

HOPE
HEALING
CONFIDENCE
SUCCESS
GROWTH



FOUNDATIONS
COGNITIVE



**For students who struggle
with learning difficulties,**

the traditional classroom can be an exhausting and discouraging environment. At Foundations Cognitive Schools, we employ scientifically-proven tools that allow students to grow in confidence and achieve new-found success.



The Foundations program methodology is to move past the traditional concept of simply managing the symptoms of learning disabilities and, instead, address the root cause of these challenges. Based on the concept of neuroplasticity (the brain's ability to change, heal, and grow in response to targeted training), each day, our students perform cognitive exercises that have been scientifically proven to strengthen weak cognitive capabilities. In other words, the goal of Foundations is to transform the brain, establishing capabilities that did not exist and, thus, begin to instill a newfound confidence and a love of learning. By strengthening cognitive capacities, students are able to work through tasks which were once incredibly challenging for them.

In addition to our scientific approach to cognitive improvement, Foundations includes state-certified academic programs. When combined with the cognitive exercises, these programs have been proven to assist students in growing several grade levels.



After school programs, therapies, and tutoring are not only costly and time consuming, they often do not produce the long-term change that parents desire for their child. Traditional special education and other in-school programs typically require that a child spend part of their day separated from their mainstream classroom, which can cause a child to feel isolated from their peers and damage their self-esteem.






At Foundations, students receive the hands-on support and tools that they need to succeed, all within a traditional school setting and school day.

Foundations is located on the campuses of established schools, which ensures that our students are connected socially to others in their peer group. The average student to teacher ratio in our classrooms is 4:1, so students are ensured the hands-on support and tools that they need to experience success and build confidence throughout the school day.

Like their mainstream peers, Foundations students attend the same recess, lunch, and school activities that all other students in their grade attend. They also have the opportunity to play on sports teams and to participate in extra-curricular school activities offered at our partner schools, such as choir, dance, cheer, theater, clubs, pep rallies, and other social events. Our junior high and high school students have the option to attend a variety of elective classes through our partner schools, and are offered the ability to pursue a High School Diploma, or to participate in our Certificate of Completion program.



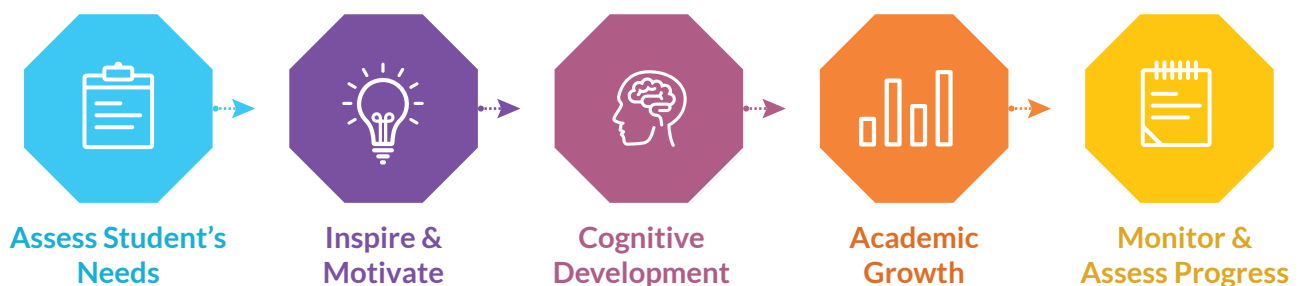
Our desire is that
every child would grow to
the full potential of who
God created them to be –
cognitively, academically,
socially, and emotionally.






The Foundations program has been designed to support the needs of students who require both short-term or long-term assistance. Our goal is to meet each child where they are currently, to help them to see and believe in their full potential, and to assist them in achieving success. While some of our students are on a track to reach grade level in their academics and transfer to a mainstream setting within a couple of years, other students are on a track to reach their greatest potential while experiencing support and encouragement throughout their academic career. In either case, our team works closely with each student and family to create an individualized plan that will best support the student's future academic and career goals.

Our five-step process helps to ensure that each student is working at a level and pace that is ideal for their individual needs, and helps to promote as much growth as possible.



A photograph of three children walking on a paved path outdoors. On the left, a boy in a plaid shirt and dark shorts walks with a backpack. In the center, a girl in a pink shirt and jeans with patches walks. On the right, a boy in a striped shirt and light shorts walks with a backpack and is holding a scooter. The background is a blurred outdoor setting with warm lighting. A large blue octagonal graphic is overlaid on the right side of the image, containing text. A smaller purple octagonal graphic is positioned above the blue one.

In order to achieve long-term growth and success, it is imperative to address the psychological needs of a child and to provide them with the tools to strengthen their cognitive weaknesses. Teaching a child to simply work around their learning challenges, and providing extra academic support without resolving the root problem or rebuilding self-esteem, will lead to frustration for both the child and the parents.



The typical Foundations student has been diagnosed with learning challenges such as dyslexia, auditory processing, ADD/ADHD, dysgraphia, dyscalculia, and/or memory and processing delays. Each day, our students spend time on lessons and exercises that address their cognitive, academic, and social/emotional needs.

Specific areas addressed are:

Cognitive

Complex Reasoning

- ✓ Verbal Reasoning
- ✓ Abstract Reasoning
- ✓ Spatial Perception

Executive Function

- ✓ Attention
- ✓ Working Memory
- ✓ Flexible Thinking

Memory

- ✓ Verbal Memory
- ✓ Visual Memory

Brain Speed/Efficiency

- ✓ Visual Motor Speed
- ✓ Processing Speed

Academic

- ✓ Writing
- ✓ Reading
- ✓ Language
- ✓ Math

Social / Emotional

- ✓ Self-Esteem
- ✓ Effort Level
- ✓ Growth Mindset
- ✓ Relational Abilities





FOUNDATIONS PROGRAM BENEFITS

#1 Brain growth

Unlike traditional special education and support programs which focus on working around the student's learning challenges and teaching compensation techniques, Foundations students have the opportunity to do daily brain exercises designed to strengthen the weak areas of their brain.

#2 School environment

Most programs for students with learning challenges are small and located in an office or industrial building. Foundations is located on school campuses that typically include a playground, gymnasium, music room, science lab, and more. Our unique school partnerships allow Foundations students the opportunity to attend a school where they feel like a typical kid, alongside their mainstream peers/siblings, all while receiving the hands-on support they need.

#3 Loving and nurturing environment

While all of our staff are fully trained and qualified to work with students with learning challenges, more important than that, we love our students and have a passion to help each one of them grow to their full potential.

#4 Stability

Foundations offers support for students from 1st through 12th grade, so students are able to attend school at one location from elementary through high school, allowing them to make long-term friends and form relationships with their teachers.



#5 Individualized plan

Each child receives an individualized plan that is consistent with their specific needs, abilities, and goals. While some students may only require a couple years of cognitive growth and support, others may require support throughout their academic career. In either case, each student is supported in a manner that is ideal for their specific needs.

#6 Self-esteem building

Foundations students experience success in the classroom, often for the first time in their lives, which is life changing for them. As their self-esteem grows, the family as a whole often finds healing in ways that they previously did not think was possible.

#7 Saves money and time

Rather than taking your child to multiple therapies after school and on the weekends, all of our students' cognitive therapies are incorporated into their school day. Not only does this help create a more normalized and less busy schedule for the student and family, it saves the parents a lot of money spent on therapies and tutoring services that were not producing long-term benefits anyway.

#8 Parent support

Throughout their child's enrollment, parents are provided educational news about neuroplasticity and how to best support their child's brain growth, as well as connection with other families who are on a similar journey with their child.



www.foundationscognitive.org