

## Test Taking is Easier & Less Stressful

### A.1 Auditory Processing-Memory

#### ***Rick's Experience***

Lisa had one main goal in mind when looking for academic help for her son, Rick. She wasn't expecting him to come out a straight A student. After all, learning had never come easily to Rick, like it did for his siblings.

"I wanted to make learning fun -- a good experience," she says.

She learned about Options Center for Health and Education through an article printed by the Sun Foundation. Rick brought the paper home from school.

The approach used by Options seemed unconventional. "They're not going to sit down with a book," she says, relating her first impressions of the program. "You kind of think, 'Oh, I don't know'."

But, on second thought, she decided the conventional approach didn't seem to be working with Rick anyway.

Rick would often have severe stomach aches as school started and he experienced a lot of test and homework anxiety, Lisa says. They would spend hours on a subject and he would go back to school armed with the needed information, only to forget again when it came time to take the test. "It broke his heart," she says, looking back.

Rick has been taking classes at Options designed to integrate the different parts of the brain, for a more holistic approach to learning. His problem, according to Options Director Helen Cox, was poor comprehension and memory.



"Rick has the ability," notes Helen, "He just needs help with processing the information."

Part of the class involves Brain Gym® exercises. The exercises, which resemble mild

calisthenics, exercise parts of the body in order to stimulate parts of the brain which may not be working properly. Lisa explains, the process is similar to that of recovering from a stroke. The exercises help to strengthen nerve connections in the brain which then helps with learning. "It gets the brain to remember how it's supposed to be," she says. "I really think they're right. It makes a lot of sense."

According to Lisa, Rick doesn't have the before school stomach aches anymore, and his retention of information has improved. When they are working on his homework together, she says, she stops when the tension increases and Rick seems to be slipping back into old patterns. Instead of getting frustrated, they stop and do some of the exercises, which, she says, gets them back on track.

Rick also discreetly does the exercises before tests at school.

"He still struggles," says Lisa, "but, it's made his learning experience a little easier." Along with the program itself, Lisa says she likes the attitude displayed at Options toward learning -- everyone wants to learn, but there is a reason some can't. She says they try to find what's blocking the student from learning and deal with that.



"Their outlook is wonderful at Options," she says, "The kids want to learn."

***If you would like to communicate with Options,  
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