

Student Makes Attitude Shift Toward Success

Classes - Whole Brain Body Integration and Thinking Skills

Juana was failing every subject in school. The nine-year-old couldn't concentrate, was fidgety and showed a poor attitude toward school. Her concerned mother, Linda, sent her to tutors, but Juana's performance in school didn't change.



That's when Linda decided on taking a different approach and went to an individualized plan involving Brain Gym® exercises at Options Center.

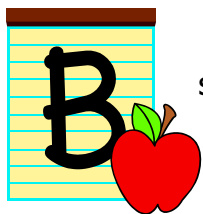
The program "offered me more than tutoring," said Linda. "It was dealing more with Juana as an individual."

Juana took Thinking Skills, which deals with the stresses of learning and movement re-education, which consists of balancing exercises to integrate the hemispheres of the brain. She also took Vision Therapy to help her perception.

Thinking Skills track the way information is absorbed, understood and used by the individual student. Some students are more auditory, others are more visual. An individual plan is developed for each student. Sometimes the stress of learning itself can deter a person's learning. The class looks at those points of stress and deals directly with them.

Whole Brain/Body Integration course concentrates on the student's habits and re-educates the student toward more productive, self-improving behaviors and movements.

Vision is more than sight. Many learning problems can be traced to vision problems, and this program addresses those problems.



Juana at first rebelled against the classes, but soon began showing a change in attitude. A change in grades followed, when Juana received marks of B's and C's instead of the usual F's.

Juana began to believe in herself, according to Linda.

"It's really helped her be able to do her work and believe in herself," said Linda. "She had basically given up, on the whole school. She'd kind of given up on herself."

Linda helps Juana keep up the good work by reminding her to do her daily exercises, including Thinking Cap, Balance Buttons, and PACE. She sometimes does them in the car on the way to school, and often does them before a test or other times stress levels rise.

Linda has noted a "complete change" in Juana's attitude since trying the innovative approach : "She feels good about herself; she feels confident about herself."

Helen Cox, director of Options, also noticed a change.

"Her attitude is dramatically changed," she noted. "She is now taking responsibility for her own actions, instead of blaming others. She also apologizes for her mistakes, which was unheard of before."



Juana herself can explain the difference the Brain Gym® exercises has made in her life.

"I can learn better," she said. "It helps me think more and helps me get ready for tests."

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