

A Publication of  
Banyan Tree Learning Center  
"Building Foundations for Learning"



## *Unlocking the Learning Puzzle*

### Inside this issue:

<i>What is Educational Therapy?</i>	1
<i>The Role of Memory in Learning</i>	2
<i>Improving Processing Efficiency</i>	3
<i>Learn to Love Reading!</i>	4
<i>IM for Athletes, Scholars, and Struggling</i>	5
<i>Study Smarter, Not Harder!</i>	6
<i>The Story of The Banyan Tree</i>	7

### Services at Banyan Tree:

- Assessment and diagnosis
- Remediation of learning disabilities
- Instruction in reading, writing, spelling, and math
- Homework help
- On-line classes for credit, with tutoring if needed

In 1996, new technology was once thought that after a certain age, the brain was as specialized as it would ever be, and learning would become more difficult over time. However, we now know that the brain's ability to be retrained allows us to continually learn, and to reprogram pathways that are inefficient. Inefficient processing in students leads to frustration, low self esteem, studying too hard with poor results, and being labeled as lazy or unmotivated. In adults, work productivity may be diminished, promotions may

The exciting thing about their research is discovery of the plasticity of the brain. It



*New research indicates that the brain can be re-trained*

be denied, and social issues may arise both at work and in personal life.

But the good news is that there is help to improve and overcome these inefficiencies. Researchers, psychologists, teachers, and others in the medical

## *Banyan Tree Learning Center*

Banyan Tree Learning Center provides help for students and adults experiencing processing difficulties. We believe every person can learn to achieve. Learning HOW to learn, understanding learning styles, demystifying learning

differences, and strengthening foundational skills builds self esteem and confidence, and leads to success.

An individual program is developed between parents, staff, and students. Instruction is available

privately or in small groups. Students may attend for as little as one or two hours a week for monitoring or coaching. Intensive instruction for up to four hours a day is available for the remediation of learning disabilities, academic failure,



*A specially designed program working 1 to 1*

## *What is Educational Therapy?*

highly structured and effective program that can help you or your child learn easier, faster, and more efficiently. Lasting results can be achieved in as little as 12 weeks.

**Educational Therapy** is personalized intervention that helps individuals acquire learning strategies suited to their unique strengths and weaknesses. Most individuals who receive therapy have significant struggles in one or

more areas of academic functioning, and have often been diagnosed with a specific learning disability. Methods of instruction geared to the student's needs are utilized to remediate areas of difficulty, while taking into account their strengths. Other important components of therapy include gaining a better understanding of learning styles, increasing confidence and self-esteem, and

developing advocacy skills.

Therapy typically addresses foundational skills in the areas of auditory and visual processing, phonemic awareness, sequential thinking, memory, attention and organization. This contrasts with tutoring, where the primary focus is on increasing knowledge in a specific subject area (i.e. history, chemistry, math). Occasionally, both tutoring and therapy are necessary.



*Learn strategies for retention and retrieval of information*

## *The Role of Memory in Learning*

**Memory** is a vital key in learning, so it's important to understand a few basics. Short-term memory can be compared to a small fish tank (5-9 fish), while the capacity of long-term memory is thought to be unlimited (who knows the number of fish in the ocean).

Attention is a key factor in getting information into short-term memory. Researchers have found that it's easier to input information when it is linked to self / senses / emotions, is novel or humorous, or is related to a command. Effective methods

used to get information into long-term memory are rehearsal, organization and elaboration.

Students may experience difficulty learning because of breakdowns related to input, retention, and/or retrieval of information. Programs focusing on visualizing, organizing, making personal

## *Improving Processing Efficiency*



*PACE helps students and adults*

Most often, learning difficulties are due to poor underlying cognitive skills. These difficulties affect learning at all ages, resulting in working too long or too hard, feeling inefficient or disorganized. Students are unable to finish activities and assignments at school. Notes

are incomplete, with many gaps. Assignments are often missed altogether, resulting in failing grades.

Fortunately, situations like these can be avoided. Between 40% and 70% of our mental abilities are learned, not inherited. We have the ability to dramatically change

the skills we need to process information. These skills include: comprehension, memory, visualization, phonetic awareness, attention/concentration, and simultaneous and sequential processing.

**PACE (Processing And Cognitive Enhancement)** is a

## Learn to Love Reading!

Students who love to read have two important skills—automatic decoding and fluency.

**Decoding** requires understanding and recognizing the patterns in written language with speed and accuracy. Students who struggle with sounding out and blending need explicit instruction. Deliberate decoding is a necessary step to sight recognition. And repetition is key to breaking the code and locking it into

memory. *Rereading each sentence that requires unusual decoding effort is important.*

**Fluency** can be defined as the ability to read aloud expressively and with understanding. Fluent reading approaches the speed of speech. When fluent readers read aloud, the reading text flows rather than sounding halting and choppy. Developing fluency means reading faster, smoother, and more expressively. The ultimate

goal is reading lengthy text silently with speed and comprehension. But this requires practice!

Beginning and poor readers usually do not read fluently and reading is often a word-by-word struggle.

There are two general approaches to improving fluency. The direct approach involves modeling and practice with repeated reading under time pressure. The indirect approach



*Fluency in reading decreases frustration*

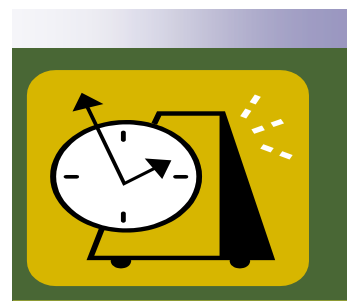
## IM for Athletes, Scholars, and Struggling Students

**Interactive Metronome®** is a computer-powered assessment and training technology to improve motor planning, timing and sequencing—considered fundamental capacities for learning and performance. The one minute assessment uses headphones along with

hand and foot sensors to determine how closely a participant responds to computer-generated musical beats. A higher than average score indicates that IM training may be beneficial.

Interactive Metronome® has been found to improve processing in both children

and adults in academic and sports endeavors. In addition, IM performance correlates with academic achievement in areas such as mathematics, language, reading and attention to task. Training has produced significant gains for children with ADHD in concentration, control of



*Timing, fluency, attention, and speed are trained in IM*

## Study Smarter, Not Harder

**Study skills:** students need them and educators extol them. To be successful, students must be able to become independent learners – to organize their time, materials, and themselves, to identify and extract important information, and to demonstrate an

understanding and application of that knowledge.

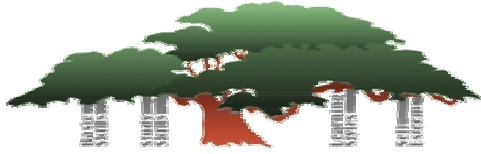
But what is meant by the term *study skills*? Study skills are ways or methods of learning. With the use of study skills, students can often get more done in a

given period of time and learn more, too. Some examples of study skills are: active listening, reading for meaning, taking notes, problem-solving, preparing for tests, and taking responsibility to teach oneself.

By using the right tools,



*Organization and study skills make the difference*



## Banyan Tree Learning Center

*Building Foundations for Learning*

10675 Treena Street, Suite 103  
San Diego, CA 92131

Phone: 858-578-6616  
Fax: 858-578-7649

---

Visit us on the web.

[www.banyantlc.com](http://www.banyantlc.com)

---

Coming Soon....Summer Camps And Special Programs

*Call For More Information*

---

## *The Story of The Banyan Tree*



The inspiration behind the Leaning Center's name is the banyan tree. This amazing plant grows in regions where the soil is not able to support its heavy branches. It has learned to compensate for the weakness by growing support limbs as the tree branches out. *Like the banyan tree, our goal is to provide support and strengthen foundations for learning as students mature into lifelong learners.*

In response to the growing number of students who experience frustration with

learning and/or the school environment, and with the belief that all students can learn and achieve, **The Banyan Tree Learning Center** was opened in 1993.

Owner Nanci Engle holds a Certificate in Educational Therapy, B.S. in Speech and Language, M.A. in Education, credentials in Elementary Education and Special Education with an emphasis on Learning Disabilities. She has been a special educator for over thirty years, working with students who have learning

disabilities and attention problems, speech and language difficulties, and hearing impairments. Her experience includes positions as a Resource Specialist, Special Day Class Teacher, Mentor Teacher, and Diagnostic Resource Teacher in Curriculum and Staff Development for San Diego Unified School District. She has taught classes at San Diego State University and University of California at San Diego. She was the founder of Banyan Tree Day School, a nonpublic school