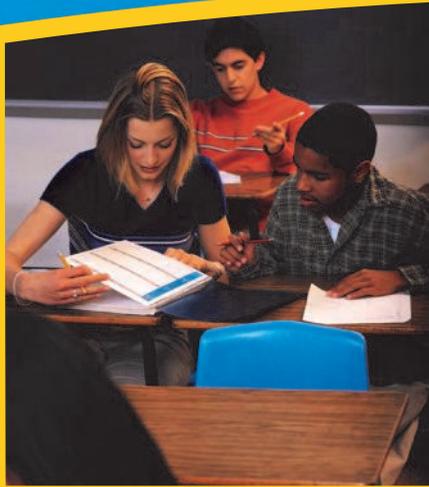




Educational Skills Boot Camps

Give your student the tools for success they need. For more information, please call 874-6164 today.



The PsychoEducational Consultant Group is now forming “boot camps” to assist children and adolescents with the skills necessary for success in school.

Each group is limited to six students and they are grouped according to age. Students will be provided strategies in the following areas:

- Improving Peer Relations
- Learning Styles
- Motivation
- Note-Taking & Study Skills
- Organizational Skills
- Resilience
- Self-Monitoring
- Stress Reduction
- Time Management & Planning Skills
- Test-Taking & Memory Strategies

Call us today to reserve your space.



The PsychoEducational Consultant Group
Licensed School Psychologists
(904) 874-6164 www.pecgroup4kids.com

The PEC Group Boot Camps are designed to give students the knowledge and skills to be successful in school and life. Each lesson is based on research based practices, and incorporates knowledge and expertise from notable researchers such as Russell Barkley, Dr. Daniel Amen, and Susan Kruger, and is geared towards enabling each student to become an effective learner.

Students will learn how vital self-monitoring is to their overall success, and how to utilize easy strategies to monitor their own progress - not just in school but for all of life's goals. They will learn how to set attainable goals and how to measure their progress consistently when they are experiencing the problems that are so common to students with attention difficulties: restlessness, distractibility, difficulty with sustained focus, impulsivity, procrastination, forgetfulness and problems shifting attention when necessary.

Students will also learn valuable skills in time management and how to use their time efficiently in a structured format. The focus is on the importance of understanding scheduling and how to use organizational skills to maximize their efforts in school and other projects or goals. One of the most challenging problems facing students today is the ability to consistently organize the important things in life: school supplies, study time, setting realistic time lines for completing assignments or other tasks, and monitoring their ongoing progress independently. The students will learn how to use their personal learning strengths, organizational skills, and time management skills in order to enhance their productivity. They will learn effective study habits and test taking skills (including reducing test taking anxiety) that will lead to a higher level of success. All students will create a notebook and simple filing system that will aid them in becoming a more organized learner.

Our Boot Camps utilize the SOAR® Study Skills *core* program created by Susan Woodcock Kruger, M.Ed. to teach students effective, efficient and easy to use strategies that will increase their school success. We have found that the SOAR® Study Skills program offers excellent, well-researched information that is easy to use (which increases the likelihood that our students will use these strategies long after the Boot Camp is over) and will assist them even in college or with other higher educational pursuits. In addition, each parent can access ongoing information from the SOAR® Study Skills website (www.soarstudyskills.com) to further enhance their child's education.

Students will familiarize themselves with the layout of the book during our lessons and understand how to use it independently, as this workbook will enhance their ability to be more successful through college and beyond. The strategies used throughout the SOAR® Study Skills workbook and program are very student friendly, time-efficient, and apply

across all content areas so the student will have a good understanding of appropriate ways to use the strategies. This will enhance their confidence and encourage them to take on the responsibility for their own learning. Due to time limitations and the presentation of other skills within our curriculum, we will not cover the entire SOAR® Study Skills workbook. However, at the completion of the Boot Camp, students are given their workbook to take home.

In addition to the activities from the SOAR® Study Skills program, other researched strategies are used to teach organizational skills, study skills, test taking skills, self-monitoring and time management. Our lessons on motivation are derived from the work of Richard Lavoie in “The Motivation Breakthrough, Six Secrets to Turning On the Tuned-Out Child” (2007). Mr. Lavoie offers insight into how motivation works and how every child can and is motivated by different things such as power, praise, projects, prestige, prizes, and people. Each student will be given a Motivational Survey which will help pinpoint exactly what motivates them the best. Understanding what types of things motivate them will increase the student’s ability to set themselves up for success. In order to assist parents in understanding how their child is motivated and how to enhance their child’s overall success, a detailed report will be provided after the Motivational Survey is completed and reviewed by the Boot Camp facilitators.

Another important aspect of our Boot Camp training is teaching students about the importance of resiliency. We provide an excellent resource to parents to teach their child about the importance of being a resilient person in life. Stress is an unavoidable part of life and comes in all shapes and sizes, comes at all ages, and is often unpredictable. Environmental factors that often create stress are not always things you can control or eliminate, so being resilient is an important characteristic to develop in life. Dr. Kenneth Ginsburg states in his book, “A Parent’s Guide to Building Resiliency in Children and Teens” that “today’s children face a great deal of stress - academic performance, heavy scheduling, high achievement standards, media messages, peer pressures, and family tension. Without healthier solutions, they often cope by talking back, giving up, or indulging in unhealthy behaviors.” His book offers an easy to follow and sensible program for building resiliency in children. His “7-C’s” plan for building resilience includes learning to have competence, confidence, connection, character, contribution, coping, and control. Parents will be provided a copy of this book so they can understand the seven factors that give their child the ability to bounce back from adversity and grow in a positive, healthy way.

It is important to note that there is no “cure” for ADD/ADHD or for students who experience lifelong difficulties with learning, such as processing deficits or learning disabilities. The symptoms associated with these issues are a way of life and are best dealt with by learning strategies that will enhance one’s ability to lessen these symptoms in an effort to be more successful learners and more resilient adults. Therefore, while the Boot Camp can provide your child with valuable life skills that will become good habits if practiced and reinforced, it will not cure or eliminate their symptoms. In addition, consistent practice and feedback from others that are close to the child (e.g., parents, teachers, relatives) are vital to every child’s success in life, not just ones that struggle.

The Boot Camps are facilitated by Patrick Hughes, Ed.S. Additional school psychologists may serve as guest speakers as well. We limit our camps to six students (minimum of three) in order to provide your child with a low instructor to student ratio. Mr. Hughes meets with parents for approximately 10-15 minutes at the beginning of each session to provide them with the information we discuss with the students so they can reinforce skills learned during the week. Our Boot Camps are held at various times throughout the year and include nine intensive instructional hours (6 - 1 ½ hour sessions) with a final hour added to the last session for a fun farewell and celebration. For more specific information about how our Boot Camps can help enhance your child’s education, please call our office at (904) 874-6164.