

arrowsmith.ca

# **About the Arrowsmith Program**





## Strengthen Your Brain. Be at Your Best.

Reading

- **Executive Function**
- Mathematics
- Communication & Collaboration
- Comprehension
- **Working Memory**

Writing

**Processing Speed** 

Spelling

Critical Thinking

### **Evidence-Based Results**

Research shows that participants engaging in the Arrowsmith Program experience:



Improved cognitive and academic performance



**Increased rate** of learning



Increased independent and self-directed learning



A shift to a growth mindset



Increased emotional and social well-being



Increased sense of locus of control



Independence in activities and daily living



Increase in attention, listening well, staying focused

## **Arrowsmith Cognitive Assessment**

Determine the cognitive program most beneficial for you!

Understanding an individual's cognitive functions through an Arrowsmith Cognitive Assessment informs us of the Cognitive Exercises most critical to improving an individual's performance.

Assessments Online or In-person - Your Choice

The Arrowsmith Cognitive Assessment takes 1 to 1.5 days to complete. Our staff can conduct an assessment in-person at Arrowsmith School in Toronto, or online.

### **Begin With a Consultation**

What participants and their families are saying about the Arrowsmith Cognitive **Assessment:** 



For the first time, I understand why I do what I do

It is like an operator's manual for the brain, each one unique

I was inspired by what I read in 'The Woman Who Changed Her Brain' and then booked an assessment to learn more about my learning difficulties

As a result of the assessment, he decided to put his university programs on hold and focus on improving his brain. He enrolled at Arrowsmith School in the adult class and spent 2 years doing cognitive exercises...now he writes commercials at an award-winning advertising company





# **Program Descriptions**

Arrowsmith School has program options for individuals 6 to 90+

<b>Program</b> (All options available online or in-person)	Who is it for	Time Commitment
<b>Full-Time</b> 4-8 Periods per day to work on multiple cognitive functions.	Individuals with learning difficulties seeking an in-person or online school placement.	1/2 to Full Day - Daily Monday to Friday School Year Calendar
<b>Part-Time</b> 1-3 Periods per day to work on 1 to 3 cognitive exercises.	Individuals with learning difficulties or those seeking cognitive enhancement.	1-3 Periods Daily Monday to Friday School Year Calendar
Independent Check-In  A flexible, independent focus on the Symbol Relations or Motor Symbol Sequencing cognitive function. A check-in session with an instructor occurs once every two weeks.	Individuals who can work independently and require scheduling flexibility.	4hrs min. per week Ongoing
Cognitive Intensive Program Intensive focus on strengthening the Symbol Relations cognitive function in a classroom setting during the summer or school year.	Individuals desiring rapid progress within a short timeframe.	6, 8 or 10 weeks Monday to Friday Options Year Round
Cognitive Enhancement  Address the Symbol Relations or  Motor Symbol Sequencing cognitive function. No assessment required.	Individuals looking to strengthen their cognitive function within a structured and supported learning	40 minutes per day Monday to Friday

environment.



School Year Calendar

Additional independent practice is

encouraged.

# **Daily Schedules**

2023-2024

#### **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

Extended School Day Begins		
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	



### **Tuition & Assessment Fees**

July 1, 2023 - June 30, 2024

Arrowsmith School Payment Plans			
One Payment	Two Equal Payments	Four Equal Payments	Equal-Monthly Payments
Due: July 28th	Due: July 28th September 29th	Due: July 28th September 29th November 24th January 26th	Paid in Full by March 31st
5% Discounts	3% Discount	2% Discount	No Discount*

Payment Plan Discounts available to new students until Dec. 31, 2023. Tuition Deposit of \$100 required at time of contract generation. Tuition is prorated for mid-year enrolment deposit and first payment required with registration.

Financial Institution transaction fees, including credit card fees are additional to the fees listed.

## **Tuition Discounts** Returning 2022-2023 Student **5% Discount** Register by June 30th / First payment July 28th **Summer CIP Returning Student 5% Discount** Register by September 1st **Family Discount 5% Discount** Applied to 2nd+ student tuition within the immediate family **Alumni Discount 5% Discount** Applied to students returning to Arrowsmith

#### \* A Tuition Discount is applied to the Tuition Fee \*Only one Tuition Discount may be applied per contract

#### **Assessment Discounts**

Program Enrolment within 90 Day	\$1 000	
Post Assessment*	Discount	
Assessment booked during program participation (CIP CE ICM)	\$1 000 Discount	

\*To be eligible, program enrolment must occur within 90 calendar days of the Assessment Feedback date.

Enrolment means that Arrowsmith School has received all enrolment documents and the Tuition deposit.





riogiani	100	riogiani	100
Full-Time	In-Person	Part-Time	Online
8 periods	\$30 000	3 exercises	\$17 000
7 periods	\$27 500	2 exercises	\$11 500
6 periods	\$24 300	1 exercise	\$6 000
5 periods	\$20 700	Cognitive Enhancement	\$6 000
4 periods	\$16 650	Cognitive	<b>40.000</b>
Full-Time Online		Intensive	\$6 000
8 periods	\$33 000	Independent Check-In	\$6 000
7 periods	\$30 500	Cognitive 55+	\$600 monthly
6 periods	\$27 000	Assessment Fee	
5 periods	\$23 000	Arrowsmith Cognitive	\$2 500
4 periods	\$18 500	Assessment	One payment

Financial Institution transaction fees, including credit card fees are additional to the fees listed.



#### **Resources**



**FAQ** 







Research







**Open House** & Events





Blog





Media



















# **Speak to Admissions:**



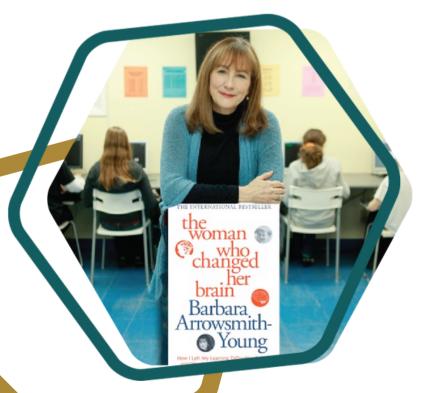
## **Book A Meeting**

Toll-free: 1-866-447-6647 admissions@arrowsmithprogram.ca

Jason Kinsey, Admissions

# Changing Brains. Transforming Lives.

Neuroplastic change through evidence-based individualized programming.



It's through cognitive transformation that we unlock each individual's gifts allowing them to dare to dream.

#### ~Barbara Arrowsmith-Young

Founder of Arrowsmith Program and author of "The Woman Who Changed Her Brain"

