

Young Student Takes Charge of Own Education

Classes - Listening Skills

It was a sad and painful realization, but one that ultimately led him to finding a solution to the problem he knew he'd had for sometime.

Paul, 11, and his brothers were reading aloud at home. When his younger brother read, Paul's face crumpled.

"Peter even reads better than I do," he told his mother, Helen. "Everybody in school reads better than I do."



Paul's self-esteem was low, according to his mom, but after than incident, it plummeted.

Paul had been tested in the public school system and took some special classes, according to Helen. However, she saw no improvement, and even noticed some back sliding, when Paul had to miss regular class time to walk to another school building for the special classes.

At the suggestion of her mother, Helen enrolled Paul in classes at Options Center that taught auditory processing, language development, recognition, labeling, visual memory and organization. Specific Brain Gym® exercises for auditory processing were used. The Thinking Cap and Balance Buttons increased blood and oxygen flow to the ears and the temporal lobe of the brain, where the majority of auditory processing takes place. Cross Crawls strengthened the nerves going across the auditory mid-line and thus, helped to integrate the ears and decrease auditory processing problems.

Other Brain Gym® exercises, such as The Elephant and Lazy 8's, help the eyes cross the visual mid-line, thus integrating the right and left brain hemispheres and increase the student's ability to focus and use both eyes at the same time. Along with the Brain Gym® exercises, Paul used the visual training equipment offered at Options Center. These devices in effect "re-train" the eyes to focus together and release eye-strain.



Paul's coordination increased, according to Helen as well as his concentration. She has noticed this in school, but also in the soccer field, where Paul plays on a traveling team.

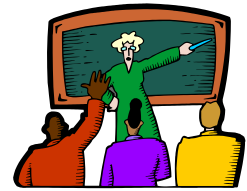
Helen said Paul used to ask the coach for repeated directions, not being able to remember from the moment it took him to get the edge of the field to the middle of the game, what his instructions were.

Paul knew something was wrong, she said, and chided himself for not being able to remember. Now, with increased memory and more confidence, he often comments to his mom after a good game how much he has improved.

Where it has helped Paul the most, said Helen, is in building self-confidence.

"Instead of being the one with his head down -- 'don't call on me' -- he's raising his hand in class," said Helen.

He's also reading at home.



Paul himself credits Options' classes for helping him overcome his past problems in school and he continues to be very diligent with doing his Options homeplay. He does his Brain Gym® exercises three times a day and before soccer practice, said Helen.



He is also watching more closely what he eats, which he knows can also affect learning.

"He really believes what they seem to be teaching him," said Helen. "He seems to be eating better. He knows what certain foods will do to him."

The mother supports her son's new-found confidence in and out of the class, saying, "Whatever they do there, it seems to work. I've been really satisfied with what they've done."

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