming school projects.

**Each of the children described above chose past summers to "build up my brain" as one child put it, so the fall would not be "so painful" as another described his usual school**

**experience.** Though not all children with Executive Functioning problems have difficulties in each of the above areas (the idea is to look for consistent problems, not just typical avoidance of chores, for example), it does not take much of a deficit in any one area to cause immediate and long lasting - and often devastating - **frustration leading to a sense of, "What's the use?"**

These are the four best programs we have personally witnessed make significant changes in many students' ability to think better and faster. **These programs work!**

**BRAIN BOOST** is an intense 50 hour course that truly exercises the brain to the next level!

**COGNITIVE CALISTHENICS** is the advanced form of Brain Boost for those who want an even bigger jump in brain power.

**SPRINT** focuses on thinking **speed**. It is great for students who have skills but need to apply them faster.

**COGMED**, only offered by trained physicians and psychologists, is a home-based program that significantly improves memory in just 5 weeks.

You can research each program for yourself. For example, check out Cogmed's website and list of approved providers ([www.cogmed.com](http://www.cogmed.com)) and see their impressive research ([www.cogmedresearch.com](http://www.cogmedresearch.com)).

As always, just call the Total Learning Center nearest you in Wexford, Fox Chapel, Murrysville, or South Hills for answers to specific questions about your particular child's needs as well as expert programs available this summer and throughout the year (877- Skill 11). If easier, email us at [success@TotalLearningCenter.com](mailto:success@TotalLearningCenter.com). **Because it affects SO many important aspects of academic, social, athletic, and emotional life, developing the brain's**

**Executive Functioning process is one more way to help your child prepare this summer for success this fall.**

**Total Learning Centers was voted Best Tutoring and Best College Prep by Nickelodeon's Parent Picks.**

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