

THE NEUROMITE PROGRAM SCHEDULE

NEUROMITE is an inclusive **multi-year** program, designed for students in Grades 3 through to Grade 10. Cognitive **training and coaching** at each grade occurs during one school term.

		COGNITIVE ABILITIES DEVELOPED	NON-COGNITIVE ABILITIES TARGETED
PRIMARY SCHOOL	GRADE 3	ALERTNESS SPATIAL ATTENTION	CONFIDENCE Positive self regard Self-esteem Self-efficacy Sense of accomplishment
	GRADE 4	SUSTAINED ATTENTION VISUAL ATTENTION	
	GRADE 5	AUDITORY ATTENTION COMPLEX ATTENTION	CONSCIENTIOUSNESS Goal orientation Proactivity and initiative-taking Planning skills Diligence Persistence Self-control
	GRADE 6	IMPULSE CONTROL SPATIAL MEMORY	
SECONDARY SCHOOL	GRADE 7	COMPLEX ATTENTION SPATIAL MEMORY	RESILIENCE Frustration tolerance Anxiety management Patience Perseverance
	GRADE 8	DIVIDED ATTENTION VISUAL MEMORY PLANNING	
	GRADE 9	VERBAL MEMORY LONG TERM MEMORY TIME MANAGEMENT	MINDSET Open-mindedness Optimism Openness to learning Openness to feedback Self-awareness
	GRADE 10	IMPULSE CONTROL SPATIAL ORIENTATION CRITICAL THINKING	

COMMON STUDENT DIFFICULTIES

- Distractibility
- Poor attention
- Memory deficits
- Disorganization
- Low motivation
- Poor academic performance
- Behaviour problems

NEUROMITE PROGRAM

EXPECTED OUTCOMES OF THE PROGRAM

- Decreased off-task behaviour
- Increased focus and concentration
- Greater memory capacity
- Improved planning ability
- Higher academic motivation
- Improved academic performance
- Increased prosocial behaviour

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The **NEUROMITE** Program

Accelerating Learning for Life

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NEUROPLASTICITY RESEARCH

IT IS WIDELY ACCEPTED THAT THE BRAIN IS INDEED PLASTIC AND CAN BE SHAPED AND RESHAPED THROUGHOUT OUR LIFESPAN.

WHILE HUMANS ARE BORN WITH BILLIONS OF NEURONS IN THE BRAIN, ONLY 10% OF THESE ARE CONNECTED AT BIRTH.

THIS MEANS THAT 90% OF CONNECTIONS IN THE BRAIN ARE FORMED THROUGHOUT LIFE, EITHER BY NATURAL BRAIN DEVELOPMENT OR THROUGH LIFE EXPERIENCE ITSELF.

LONG TERM OUTCOMES

RESEARCH HAS FOUND THAT INVESTMENT IN DEVELOPING COGNITIVE AND NON-COGNITIVE ABILITIES IN CHILDHOOD AND ADOLESCENCE HAS A STRONGER IMPACT ON ACADEMIC MOTIVATION, EMPLOYMENT AND WORK PRODUCTIVITY THAN IQ ALONE.

PROGRAM DELIVERY

DELIVERY OF RESULTS WITHIN A SHORT TIME-FRAME

MINIMAL DISRUPTION TO NORMAL CLASSROOM CURRICULUM

LIMITED DEMANDS ON TEACHERS TO MANAGE THE PROGRAM

STUDENT ABILITY TRAINING AND COACHING

THE NEUROMITE PROGRAM

The **NEUROMITE** Program has been specifically designed by our team of psychologists, to train and improve **primary** and **secondary** school students' *cognitive* and *non-cognitive* abilities. The Program targets specific cognitive abilities through **computerized interactive** and **adaptive** training in order to optimise their learning capacity in the classroom and maximize their potential for success later in life.

Using **behavioural science** and **technology**, the program assesses and trains the following **cognitive abilities**:

- Alertness, arousal and energy level
- Attention, concentration and vigilance
- Verbal, visual, spatial and working memory
- Response inhibition and impulse control
- Executive functions – Planning and prioritising
- Spatial processing and mental rotation



DID YOU KNOW?

Just by reading this document and recognising that your capability and potential is not carved into your DNA, but expandable through targeted development, you may have increased your problem solving capacity by up to 5%. That's right – by just reading this and accepting that you are not constrained but can grow, you have already improved.

COMPUTER-BASED DELIVERY

ASSESSING AND OPTIMISING ABILITIES

The **NEUROMITE** Program uses unique *scientifically-based* computerised systems to conduct *cognitive assessment* and *training*. Specialised software and equipment is used to *precisely measure* students' cognitive abilities **before** and **after** training to show improvements. Interactive and adaptive software is used to directly train cognitive abilities using *specific ability-based* training modules. The combination of a *comprehensive assessment* and *training package* means that **diagnosis**, **training** and **evaluation** can be efficiently linked and provide a *valid* and *scientifically-based* developmental program for all students.



Through **coaching and support strategies**, the program also develops various **non-cognitive abilities** such as:

- Resilience and perseverance
- Conscientiousness and self control
- Confidence and positive self regard
- Growth mindset

FACE TO FACE SUPPORT

STRUCTURED COACHING AND INSTRUCTION

Feedback that is individualised and timely, and is designed to develop self-awareness, confidence and conscientiousness.

Positive reinforcement that increases and transfers positive self-regard and encourages positive behaviours to other contexts such as the classroom and playground.

Role modeling of specific techniques and strategies that enhance student task-related confidence and performance outcomes.

Goal-setting that helps students to develop a growth mindset, plan ahead towards goals, remain conscientious and persist through potential obstacles.

Reflection and evaluation of performance that helps to develop resilience, self-awareness, frustration tolerance and management of future behaviours, as well as foster a growth mindset.



PROGRAM FEATURES

Addresses both *cognitive* and *non-cognitive* abilities • Based on the science of *neuroplasticity* • Designed to be *developmental* in nature to complement normal brain development and maturation • Involves *computerised training* as well as *face-to-face* coaching and support • Maintains challenge by *adapting automatically* to the student's ability • Targets *all* ability levels from *deficit development* up to *elite performance*