

Master Your Mind: The SMARTS Way

High school: 6 hour course (2 weeks)

August 10, 12, 14, 17, 19, 21

Entering Freshmen/Sophomores: 2:00-3:00 PM

Entering Juniors/Seniors: 4:00-5:00 PM

Class size: 8 students, *space is limited, register now!*

Middle school: 6 hour course (2 weeks)

August 10, 12, 14, 17, 19, 21, M-W-F 10:00-11:00 AM

Class size: 6 students, *space is limited, register now!*

Master your Mind the Smarts Way courses offer developmentally appropriate and interactive, hands-on instruction for elementary, middle and high school students in the following executive function areas:

Self-understanding
Goal setting
Time management
Remembering

Flexible thinking
Organization and planning
Active reading and note-taking
Studying and test-taking

Students at both levels:

- Have opportunities for modelled instruction, guided practice, and independent practice
- Learn critical strategies that prepare them for school and life
- Leave the course with personalized strategy files that they can use as a resource when they return to school in the fall.



“Last summer, Master Your Mind provided my son with the focus and organization he needed to prioritize his middle school homework and long-term projects.”

-Parent of 7th grader

FEE: \$350 for Middle and High School (Fee includes materials)

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