

Lesson plan for the patient who wants to understand the speech of an FCP (crash course). The voice designation of “M/F” stands for “Male or Female” and means that the patient should train with the generic voice type that is the same sex as his or her FCP.

Note: This lesson plan is appropriate for patients who have an FCP who has recorded the training stimuli in a single session at the onset of the patient’s training program. If the FCP hasn’t recorded all stimuli, the missing words, phrases, or sentences will be replaced by generic recordings stored in the cLEAR™ software.

Week	Games	Voices	Comments/Notes
1	* pEARl Crunch, adjust noise to preference	M/F	
	* EARonaut, adjust noise to preference	M/F	
2	* ShakespEARe	M/F	
	* pEARl Crunch, in light noise	FCP	
3	* EARonaut, in light noise	FCP	
	* MountainEAR	M/F	
4	* MountainEAR	FCP	
	* FarmEAR in the Dell	M/F	
5	* FarmEAR in the Dell	FCP	
	* TreasEAR Island	M/F	
6	* TreasEAR Island	FCP	
	* pEARl Crunch, in moderate noise	FCP	
7	* EARonaut, in moderate noise	FCP	
	* ShakespEARe	FCP	
8	* MountainEAR	FCP	
	* FarmEAR in the Dell	FCP	
9	* TreasEAR Island	FCP	
	* EARonaut, in high noise	FCP	
10	* pEARl Crunch, in high noise	FCP	
	* MountainEAR	FCP	
11	* FarmEAR in the Dell	FCP	
	* TreasEAR Island	FCP	
12	* pEARl Crunch, in high noise	FCP	
	* Patient’s choice	FCP	



<b>Week 2</b>	<p>Play ShakespEARE at least 10 minutes twice this week with the talker type that is the same sex as your FCP.</p> <p>Play pEARL Crunch at least 10 minutes twice this week with your FCP's voice in light noise.</p>	<p>"ShakespEARE may help develop your ability to remember the details of a story. It exercises your 'auditory memory', which is the brain's ability to hold in memory words and sentences that you have recently heard."</p> <p>"At first you may have a hard time remembering which sentence came first, second, third, fourth and fifth. Try to get at least three sentences in the correct order for each paragraph."</p> <p>"pEARL Crunch forces you to pay attention to those endings of words that add subtle meaning, such as the plural "s" in a word like <i>boys</i> or the negative "n't" in a word like <i>can't</i>. These endings are often hard to hear and easy to ignore."</p> <p>"You can determine what is "light noise". Start by playing the game in quiet. On the second trial, bump up the noise just a little. On each subsequent trial, bump up the noise just a little more until you reach a point where you are getting four pearls for every necklace. Do not move the bar again but train at this noise level."</p>



		ability to quickly process the meaning of words.”
<b>Week 4</b>	<p>Play MountainEAR at least 10 minutes twice this week with your FCP’s voice.</p>       <p>Play FarmEAR in the Dell at least 10 minutes twice this week with a talker type that is the same sex as your FCP.</p>	<p>“Sometimes you might be confused and not be able to decide which picture matches the word that you just heard. This is okay. This game will require that you make quick decisions about what you heard and sometimes this is hard to do.”</p>       <p>“You may find that some of the pictures are a little ambiguous and that it takes some thought to match the word that you hear with the pictures that you see. This ambiguity is intentional. Research has shown that when listening tasks which force the brain to focus on meaning and it requires the brain to think of different possibilities, learning occurs more quickly.”</p>       <p>“If the noise seems to be getting louder, that means that you are actually getting better at listening in noise because the better you do, the more noise is introduced into the training task. The game is programmed to have more noise after you make consecutive correct answers and less noise after you make consecutive incorrect answers.”</p>



	<p>Play pEARL Crunch at least 10 minutes twice this week with your FCP's voice in moderate noise.</p>	<p>word discrimination abilities and your ability to hear your FCP in noisy settings.”</p> <p>“Even though your FCP’s voice may be very familiar to you because you have listened to and talked with your FCP for a long time, you may not realize that you have not been attending to important word endings. When listening becomes difficult, the brain tends to pay less attention to word endings. Training with pEARL Crunch will exercise your auditory attention and lead you to pay more attention to word endings.”</p> <p>“You can determine what is “moderate noise”. Start by playing the game in quiet. On the second trial, bump up the noise just a little. On each subsequent trial, bump up the noise just a little more until you reach a point where you are getting three pearls for every necklace. Do not move the bar again but train at this noise level.”</p>
<b>Week 7</b>	<p>Play EARonaut at least 10 minutes twice this week with your FCP in moderate noise.</p>	<p>“You can determine what is ‘moderate’ noise. Start by setting the noise bar to its midway setting. If this makes it too difficult to hear the words, decrease the noise where you can hear the talkers, but you are still aware of noise. If in the midway setting, you can still easily hear the talkers, adjust the noise to be louder. During this process, you will not only exercise your ‘auditory attention’, or the brain’s ability to</p>

	<p>Play ShakespEARE at least 10 minutes twice this week with your FCP.</p>	<p>focus on a single speech stimulus, but you will also develop an awareness of the levels of noise that you can tolerate. This awareness will be helpful when you have to assess whether you will have to make accommodations for a particular setting, such as asking for a quiet section of a noisy restaurant.”</p> <p>“Your FCP’s voice may sound different to you because of your hearing loss, and will sound especially different if you have just received a new hearing aid or cochlear implant. By listening to your FCP speak sentences, you will likely begin to recognize the speech rhythms and cadences that the FCP employs when speaking, and this will help you recognize the FCP’s words more quickly.”</p>
<b>Week 8</b>	<p>Play MountainEAR at least 10 minutes twice this week with your FCP.</p> <p>Play FarmEAR in the Dell at least 10 minutes twice this week with your FCP.</p>	<p>“Many people with hearing loss feel that they only can understand what their FCP says if the FCP speaks very slowly. Training with MountainEAR will exercise your ability to understand your FCP when the FCP speaks with a normal speaking rate.”</p> <p>“By playing FarmEAR in the Dell, you are learning to recognize common words that occur frequently in everyday conversations with your FCP. Over time, this kind of training will make listening easier for you.”</p>



<b>Week 9</b>	<p>Play TreasEAR Island at least 10 minutes twice this week with your FCP.</p> <p>Play EARonaut at least 10 minutes twice this week with your FCP's voice in high noise.</p>	<p>"Even though this game is designed to develop your phoneme discrimination, which is your ability to decide whether two sounds are the same or different, it is also developing your ability to focus on the meaning of words and developing your sense of self-confidence in your listening abilities."</p> <p>"You can determine what is 'high' noise. Start by setting the noise bar to its midway setting. If this makes it too difficult to hear the words, decrease the noise where you can hear the talkers, but you are still aware of noise. At first, you may find that what is a high noise level for you is very near the quiet position on the noise bar. With continued practice, you might be able to tolerate more noise."</p>
<b>Week 10</b>	<p>Play pEARl Crunch at least 10 minutes twice this week with all your FCP's voice in high noise.</p>	<p>"You can determine what is 'high noise'. Start by playing the game in quiet. On the second trial, bump up the noise just a little. On each subsequent trial, bump up the noise just a little more until you reach a point where you are getting three pearls for every necklace. Do not move the bar again but train at this noise level."</p> <p>"When background noise is present, often a person with hearing loss will notice that</p>

	<p>Play MountainEAR at least 10 minutes twice this week with your FCP's voice.</p>	<p>word endings seem to 'disappear'." pEARL Crunch is designed to focus your attention specifically on these word endings and let you experiment with how your ears and brain respond to the presence of background noise."</p> <p>"You may found that you can recognize the words more quickly when they are spoken by your FCP than when they are spoken by a talker of the opposite sex. Try playing MountainEAR with your FCP's voice. After several trials, then play MountainEAR with the voice of talkers of the same sex as your FCP. Do you find that you recognize words faster with your FCP's voice? Does it seem easier to recognize the words when they are spoken by your FCP? Familiarity of the talker has a very positive effect upon your ability to recognize speech."</p>
<b>Week 11</b>	<p>Play FarmEAR in the Dell at least 10 minutes twice this week with your FCP's voice.</p> <p>Play TreasEAR Island at least 10 minutes twice this week with your FCP's voice.</p>	<p>"Sometimes you might be confused and not be able to decide which picture matches the word that you just heard. This is okay. This game will require that you make quick decisions about what you heard and sometimes this is hard to do."</p> <p>"Even though this game is designed to develop your phoneme discrimination, which is your ability to decide whether two sounds are the same or different, it is also developing your ability to focus on the meaning of words and developing your</p>

		sense of self-confidence in your listening abilities.”
<b>Week 12</b>	<p>Play pEARL Crunch at least 10 minutes twice this week with your FCP’s voice in high noise.</p> <p>You choose a game, but play with the voice of your FCP</p>	<p>“You can determine what is “high noise”. Start by playing the game in quiet. On the second trial, bump up the noise just a little. On each subsequent trial, bump up the noise just a little more until you reach a point where you are getting three pearls for every necklace. Do not move the bar again but train at this noise level.”</p>