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## 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?”**

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 (724-940-1090). If easier, email [Success@TotalLearningCenter.com](mailto:Success@TotalLearningCenter.com).

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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.

- **COGMED**, only offered by approved physicians and psychologists, is a home-based program that significantly improves memory in just 5 weeks.
- **COGNITIVE EDUCATIONAL THERAPY (CET)**, a unique program developed at Total Learning Centers, improves four areas of the brain's "executive functioning" necessary for learning: focus, working memory, phonological processing, and processing speed, and on the way improves confidence, self-esteem and interest in learning.
- **FACT** (Focusing Attention for Complete Thinking) strengthens skills needed for sustaining attention, increasing speed of information processing, shifting attention between multiple tasks, and paying attention to multiple sources of information at a time.

You can research each program for yourself. For example, check out Cogmed's website ([www.cogmed.com](http://www.cogmed.com)) and see their impressive research and list of approved providers or visit TLC's website ([www.totallearningcenter.com](http://www.totallearningcenter.com)) for more information on CET and FACT.