

Summer 2024



# ARROWSMITH SCHOOL

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

## Arrowsmith Cognitive Intensive Program

In-Person or Online.

**Strengthen Your Brain.**  
**Be at Your Best.**

[school.arrowsmith.ca](https://school.arrowsmith.ca)

# WELCOME

**One summer can change your life.**

## **Welcome to Arrowsmith School!**

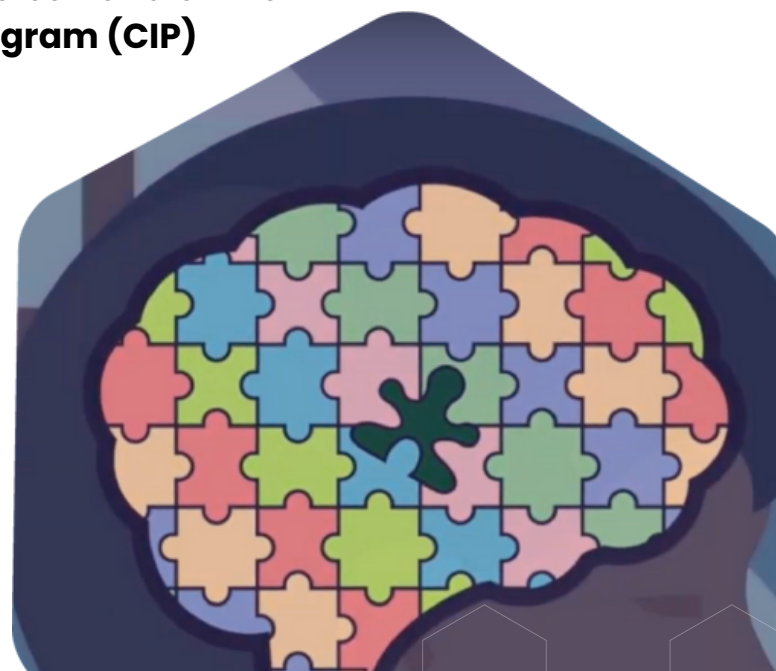
Thank you for your interest in the Cognitive Intensive Program (CIP). At Arrowsmith School, we know that it is possible that brains can change through neuroplasticity and have witnessed tremendous, life changing growth in our students. Now it's your turn.

Our Cognitive Intensive Program strengthens the cognitive capacity to learn in school, work and in life with Arrowsmith Program's renowned methods for improving reasoning, processing speed and comprehension. Our Cognitive Intensive Program can help children, university/college students, adults, and working professionals seeking greater learning capacity.

We are truly looking forward to helping you or your child unlock their cognitive potential. Reviewing this CIP information package is the first step into creating a new reality and transforming through cognitive change.

We have opened Enrolment for our in-person and online  
**Summer - 2024 Cognitive Intensive Program (CIP)**

**Learn more about the  
Arrowsmith Program:**



## TABLE OF CONTENTS

04 Real-World Outcomes

---

06 Symbol Relations

---

08 Participate in Research

---

10 Fees and Payments

---

14 Program Prerequisites

---

16 Steps to Enrol

---

18 Resources

---

05 What is CIP?

---

07 Testimonials

---

09 Program Commitment

---

11 Daily Schedule

---

15 FAQ

---

17 Additional Program Offerings

---

19 Contact Us

---



# REAL-WORLD OUTCOMES

Participants showed improvements in:



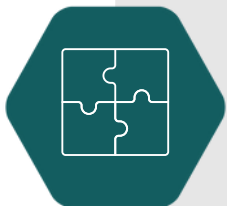
## Comprehension & Understanding

- Understands information and grasps concepts more quickly
- Understands jokes, puns, and is more quick-witted
- Demonstrates improved cause-effect reasoning
- More accurate grasp of the nuances of a situation
- Discerns what is relevant in a situation
- Greater comprehension of material read, heard, or observed
- Improved school and/or workplace performance



## Communication

- Improved oral communication
- More present in conversations demonstrating greater understanding of what is being discussed
- More curious, asking questions and has a greater interest in learning
- Improvement in use of language and vocabulary
- More articulate and better able to explain ideas or thoughts



## Emotional Intelligence / Engagement / Social Awareness

- Greater understanding and expression of emotions
- More reflective in challenging situations
- Increased understanding of the consequences of behaviour
- Able to better understand social situations
- More responsible
- Demonstrates an increased ability to take control of one's life



# WHAT IS THE COGNITIVE INTENSIVE PROGRAM?

The Cognitive Intensive Program (CIP) is an intensive approach to cognitive change. A 10-month program is compressed into a 6 or 8-week period.



Students work for multiple periods per day on the Symbol Relations cognitive exercise to achieve results in a shorter time.

This year we are also offering an opportunity to combine two program types by engaging in CIP for 3 weeks In-Person or 4 weeks Online, followed by 4 months (Sept. to Dec.) of our Symbol Relations Independent Check-In (SRIC) program.

## Cognitive Outcomes in CIP

Outcomes of working on the Symbol Relations cognitive exercise in the Cognitive Intensive Program (CIP) indicate significant improvements in the following cognitive abilities:

- Fluid Reasoning
- Cognitive Processing Speed
- Perceptual Speed
- Working Memory
- Number Facility
- Cognitive Efficiency
- Visual Auditory Learning
- Attention

**Learn More about  
Research on CIP**

“

**I asked Chasper how that fog is going. He said, "the program is working, it feels like the fog has been lifted and my brain has been sorted out.**

**- Mother of CIP Student, Chasper**



# SYMBOL RELATIONS COGNITIVE FUNCTION

The Symbol Relations Cognitive Function is a higher-order cognitive function responsible for understanding and connecting ideas. It is involved in tasks that enable an individual to reason using logic, and to connect and process complex relationships and concepts simultaneously.

**I just don't get it.  
I don't know.**

**That doesn't make sense!  
I'm confused.**

## Symbol Relations Common Features

- Seeing the world as 'black and white'
- Unable to consider other points of view
- Difficulty reading between the lines' or catching jokes/sarcasm
- Challenges with fluid reasoning and working memory
- Frequently asking questions for clarification
- Appearing stubborn or inflexible

## STUDENT EXPERIENCE



### Training

Facilitator instructs the student on their level until reasoning is secure.



### Practice

Students practice to improve their understanding until performance criteria is met.



### Mastery

Students demonstrate their reasoning and readiness with the facilitator to master to a higher level of difficulty.





## HEAR FROM THE CIP COMMUNITY

“



**WATCH NOW**

Maybe something wasn't quite right, I was getting very high marks on my assignments and lower marks on my midterms and exams. It was taking me longer to learn and understand things than my peers in my classes. Definitely I can see changes when I look back on the last five weeks.

- Amy, University Student

“

We're starting to see more reasoning, some 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 CIP Student, Isabel



**WATCH NOW**

**And Many  
More Stories**



**WATCH MORE**



# JOIN OUR RESEARCH

## Cognitive Outcomes in CIP

Students enrolled in the 6-week in-person or 8-week online Symbol Relations – Cognitive Intensive Program have an opportunity to participate in a research study.

Researchers at Southern Illinois University and the University of British Columbia have been conducting an ongoing research study investigating the outcomes of working on Symbol Relations in the CIP. Participants in the study engage in pre and post program assessments to evaluate cognitive functioning. Learn more about research studies at Arrowsmith.

To participate, please contact Andrea Peirson: [apeirson@arrowsmith.ca](mailto:apeirson@arrowsmith.ca)

**Book a Consultation**

**Fill Out the CIP Application**

## NEUROPLASTICITY: STRENGTHENING THE BRAIN



### **Targeted Stimulation**

The exercise targets the Symbol Relations cognitive function through reasoning and understanding relationships.



### **Effortful Processing**

By increasing the complexity within the exercise students are using effortful processing to build cognitive capacity



### **Sustained Engagement**

Multiple periods per day promotes improvements in cognitive functioning. Meeting goals increases engagement.





# PROGRAM COMMITMENT

Junior Students (Age 9–14)	Senior Students (Age 15+)
90 hours of cognitive exercise	135 hours of cognitive exercise
<b>In-Person</b> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• 4 periods per day x 45 minutes</li> <li>• Activity and Mindfulness Breaks</li> </ul>	<b>In-Person</b> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• 5 periods per day x 50–60 minutes</li> <li>• Mindfulness Breaks</li> </ul>
<b>Online</b> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• 3 periods per day x 45 minutes</li> <li>• Teacher Facilitated</li> </ul>	<b>Online</b> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• 4 periods per day x 45–60 minutes</li> <li>• Teacher Facilitated</li> </ul>

## New 2024: CIP – Combined

<b>Start with</b>	3 weeks <b>In-Person CIP</b> (summer)	OR	4 weeks <b>Online CIP</b>
<b>Followed by</b>	4 Months of <b>Independent Check-In</b>	OR	<b>Teacher Facilitated</b> 40 mins. Daily Mon–Fri (Sept. – Dec)



## FEES AND PAYMENTS

Payment Options	
<b>Program &amp; Registration Fees</b> \$6000 CAD +\$100 Non-Refundable Registration Fee	<b>Paid in Full by June 1st</b> \$300 Discount off Program Fee
<b>Returning Student</b> \$300 Discount off Program Fee	<b>Ask About our Family Discounts 2+</b>
<b>Payment Due on Enrolment</b> <b>*Payment Deadline – June 1, 2024 – All Sessions</b>	

## PROGRAM SESSIONS & SCHEDULES

Session	In-Person or Online	Duration	Dates
1	In-Person (Toronto Campus)	6 weeks	July 2 to August 9
2	Online	8 weeks	June 17 to August 9
3	Online	8 weeks	June 24 to August 16
4	Online	8 weeks	July 2nd to August 23
5	New 2024 CIP-Combined	<b>CIP In-Person (3 weeks)</b> July 2 to July 19 July 22 to Aug 9	<b>CIP Online (4 weeks)</b> June 17th to July 12th July 2nd to July 26th July 29th to Aug 23rd
		<b>Independent Check-In</b> 4 hours/week for 4 months	<b>In-Person or Online Classroom</b> Between 7:45AM – 8:20PM ET 40 mins daily. Mon.-Fri. Sept. 9th to Dec. 19th

If you are looking to start sooner, please contact [Arrowsmith Admissions](#).



# DAILY SCHEDULE

## In-Person: CIP Session 1 & 5

Junior	
Time	Program
8:45 AM – 9:00 AM	Arrival
9:00 AM – 9:45 AM	Period 1 Symbol Relations
9:45 AM – 10:00 AM	Break
10:00 AM – 10:45 AM	Activity
10:45 AM – 11:00 AM	Break
11:00 AM – 11:45 AM	Period 2 Symbol Relations
11:45 AM – 12:00 PM	Reflection & Goal Setting
12:00 PM – 1:00 PM	Lunch
1:00 PM – 1:45 PM	Period 3 Symbol Relations
1:45 PM – 2:00 PM	Break
2:00 PM – 2:45 PM	Period 4 Symbol Relations
2:45 PM – 3:00 PM	Reflection & Goal Setting

Senior	
Time	Program
8:45 AM – 9:00 AM	Arrival
9:00 AM – 9:50 AM	Period 1 Symbol Relations
9:50 AM – 10:00 AM	Break
10:00 AM – 10:50 AM	Period 2 Symbol Relations
10:50 AM – 11:00 AM	Break
11:00 AM – 12:00 PM	Period 3 Symbol Relations
12:00 PM – 1:00 PM	Lunch
1:00 PM – 1:50 PM	Period 4 Symbol Relations
1:50 PM – 2:00 PM	Break
2:00 PM – 3:00 PM	Period 5 Symbol Relations



# DAILY SCHEDULE

**Online:** Sessions 2, 3, 4 & 5

Junior AM	
Time	Program
8:45 AM – 9:00 AM	Arrival & Goal Setting
9:00 AM – 9:45 AM	Period 1 Symbol Relations
9:45 AM – 10:00 AM	Break
10:00 AM – 10:45 AM	Period 2 Symbol Relations
10:45 AM – 11:00 AM	Break
11:00 AM – 11:45 AM	Period 3 Symbol Relations
11:45 AM – 12:00 PM	Reflection & Goal Setting
Junior PM	
12:45 PM – 1:00 PM	Arrival & Goal Setting
1:00 PM – 1:45 PM	Period 1: Clocks
1:45 PM – 2:00 PM	Break
2:00 PM – 2:45 PM	Period 2 Symbol Relations
2:45 PM – 3:00 PM	Break
3:00 PM – 3:45 PM	Period 3: Clocks
3:45 PM – 4:00 PM	Reflection

Senior	
Time	Program
8:45 AM – 9:00 AM	Arrival & Goal Setting
9:00 AM – 9:50 AM	Period 1 Symbol Relations
9:50 AM – 10:00 AM	Break
10:00 AM – 10:50 AM	Period 2 Symbol Relations
10:50 AM – 11:00 AM	Break
11:00 AM – 12:00 PM	Period 3 Symbol Relations
12:00 PM – 12:45 PM	Lunch
12:45 PM – 1:00 PM	Reflection & Goal Setting
1:00 PM – 1:45 PM	Period 4 Symbol Relations
1:45 PM – 2:00 PM	Reflection

One 45minute Onboarding Session required prior to online program start date.



# Daily Schedules

2024-2025 September – June

Arrowsmith School Schedule *Eastern Time Zone	
7:45am – 8:30am	Period 0
8:30am – 8:40am	Break

Regular School Day Begins Independent Check-In available throughout the day	
8:40am – 9:20am	Period 1
9:20am – 10:00am	Period 2
10:00am – 10:15am	Break
10:15am – 10:55am	Period 3
10:55am – 11:35am	Period 4
11:35am – 12:35pm	Lunch
12:35pm – 1:15pm	Period 5
1:15pm – 1:55pm	Period 6
1:55pm – 2:10pm	Break
2:10pm – 2:50pm	Period 7
2:50pm – 3:30pm	Period 8

Regular School Day Ends	
3:30pm – 5:30pm	In-person After School Program Available

Regular School Day Begins Independent Check-In available throughout the day	
3:30pm – 4:10pm	Period 9
4:10pm – 4:50pm	Period 10
4:50pm – 5:05pm	Break
5:05pm – 5:45pm	Period 11
5:45pm – 7:00pm	Independent Check-In
7:00pm – 7:40pm	Period 12
7:40pm – 8:20pm	Period 13
8:20pm – 9:00pm	Independent Check-In



# PROGRAM PREREQUISITES

## Counting Skills

Specific counting skills are a critical element required to access the Symbol Relations exercise. Having these counting skills will enable the student to focus on stimulating the cognitive function through their application within the exercise. The counting skills required for the Symbol Relations exercise are counting from:

1 to 12 by 1s

1 to 60 by 1s

60 to 1 by 1s

5 to 60 by 5s

60 to 5 by 5s

Student must be able to say the sequences out loud accurately and automatically without hesitation. To improve this skill we recommend daily practice.

## Numeric Keypad and Touch-Typing Skills

Students will need to know how to type numbers on the numeric keypad. This is the keypad on the right hand side of the keyboard, not the numbers at the top. Advanced typing skills on the numeric keypad without looking will greatly improve the student's experience in the program. To improve this, daily practice is recommended.

Here are some free typing programs:

- [www.typing.com/student/lesson/380/numeric-keypad](http://www.typing.com/student/lesson/380/numeric-keypad)
- [www.typingstudy.com/numeric\\_keypad](http://www.typingstudy.com/numeric_keypad)

## Technology Requirements for Online Offering Only

- High speed internet access
- A computer with a numeric keypad
- A mouse



# FREQUENTLY ASKED QUESTIONS (FAQ)

Question	Response
<b>Is this a camp?</b>	Arrowsmith considers CIP to be a program rather than a “camp”. Students engage in the Symbol Relations cognitive exercise in a manner that compresses 10 months of effort and progress into 6 weeks for in-person and 8 weeks for online students. The nature of the program requires sustained focus and engagement, with breaks and activities as presented in the schedule above.
<b>We have a family vacation or summer camp booked during the CIP dates. Can we still enrol?</b>	Discuss your situation with our Admissions Officer and depending on the details and timing, we may be able to accommodate you.
<b>What if a student misses part of a day for an appointment?</b>	If the student would like, they can work independently to make up the time. Though encouraged, this will be the decision of the participant.
<b>I am concerned that my child may be unable to engage in the work. Is there an opportunity to trial the program?</b>	Share all of your questions and concerns with our Admissions’ team as they will assist in determining if the CIP is a good fit. Our Admissions team will arrange for a trial class if needed so students can experience the program and learning environment. This also allows our teaching staff to contribute to the program recommendations. If CIP isn’t a good fit, another Arrowsmith program may be a better fit.
<b>What if a student isn’t engaging in the program the way intended?</b>	Motivational strategies will be used by the teacher to engage the student. *Make-up periods will not be assigned. Student may work independently and outside of program hours.
<b>What is my role as a parent when my child is working online?</b>	Parents can best support their child by providing a learning environment and structure in which the child can be successful. This includes: providing a distraction-free workspace, directing the child to follow their schedule and supporting the child with engagement – if the child is not working independently.
<b>English is my child’s second language. Can they participate in the program?</b>	We have had students with limited English abilities participate in our program. In these situations, the parent (s)’ ability to support and act as a translator is important. There will be times when the student will be able to work independently on the exercise . The student will require translation when instruction and assessment is occurring. Learning to speak numbers and number patterns from 1 to 60 is beneficial. Additional Skills: counting forwards and backwards from 1-60 by ones and fives and reading the minute hand on a clock.





## FIRST STEPS TO ENROLMENT

Please **click the link below** to complete the application for entry to the Cognitive Intensive Program or reach out to our admissions team if you have any questions and would like to schedule a phone call or virtual meeting.

After completion of a CIP Application, an admissions officer will be in contact with you to confirm your application information and send a contract with payment details.

**Book a  
Consultation**

**Fill Out the CIP  
Application**

**Email  
Admissions**

## ADDITIONAL PROGRAM OFFERINGS

**(All options available online or in-person)**










Program	Who is it for	Time Commitment
<b>Full-Time</b> 4-8 periods per day This is for individuals and students wanting to work on more than one cognitive function.	<b>Best suited for:</b> <ul style="list-style-type: none"><li>• Elementary, High school and Post-secondary students</li><li>• Adults</li><li>• Seniors <i>*ask about our Cognitive 55+ Option</i></li></ul>	½ to full day  Daily Monday to Friday  Ongoing
<b>Part-Time</b> 1-3 periods per day This is for individuals and students wanting to work on one to three cognitive functions.	<b>Best suited for:</b> <ul style="list-style-type: none"><li>• Elementary, High school and Post-secondary students</li><li>• Adults</li><li>• Seniors <i>*ask about our Cognitive 55+ Option</i></li></ul>	1 to 3 periods  Daily Monday to Friday  Ongoing



Program	Who is it for	Time Commitment
<b>Independent Check- In</b> Individuals have the flexibility of working independently 4+ hours a week on the Symbol Relations or Motor Symbol Sequencing cognitive function and have a check-in session with their instructor once every 2 weeks.	Designed for individuals who can work independently and require scheduling flexibility.  <b>Best suited for:</b> <ul style="list-style-type: none"> <li>• Adults</li> <li>• High school and post-secondary students</li> <li>• Seniors <i>*ask about our Cognitive 55+ Option</i></li> </ul>	4 hours minimum per week  Ongoing
<b>Cognitive Intensive Program</b> Individuals intensively focus on strengthening their brain through the Symbol Relations cognitive function in a classroom setting during the summer or for 6 to 10 weeks during the school year.	Designed for individuals desiring rapid progress within a short timeframe.  <b>Best suited for:</b> <ul style="list-style-type: none"> <li>• High school and post-secondary students</li> <li>• Children and teens during summer break</li> <li>• Adults</li> <li>• Seniors <i>*ask about our Cognitive 55+ Option</i></li> </ul>	6 or 8 weeks  Monday to Friday  Age 9-14: 90 hrs Age 15+: 135 hrs
<b>Cognitive Enhancement</b> Individuals, not having had an assessment, attend one- 40-minute class per day, Monday to Friday, throughout the school year to address the Symbol Relations or Motor Symbol Sequencing cognitive function. Students are encouraged to make time for additional independent practice.	Designed for individuals looking to strengthen their brain while having access to an instructor for assistance and structure.  <b>Best suited for:</b> <ul style="list-style-type: none"> <li>• Elementary, High school and Post-secondary students</li> <li>• Working adults</li> <li>• Seniors <i>*ask about our Cognitive 55+ Option</i></li> </ul>	40 minutes per day  Monday to Friday  Ongoing



# RESOURCES

Subject	Description	Link
<b>FAQ</b>	Frequently Asked Questions about the Arrowsmith Program.	<a href="#">Click Here</a> 
<b>Media</b>	Check out our Media that captures our schools, research, and Barbara Arrowsmith-Young's cognitive journey.	<a href="#">Click Here</a> 
<b>Learning Difficulties Addressed</b>	This is a great section and covers outcomes associated with the cognitive exercises.	<a href="#">Click Here</a> 
<b>Chart of Learning Outcomes</b>	This chart describes a range of cognitive functions, as postulated by the Arrowsmith Program, which impact learning, academics, and social skills.	<a href="#">Click Here</a> 
<b>Arrowsmith School Events</b>	Direct link to register (if you register, a recording will be sent to your email in case you are unable to attend).	<a href="#">Click Here</a> 
<b>Testimonials</b>	Hear the experiences of our alumni families.	<a href="#">Click Here</a> 
<b>The Brain Pioneer</b> (Free Download)	"The Brain Pioneer" was written for students of all ages and includes a history of studies in brain plasticity, amazing brain facts, vital brain health recommendations, and a comprehensive glossary. Read on to find out how Barbara made her incredible discovery.	<a href="#">Click Here</a> 
<b>Brain School</b> (Free Download)	The "Brain School" chronicles students' success in terms of improved cognitive functioning and how this allows them to participate more fully and effectively in the world as well as demonstrating significant changes pre and post Arrowsmith on academic and cognitive test measures.	<a href="#">Click Here</a> 
<b>Research</b>	Provides you with extensive information on all current and past research associated with the Arrowsmith Program.	<a href="#">Click Here</a> 



## CONTACT US

Thank you for reviewing the Arrowsmith Admissions package for the Cognitive Intensive Program (CIP). We look forward to hearing from you to answer questions and discuss how we can help.

If you would like to speak to our Admissions Officer, please contact:



[Book a Consultation](#)

### **Jason Kinsey** **Admissions Officer**

Phone number (Toll-free):  
1-866-447-6647

Email address:  
[admissions@arrowsmith.ca](mailto:admissions@arrowsmith.ca)



To be able to answer questions and let students and families know that, yes, we can help, is just about one of the best feelings in helping to carry Barbara Arrowsmith-Young's work forward.

