



ARROWSMITH

Build a **Stronger Brain.**
Create a **New Reality.**
Transform **The Future.**

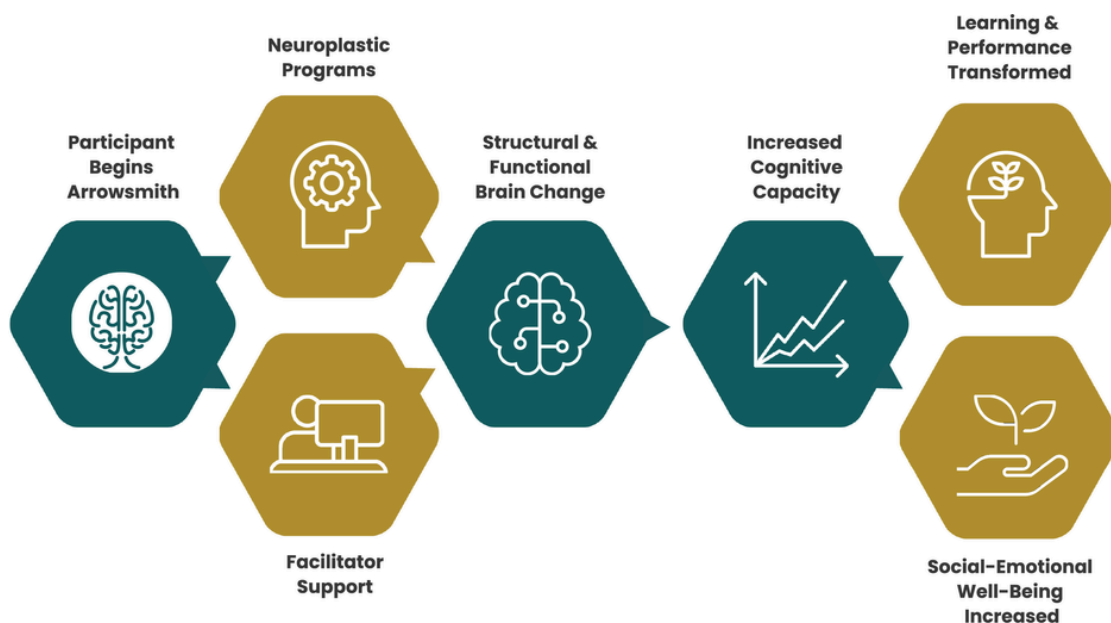
**Arrowsmith
Guide for Parents**

www.arrowsmith.ca

ENHANCE THE BRAIN, TRANSFORM LEARNING

The brain is at the heart of human activity, and a strong brain leads the capacity to learn and perform optimally. Brain processes involved in critical thinking, creativity, adaptability, and emotional intelligence are crucial for all, throughout our lifetime.

Organizations licenced and certified in Arowsmith provide create transformative cognitive programs to the community.



Key Features

Evidence-Based Techniques

Research-backed methodologies proven to promote brain connectivity and cognitive flexibility.

Interactive Exercises

Engaging and motivating brain exercises that enhance critical thinking, reflection and processing speed.

Individualized Programs

One size does not fit all: every brain is different. Different programs are available to suit each unique cognitive profile.

Real-World Applications

Transferrable benefits that enable individuals' to learn and perform more efficiently and effectively – adapting to whatever challenge they face.



REAL-WORLD OUTCOMES

Research proves participation leads to improvements in:



Increased rates of learning



Improved academic and cognitive performance



Increased independent and self-directed learning



Increased emotional and social well-being



We're seeing more reasoning, gains in mathematics.

Isabel never really understood the concept of money, that there is 100 cents in a dollar, and she's getting that now.

- Mark, Father of Isabel

Life with a strong brain is empowering. I can do anything.

-Alex, Arrowsmith Participant



FREQUENTLY ASKED QUESTIONS (FAQ)

Question	Response
How does Arrowsmith work?	<p>Organization licenced in Arrowsmith are trained and certified to deliver Arrowsmith to its own community. Arrowsmith is a world-reowned approach that was created from neuroscientific research and harnesses the potential of the brain to improve and change through specifically designed programs.</p> <p>Participants engage in structured exercises are supported by a trained facilitator. The exercises are highly structured, motivating and with progress, have been shown to create structural and functional changes in the brain, which in turn lead to greater ease and independence in learning and performance.</p> <p><u>You can read more about Arrowsmith's methodology here.</u></p>
Is it like tutoring?	<p>No. Tutoring focuses on teaching content and skills. Arrowsmith changes <i>how</i> the individual learns. Underneath any academic skill or subject, the brain's cognitive processes are at play. When an individual strengthens their cognitive capacity, their brain learns more efficiently. Individuals acquire academic skills and knowledge at an accelerated rate. Eventually tutoring is no longer required because learning occurs independently and efficiently.</p> <p>You can learn more about the difference between tutoring and a cognitive program here:</p>
My child has a poor attitude about school. How do I know this would work?	<p>It's very common for struggling students to have negative feelings about 'work'. Arrowsmith's design addresses this in multiple ways:</p> <ul style="list-style-type: none">• No exercise is too easy or too hard. Participants start at their level, and progress at their own pace towards mastery.• Facilitators are trained to connect the exercises with one's experience and reality. They coach participants to understand their brains, their exercise, and what is possible.• Every few moments participants receive feedback and guidance. With time they master incredibly challenging tasks. This success becomes internalized. Their mindset shifts. Yes, they 'work hard', but the rewards come.









FREQUENTLY ASKED QUESTIONS (FAQ)

Question	Response
My 24 year old is still living at home, working inconsistently. College was not a good fit. Can this help?	Absolutely. The brain can change and improve throughout our lifetime. Many young adults and adults who struggle with motivation, independence, and securing jobs and relationships, have underlying cognitive issues. These issues can be strengthened through Arrowsmith participation. At any age, individuals can gain cognitive competence which leads to independence, confidence, and the capacity to thrive within adulthood.
How do I know Arrowsmith is right for my child/me?	Arrowsmith Providers are trained in understanding whether Arrowsmith is a good fit for an individual. Through consultation and a review of one's history and experiences to date, staff can provide program advice and often recommendations about types and length of participation. Once your child/you begin the program, ongoing progress reports and discussion keeps individuals and families very aware of gains.



RESOURCES

Subject	Description	Link
FAQ	Frequently Asked Questions about the Arrowsmith Program.	Click Here 
Media	See, hear and read various media coverage featuring Arrowsmith, participants and their families, and Barbara Arrowsmith-Young's own journey.	Click Here 
Cognitive Functions	Learn about Arrowsmith's cognitive functions: how they impact learning, and the outcomes of strengthening them through Arrowsmith exercises.	Click Here 
Testimonials	Hear the experiences of participants and their families.	Click Here 
The Brain Pioneer (Free Download)	"The Brain Pioneer" was written for individuals of all ages and includes a history of studies in brain plasticity, amazing brain facts, vital brain health recommendations, and a comprehensive glossary.	Click Here 
Brain School (Free Download)	The "Brain School" chronicles case studies of Arrowsmith participants as well as demonstrations of the significant changes pre and post Arrowsmith on academic and cognitive test measures.	Click Here 
Research	Review the extensive information on all current and past research associated with the Arrowsmith Program.	Click Here 