

# Visit With the Utays

July 2010

*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 recognized national Athena Award winner for community service.*



## Take Advantage of Brain-based Learning

Dear Drs. Utay,  
"How is 'brain-based learning' different than ordinary tutoring? My son is frustrated with math and our daughter complains that she has to re-read everything to understand it. I'm trying to figure out what they need and where to take them for help. So, what IS brain-based learning?"

The road to academic success is often paved with more than "just tutoring." Considering your son's trouble with math for example, tutoring – focusing on a specific math concept your son has a hard time "getting" – might be all he needs. If not enough, **maybe the real problem is not math so much as working memory, focused attention, or thinking speed.**

After the underlying issue is determined through testing, and the brain is trained in that area, then the student is ready to 1) really pay attention to the learning experience, 2) keep skills and concepts in working memory long enough to move them to long-term memory, 3) quickly get to and process that learning when required, and 4) apply what was learned by reading, writing, or doing math at a level at least at their intellectual level. **So, brain-based learning is teaching the brain to develop in ways that can THEN be used to master needed academic areas.**

If you are now thinking, "I need to re-read that last paragraph to better understand it," does that mean you need tutoring in **reading**? Maybe not, though that is usually the assumption when students like your daughter say they have to re-read to understand. If the real issue is memory, then improving **memory** will help her far more than tutoring in reading. If the real issue is **attention**, then developing her brain's ability to lock on to the paragraph all the way to the end will be the key. She may need

brain-based learning to THEN BE READY to develop actual reading skills.

So, it is vital to **use a program specifically designed to address YOUR child's brain's specific issues.** Developing your children's **real** learning needs, will help them prepare today for success tomorrow.

For more information on investing some of the remainder of summer for an exceptional school year, including summer opportunities for brain-based learning, contact Total Learning Centers at (724) 940-1090. If easier, email us at [success@TotalLearningCenter.com](mailto:success@TotalLearningCenter.com). Visit us at [www.TotalLearningCenter.com](http://www.TotalLearningCenter.com) and follow Dr. Carol Utay on Twitter at <http://twitter.com/carolutay>.

Recently honored by Parent Advocates for Learning Support for "**outstanding dedication, passion, and commitment in meeting the learning needs of all children.**"

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

*Reprinted from Northern Connections July 2010.*