



USING THE GIFT OF NEUROPLASTICITY TO OVERCOME LEARNING DIFFICULTIES

For the powerpoint
presentation, scan me:



WHO WE ARE:

The Nectar Group is an education company dedicated to helping students overcome learning challenges so that they can reach their full potential. With our assessment-driven process, we use scientific tools to evaluate and pinpoint the root causes of learning difficulties. Then, we create custom solutions utilizing cognitive neuroscience to resolve those root issues.

We optimize learning and take a holistic approach to improving school, work, and life performance by providing:



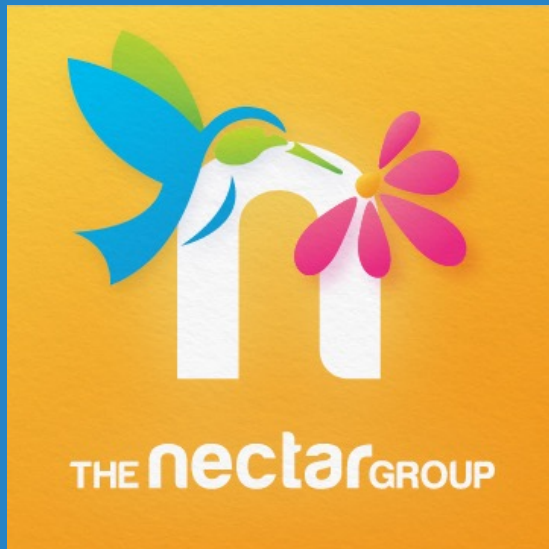
Therapeutic interventions that are grounded in neuroscience to treat the causes of learning difficulties for all ages

K-12 and collegiate level academic tutoring in reading, writing, and math to build solid content and prepare students for college and beyond

Study skills and executive function coaching to ensure successful student outcomes

One-to-one educational services via educational consulting, individualized schooling, and homeschool support

HOW AND WHO NECTAR HELPS:



Nectar works with:

Client ages 6 and up

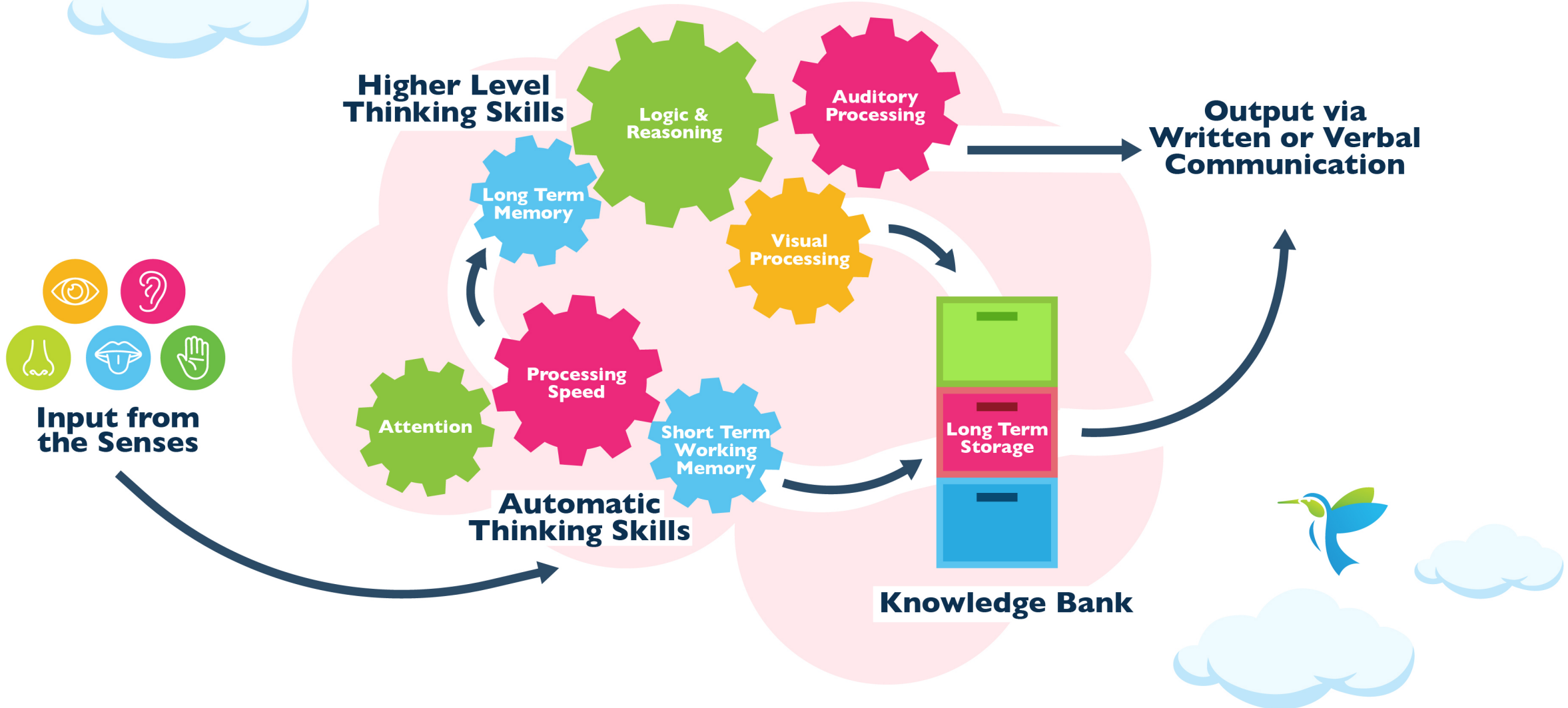
All types of diagnoses: ADHD, dyslexia, ASD, Gifted, 2E, TBI

All types of students: homeschool, public, private, charter, hybrid, online, etc.

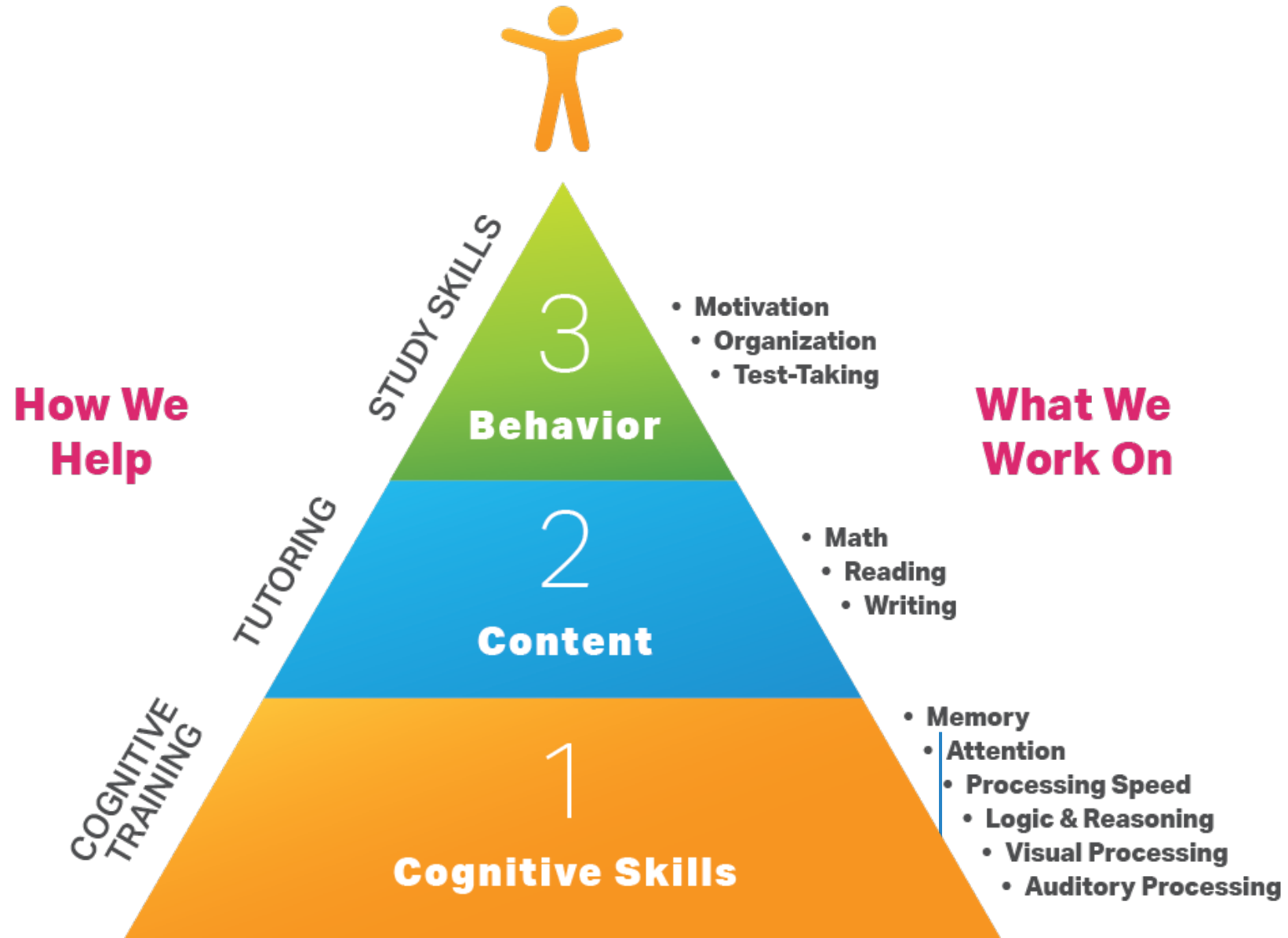
Those looking for a competitive edge in school, work, and life

Nectar provides all services to clients all around the world via our unique videoconferencing eCoaching.

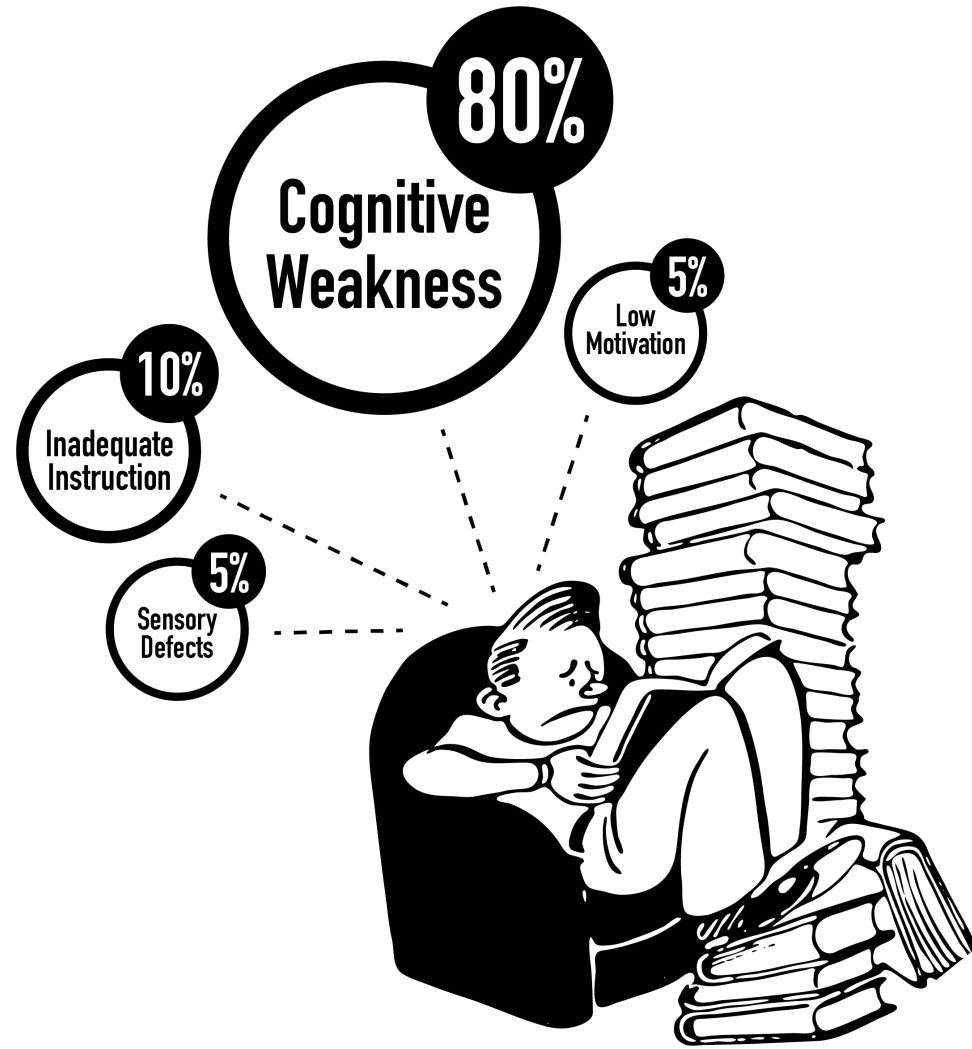
How We Learn



Potential Pyramid™



WEAK
COGNITIVE
SKILLS CAUSE
LEARNING
DIFFICULTIES,
DISORDERS, &
DISABILITIES



**WHAT ARE
COGNITIVE
SKILLS?
HOW DO THEY
SHOW UP IN
DAILY LIFE AND
SCHOOL?**



SHORT-TERM MEMORY



SHORT-TERM MEMORY: EFFECTS

When Strong:

- Quick to understand new ideas
- Picks up multi-step instructions with ease
- Great note taker
- Able to stay engaged with conversations and remember details shared
- Skilled at picking up details in reading

When Weak:

- Difficulty following multi-step instructions
- Can't remember a mental to do list
- Executive function disasters
- Needs information repeated
- "In one ear and out the other"
- Trouble concentrating
- Easily zones out or gets off task
- Difficulty completing tasks in a timely manner
- Struggles to do copy work or take notes



PROCESSING SPEED



PROCESSING SPEED: EFFECTS



When Strong:

- Finish tasks in appropriate amount of time or quicker than expected
- Stays focused and on task
- Does well with timed activities
- Can make timely decisions
- Learns new concepts quickly
- Skilled at multi-tasking and managing distractions

When Weak:

- Has a hard time completing work in a reasonable amount of time
- Easily distracted or zones out
- Prone to frustration
- Experiences anxiety when doing timed tasks or tests
- Slow reader
- Often overwhelmed and freezes or shuts down

LONG TERM MEMORY



LONG TERM MEMORY: EFFECTS

When Strong:

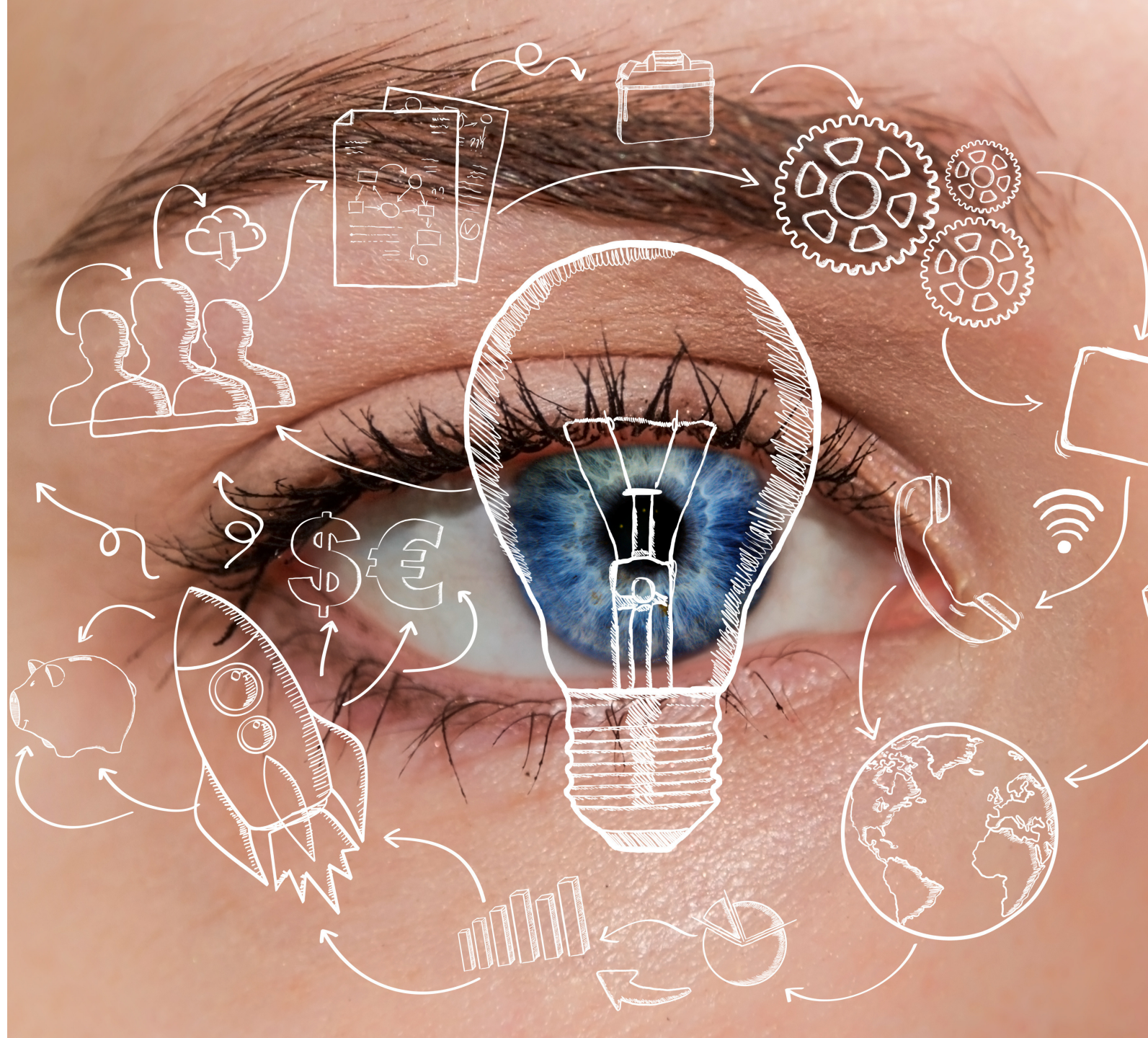
- Recall information promptly and with ease
- Performs well on tests
- Is able to build upon previously learned concepts
- Strong reading comprehension
- “Walking encyclopedia”

When Weak:

- Have to relearn/reteach concepts if they haven’t been reviewed recently – feels like spinning your wheels
- Needs multiple repetitions to get information to “stick”
- Output doesn’t always match the effort
- Struggles with academic and informational memory but may be good at remembering areas of interest and experiences and events
- Rote memorization tasks such as math facts drive you both crazy!



VISUAL PROCESSING





VISUAL PROCESSING: EFFECTS

When Strong:

- Creative – imaginative, artistic thinker
- Enjoys and is skilled at puzzles, games, building like Legos, Minecraft
- Can vividly imagine characters, scenes from book
- Strong reading comprehension / good storyteller
- Can find things and places

When Weak:

- Has difficulty making mental movies or pictures
- Struggles visualizing information in word problems
- Spatial awareness is challenging
- Does not enjoy reading for pleasure

LOGIC AND REASONING



LOGIC AND REASONING: EFFECTS

When Strong:

- Creative and skilled problem solvers
- Independent workers
- Grasps new concepts with ease
- Understands how to apply rules from one situation to a new one
- Able to make their case/good argument/persuasive - Able to give good reasons why they should or shouldn't do something
- Understands implicit information

When Weak:

- Writing, word problems, or reading comprehension are challenging
- Answers don't fit questions or discussion
- Struggles to work independently
- Frequently says "I don't get it"
- Struggles to inference or "read between the lines"

Our
STRENGTH
Grows
OUT OF
Our
WEAKNESSES

AUDITORY PROCESSING



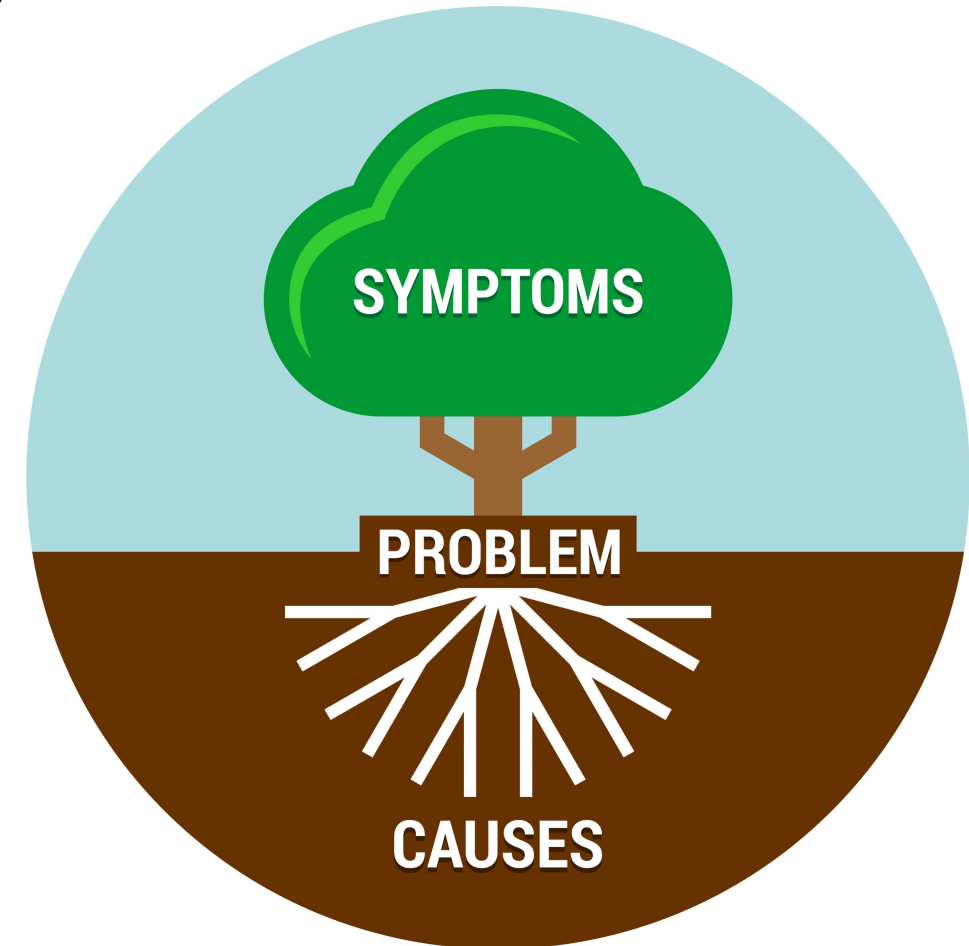
AUDITORY PROCESSING: EFFECTS

When Strong:

- Great at blending sounds and decoding new words
- Strong at spelling
- Skilled reader – excellent fluency
- Picks up verbal info quickly and accurately the first time

When Weak:

- Asks for instructions to be repeated
- Struggles with reading, especially blending new words
- Poor reading comprehension
- Choppy reader and poor reading fluency
- Resistant to reading
- Poor at spelling
- May have a dyslexia diagnosis
- Can appear to not be paying attention



ATTENTION





ATTENTION: EFFECTS

When Strong:

- Good impulse control and self regulation
- Can stay on track for long periods of time
- Is able to stay focused even when distractions are present
- Multi-tasks with ease

When Weak:

- Slow to complete tasks
- Difficulty tuning out distractions
- Challenges transitioning or jumping between tasks quickly
- Short attention span
- Impulsive
- Zones out or daydreams

EXAMPLE LEARNING DISORDERS AND THEIR ROOT CAUSES:

Dyslexia : Auditory (Phonological) Processing, Processing Speed

Dysgraphia: Processing Speed, Visual Processing

Dyscalculia: Logic & Reasoning, Processing Speed, Memory

ADHD: Processing Speed, Short-Term Working Memory, Attention





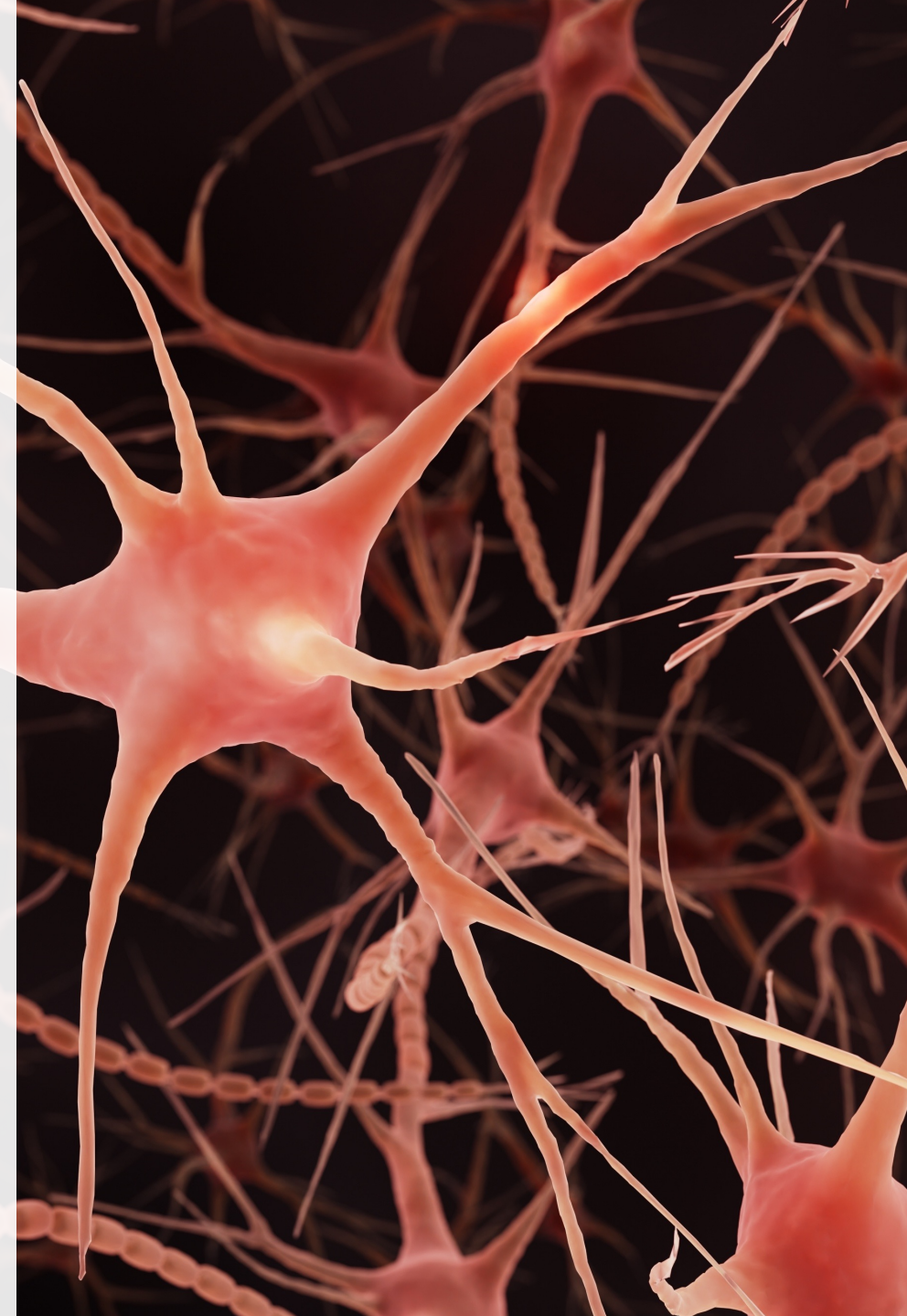
**IF COGNITIVE SKILLS ARE SO
IMPORTANT, CAN THEY BE
CHANGED???**

The BIG Question!

YES! THANKS TO THE GIFT OF NEUROPLASTICITY!

All of us as humans have the gift of neuroplasticity, it is how we were created. Neuroplasticity means that the brain is flexible, it is *plastic*. This is what allows our brains to be moldable, malleable and to overcome weaknesses. This ability exists for all of us from cradle to grave.

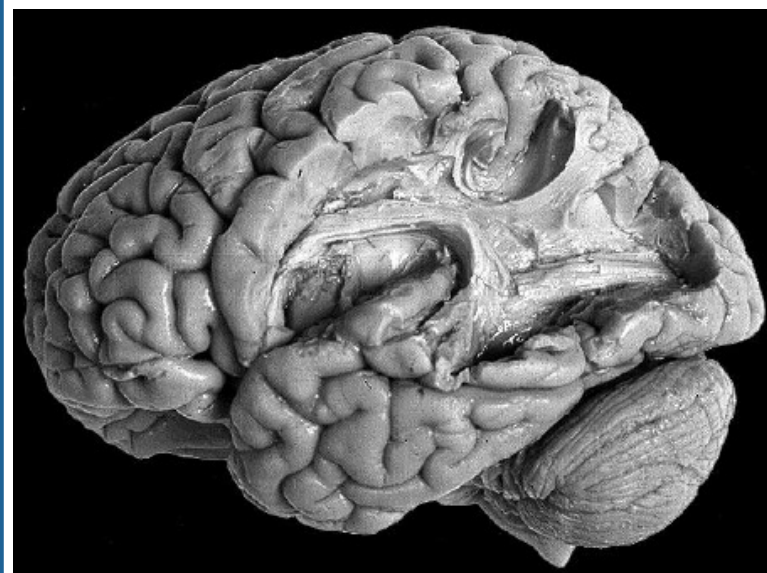
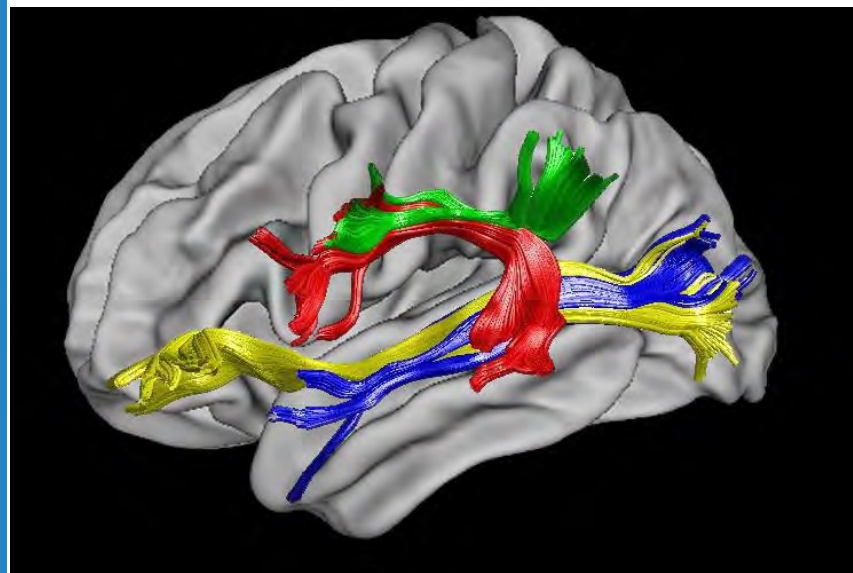
“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. -Psalm 139: 13-16



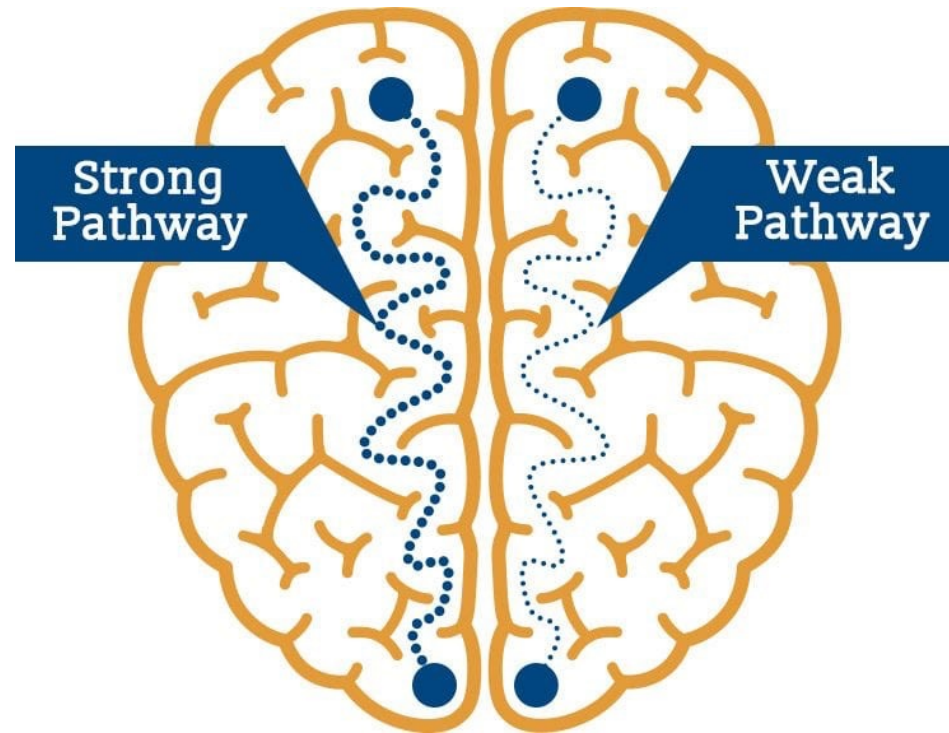
WHAT IS NEUROPLASTICITY



WHITE MATTER TRACKS



Hebb's Law: Neurons that fire together, wire together



SUPPORTS AND TREATMENT



SUPPORTS: ENCOURAGES THE DEVELOPMENT OF COGNITIVE SKILLS BUT DOES NOT REMEDIATE DEFICITS

- Board Games and Card Games
- Online Programs
- Brain Boosts



GAMES

Suggested Games: www.TheNectarGroup.com/resources/

Tips:

Use a timer/stopwatch

Practice Think Out Loud problem solving

Buddy Up for Strategy

Use a PR white board



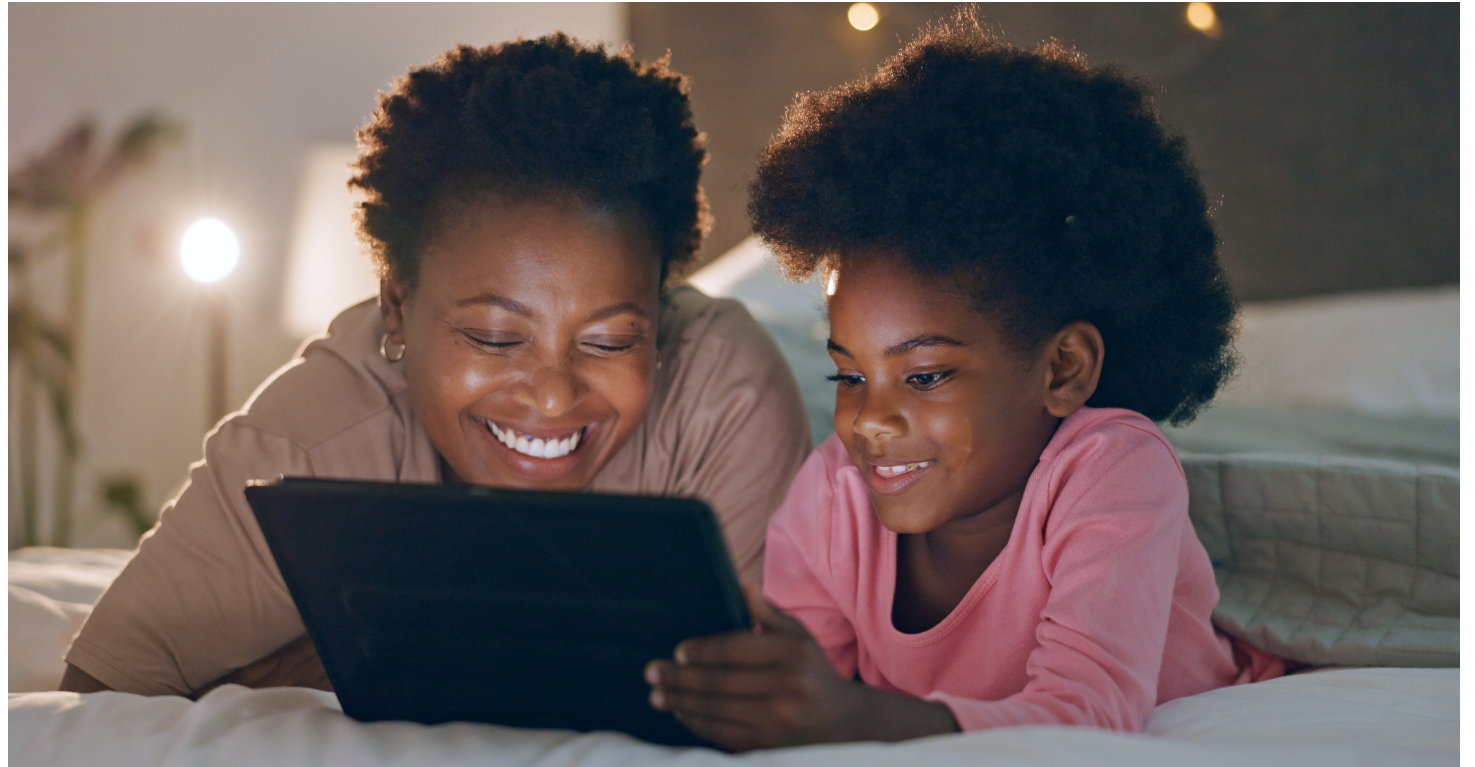
ONLINE PROGRAMS

Lumosity

Elevate App

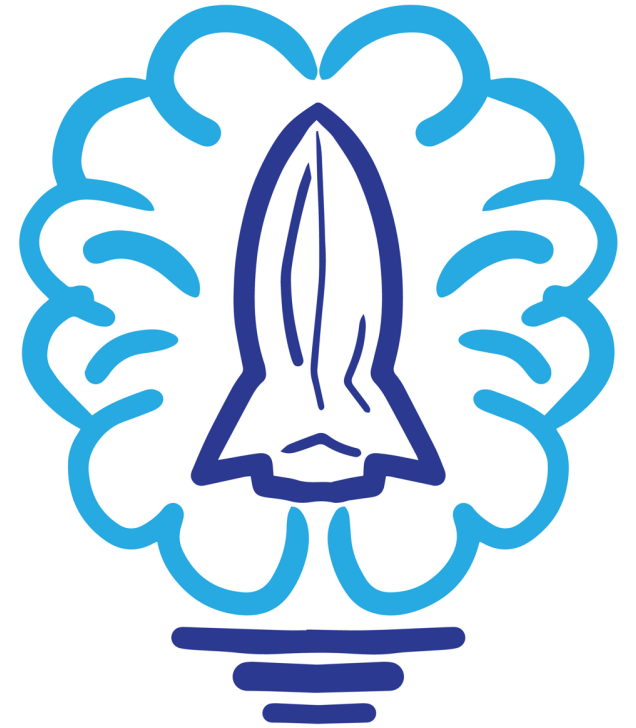
Cog Med

BrainHQ



BRAIN BOOSTS THROUGHOUT THE DAY AT TRANSITIONS

- Skip Counting (forwards and backwards)
- Say the Alphabet backwards, every 3rd letter, etc.
- Name as many _____ as you can in 1 min.
- Story Chain
- Word Association
- Rhyming Challenge
- 50 States/46 Presidents/Capitals/Countries in S. America
- Directionally Challenged Game



TREATMENT: COGNITIVE TRAINING – RESOLVES THE ROOT CAUSES OF LEARNING DIFFICULTIES

- One-to-one intensive coaching that targets cognitive deficits
- Works by stressing a weak area through mental exercise, encouraging the brain to build and strengthen new neural networks
- Neurons that fire together, wire together! (Hebb's Law)
- Corrective measure that improves the primary underlying causes of dyslexia, ADHD and other learning disabilities – the 7 core cognitive skills



BEGINS WITH ASSESSMENT TO PINPOINT WEAKNESSES & UNEARTH ROOT CAUSES

Assessment Options:

- ❖ Parent Checklist to screen for red flags
- ❖ Comprehensive Cognitive Assessment
- ❖ Psychoeducational Evaluation
- ❖ Review Outside Testing

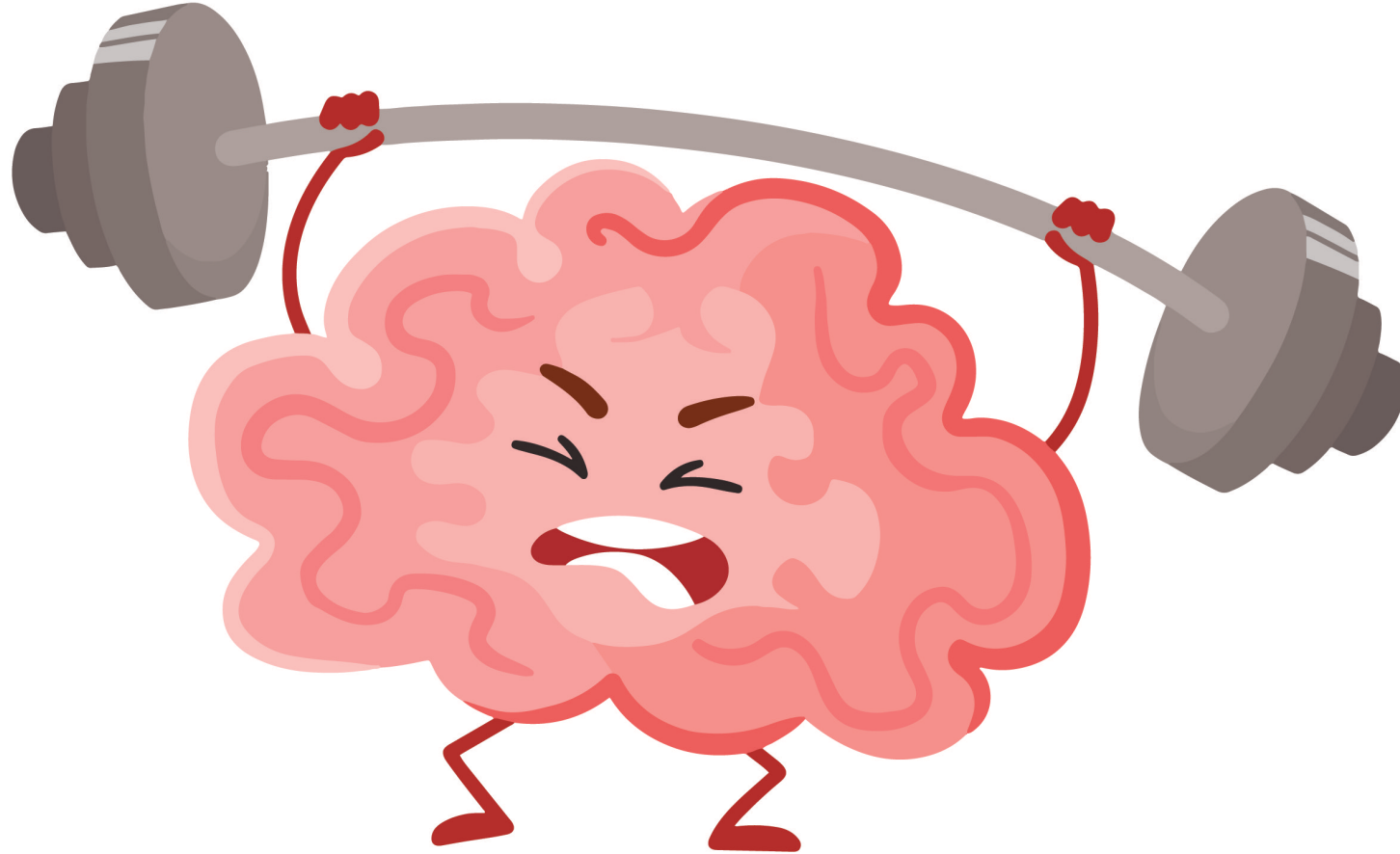


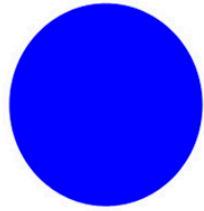
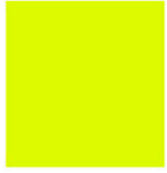
TREATMENT: RESOLVES THE ROOT CAUSES OF LEARNING DIFFICULTIES

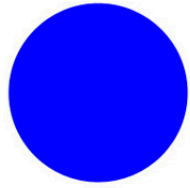
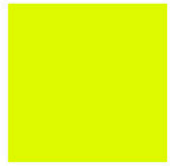
The keys to effective cognitive training?

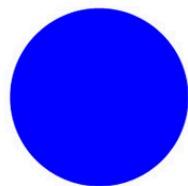
- Frequency & Repetition
- Duration
- Intensity: exercise vs. activity
- Targeted to individual needs
- Include Cross Training
- Structured
- Adaptable & Responsive

YOU TRY IT!

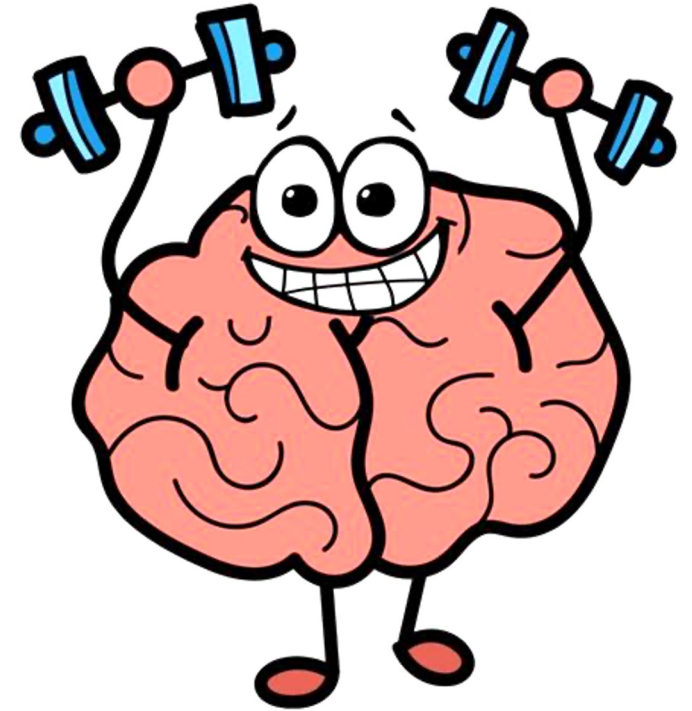








You just used your:
Short term memory,
Attention, and Visual
Processing Skills!

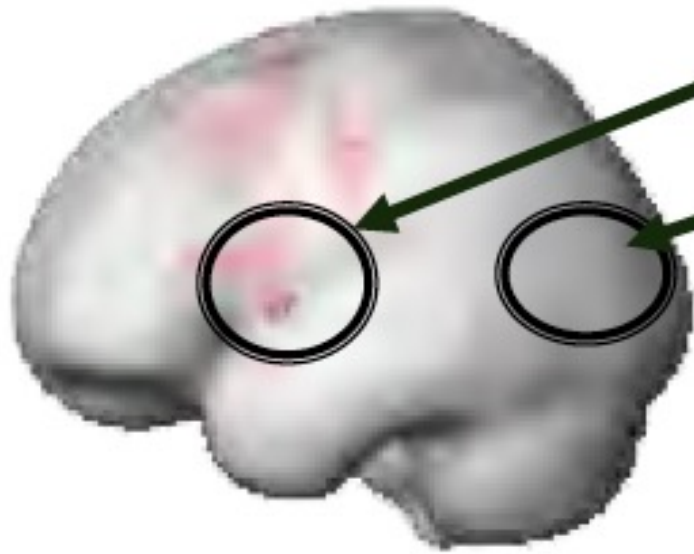


TYPICAL OUTCOMES WHEN COGNITIVE SKILLS ARE REMEDIATED: THE GOOD NEWS!

- Average increase of 17 IQ points
- 70% of ADHD on meds come off, those not on, rarely ever take meds
- Decrease in severity or complete remediation of learning disorders
- Expanded learning capacity
- Increased confidence
- Increased motivation
- Reduction in anxiety and resistance to learning
- Improvement in behavior



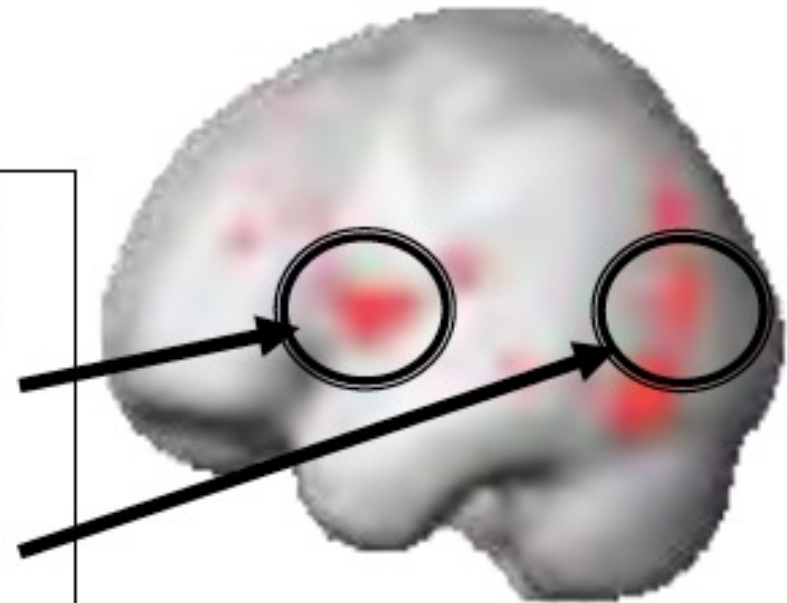
Pre-Intervention



**Frontal
but NOT
Temporo-
parietal**

After training, metabolic brain activity in dyslexics more closely resembles that of typical readers.

Post-Intervention



**Increased
activity in
Frontal
AND
Temporo-
parietal**

NEXT STEPS

Cognitive Assessment

Psychoeducational
Assessment Battery

Review of outside
testing and
recommendations

Complimentary
Consultation to
determine best next
steps for your family



HOW THE NECTAR GROUP CAN HELP

- Psychoeducational assessments to diagnose learning disabilities and disorders.
- Cognitive assessments to pinpoint strengths and weaknesses and determine treatment plans.
- Assessment Review & Recommendations
- Cognitive Skills Training to strengthen key skills such as working memory, attention, and processing speed.
- Individual tutoring to fill academic gaps.
- Executive Function and Study Skills Coaching to improve skills such as self-advocacy, study skills, time management, and organization.
- Family integrated health & wellness coaching.
- Digital courses in Study Skills and 6 Keys to Optimizing Brain Function
- Free consultations to determine best next steps.

THANK YOU SO MUCH FOR YOUR TIME!



Feel free to contact us at:



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www.TheNectarGroup.com