

PEAK Program for Healthy Cognitive Living and Academic Success

Reasons for referral to the PEAK Program

1. Students with poor study skills, test-taking skills and / or time management skills.
2. Students who are failing classes.
3. Students who feel they are not retaining information for long-term retrieval.
4. Students who are studying all the time but scoring below average.
5. Students who entered med school with very low MCAT scores.
6. Students with ADHD, anxiety disorders or learning disabilities are considered on an individual basis.

Theoretical framework of the PEAK Program

- ✓ The PEAK Program is grounded in findings from the latest neuroscience research, including original research conducted by Dr Sadasivan on processing, learning and memory.
- ✓ The PEAK Program model views brain wiring for learning based on strengths and weaknesses in processing.

Overview of the PEAK Program

- ✓ The PEAK Program promotes cognitive health by emphasizing principles of learning and the use of internal controls to help balance emotional and cognitive demands.
- ✓ The PEAK Program results in efficiency and maximization of learning potential.

What the PEAK Program Covers

- ✓ Factors that influence learning
- ✓ How attention and memory work together
- ✓ Importance of organization for reading and note-taking
- ✓ Tests as a final validation of success

Format

The PEAK is presented as an interactive discussion with validation exercises to show students the *why* and *how* of setting and meeting learning goals.

Outcomes

The program is geared to improve:

- ✓ control of attention, processing and memory.
- ✓ speed and efficiency in learning.
- ✓ access to memory and validation of learning.
- ✓ confidence in ability to facilitate change and direct outcomes (establish internal locus of control).
- ✓ ability to complete projects on time.

The Complete Program involves three parts

1. Clinical testing (2 ½ hrs with testing and feedback) - establishes individual profile of brain wiring for learning.

2. PEAK Program (8 hrs scheduled as a single session in East Lansing, most likely on a Saturday) - interactive program of discussion and exercises to help students understand the cognitive process of learning and how that relates to their unique style of learning.

3. Learning Connections (on-going assistance during the semester) - application of the PEAK principles to maximize potential for success while maintaining healthy cognitive living.

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