

## High School Youth Motivated after Exploring Options

Classes - Positive Attitude Development

A journey toward self-awareness and more confidence began for a recent high school graduate when he walked up to his teacher's desk to ask about a grade for his writing. Phil soon discovered the way he spoke "didn't jibe" with the way he wrote.



That took him to the next step -- the eye doctor. As a child, Phil "mixed up letters" and wanted to know if he was experiencing visual problems again. It was there that he first heard about Options and its alternative approach to learning.

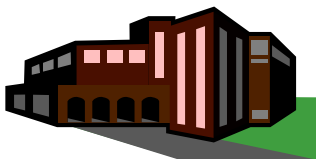
Through a battery of tests, Phil discovered that he learns primarily through kinesthetic (touch) methods (i.e. -- labs, hands-on work) and through his sense of hearing. He doesn't learn as well visually.

The test results answered a lot of questions for Phil, like why he had trouble in school -- which is primarily geared toward visual learning. According to Phil, he had a bad attitude toward learning and life. He described himself as "lazy", "pessimistic", and without motivation or self-esteem before taking classes at Options Center.



"I used to not want to do anything whatsoever," he said. And, ignoring the well-known advice to "try, try again," when one fails, Phil said, "I would try something and stop."

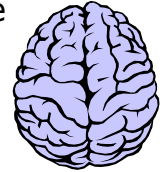
Part of Phil's goal in going to Options was to develop a mental attitude of succeeding as he enters community college this coming fall.



Phil has a "wonderful core that he's just beginning to realize, uncover, and access," said Helen, director of Options Center. She added, "Phil has been a wonderful

person to work with because he immediately noticed changes as we did balances."

Helen's classes were geared toward integrating both sides of the brain, which guides how we learn. Phil reported feeling more balanced and noted he has a "different outlook on life."



"Overall, I'd recommend Options," said Phil, adding, "They're very nice people -- very helpful."

***If you would like to communicate with Options,  
please feel free to email - [options@mtco.com](mailto:options@mtco.com).***

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