

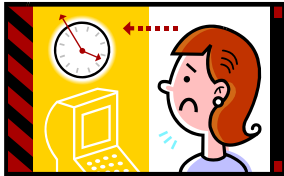
Freshman's Attitude and Grades Go UP!

Classes - Positive Attitude Development

Like many students, high school freshman Janet had some problems at school and her grades began slipping. But, it wasn't a learning disorder, Janet thought, who is a bright student. She wasn't having a difficult time understanding the concepts or grasping the lessons.

"I had a problem with coming home and doing my homework," says Janet, looking back.

She so dreaded homework that Janet would put it off until the last minute



or not do it at all. Janet and her parents knew her attitude towards her homework was the key to getting it done, so they looked for a program which would address the feelings of stress and dread that she associated with

the work.

At Options Center, Janet learned how to use Brain Gym® exercises and guided imagery to develop and achieve goals for herself. These classes helped her develop positive attitudes.

The classes enhanced the integration of the body and brain. Janet became more relaxed and had a more peaceful demeanor. She also experienced more relief from stress and was more efficient in her use of the body's energy to cope comfortably with stress. Janet began to understand the purpose of her behavior and misbehavior becoming aware of the actual meaning of mutual respect. This helped Janet gain skill in using reasonable approaches for coping with daily problems of living at home and school. Good channels of communication were also established at home.

One week, her goal was to be motivated to do her homework. Another week it was not being shy around people and having more self-confidence.

"Or, not really caring about what other people think, but liking myself and that's enough," she adds.

At the same time, she worked on changing her perspective on getting the homework done. For example, if she came home and did the work right away, she'd have the rest of the evening free as well as the next morning.

The goals and change in perspective were achieved through a series of exercises, movements, guided meditation and acupressure. The activities, done with the guidance of Helen Cox, the director of Options Center, were each designed to create a balance within Janet.



Janet reported that she feels the effects of the work. "I don't dread it as much, it's not as overwhelming," says Janet.

As a result, Janet's grades went back up and classroom work became easier for her. She says she was better able to accept what she had to do.

"I feel better having done the work -- a job well done feels a lot better than I thought it would," she says.

***If you would like to communicate with Options,
please feel free to email - options@mtco.com.***

**Options Center for Health and Education
4316 N. Prospect Road • Peoria Heights, IL 61616 • (309) 685-7721
options@mtco.com • www.options-center.com**