



TEACHING YOUR NEURODIVERSE  
MINI-ME

# WHO WE ARE

The Nectar Group is an education company dedicated to helping students overcome learning challenges so that they can reach their full potential. With our assessment-driven process, we use scientific tools to evaluate and pinpoint the root causes of learning difficulties. Then, we create custom solutions utilizing cognitive neuroscience to resolve those root issues.

We optimize learning and take a holistic approach to improving school, work, and life performance by providing:



Therapeutic interventions that are grounded in neuroscience to treat the causes of learning difficulties for all ages

K-12 and collegiate level academic tutoring in reading, writing, and math to build solid content and prepare students for college and beyond

Study skills and executive function coaching to ensure successful student outcomes

One-to-one educational services via educational consulting, individualized schooling, and homeschool support

# HOW AND WHO NECTAR HELPS:



## Nectar works with:

Client ages 6 and up

All types of diagnoses: ADHD, dyslexia, ASD, Gifted, 2E, TBI

All types of students: homeschool, public, private, charter, hybrid, online, etc.

Those looking for a competitive edge in school, work, and life

Nectar provides all services to clients all around the world via our unique videoconferencing eCoaching.

## Understand

Understand the role neuroplasticity plays as the foundation for treating learning challenges

## Realize

Realize the critical role cognitive skills play in learning successes and challenges

## Recognize

Recognize symptoms of cognitive weaknesses as the root cause of learning challenges

## Receive

Receive strategies to accommodate for learning challenges for you and your mini-me

## Learn

Learn ways to harness neuroplasticity to improve cognitive function and treat the underlying causes of difficulties for you and your mini-me

# GOALS FOR TODAY

# COGNITIVE & EXECUTIVE FUNCTION SKILLS: TAKE CARE OF YOURSELF FIRST!

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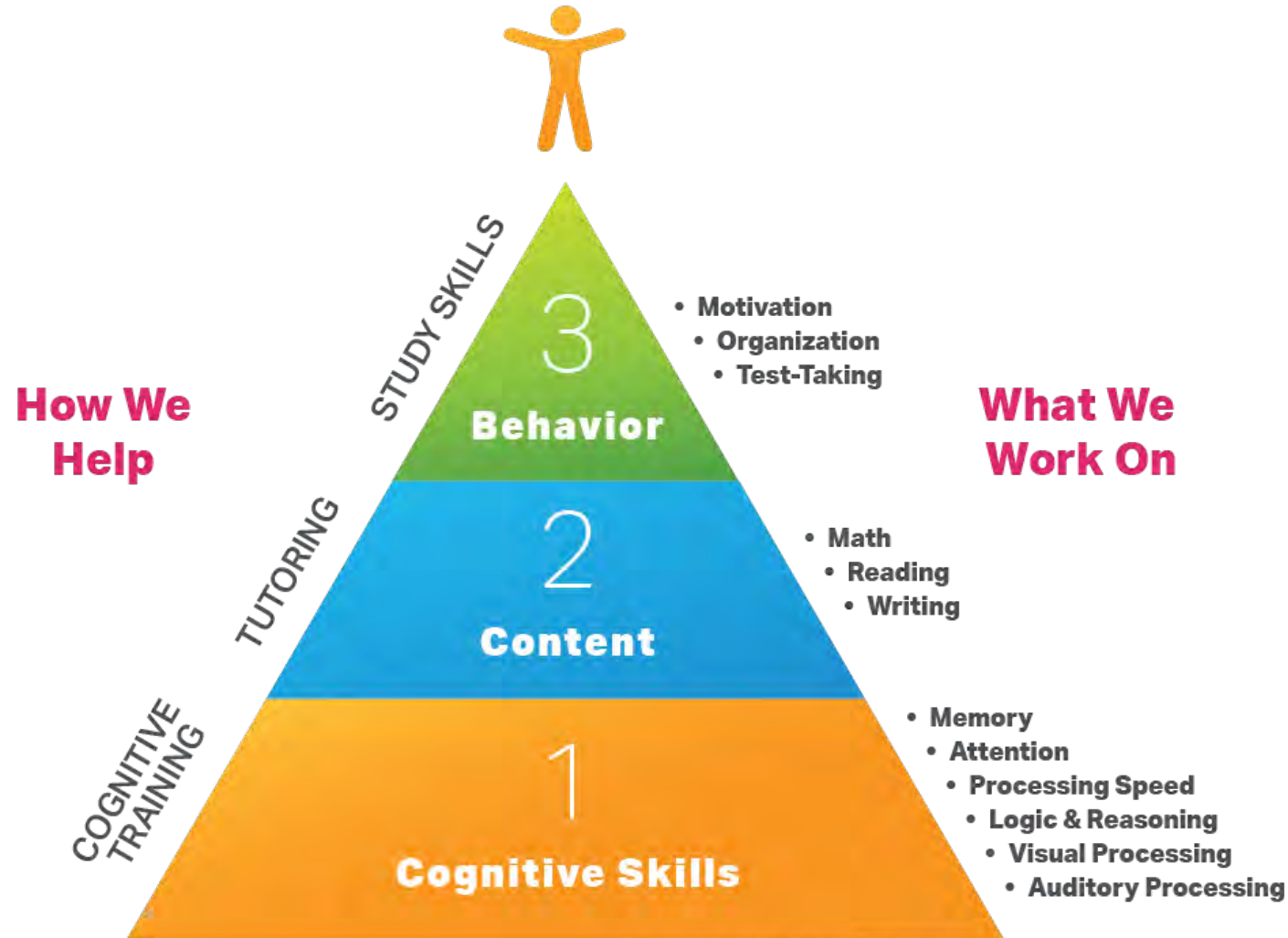
## HOW TO USE OXYGEN MASK ON PLANE



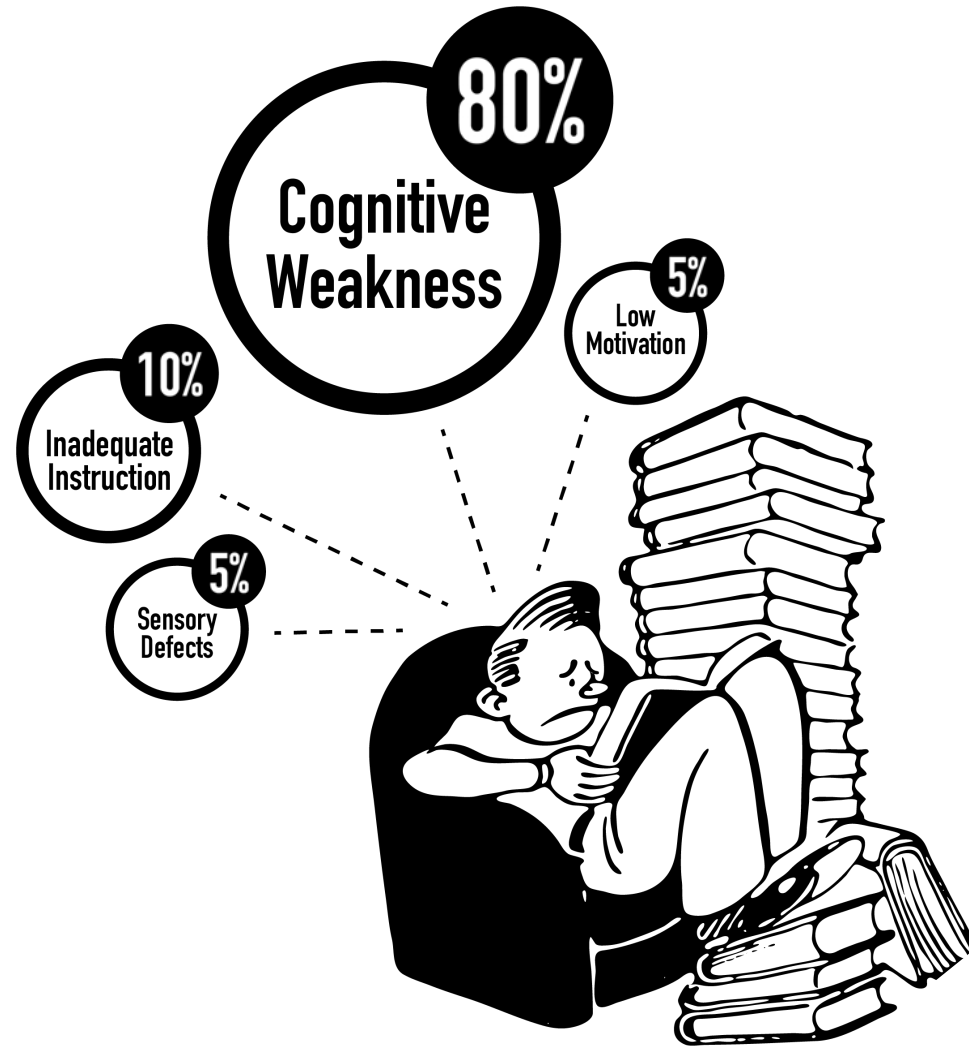
# HOW DO WE AS PARENTS & EDUCATORS DO THAT?

- 1) **Assessment: for you and your child**
- 2) **Accommodate: Compensate for the weak areas**
- 3) **Treatment: Work to overcome any weaknesses utilizing neuroplasticity!**

# Potential Pyramid™



# WHY ARE COGNITIVE SKILLS IMPORTANT?





## 2 PARTS TO HELPING WEAK COGNITIVE SKILLS:

COMPENSATE  
WITH  
ACCOMMODATIONS  
AND MODIFICATIONS

TREATMENT

# COGNITIVE SKILLS: DEFINITIONS AND ACCOMMODATIONS

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# SHORT-TERM MEMORY

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# SHORT-TERM MEMORY: EFFECTS

## When Strong:

- Quick to understand new ideas
- Picks up multi-step instructions with ease
- Great note taker
- Able to stay engaged with conversations and remember details shared
- Skilled at picking up details in reading

## When Weak:

- Difficulty following multi-step instructions
- Can't remember a mental to do list
- Executive function disasters
- Needs information repeated
- "In one ear and out the other"
- Trouble concentrating
- Easily zones out or gets off task
- Difficulty completing tasks in a timely manner
- Struggles to do copy work or take notes



# SHORT TERM MEMORY - WAYS TO SUPPORT YOU AND YOUR MINI:

## **Mini:**

- Make it visual – charts and graphs
- Provide guided notes or copies of notes
- Have them repeat back details or summarize
- Provide repetition without frustration

## **Yourself:**

- Notate where you are in lessons before walking away
- Take notes
- Use "Pointing and calling"
- Summarize or repeat back key info

# PROCESSING SPEED

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# PROCESSING SPEED: EFFECTS



## When Strong:

- Finish tasks in appropriate amount of time or quicker than expected
- Stays focused and on task
- Does well with timed activities
- Can make timely decisions
- Learns new concepts quickly
- Skilled at multi-tasking and managing distractions

## When Weak:

- Has a hard time completing work in a reasonable amount of time
- Easily distracted or zones out
- Prone to frustration
- Experiences anxiety when doing timed tasks or tests
- Slow reader
- Often overwhelmed and freezes or shuts down



# PROCESSING SPEED — WAYS TO SUPPORT YOU AND YOUR MINI!

## **Mini:**

- Build in extra time
- Use wait time even during discussions
- Give one item or task at a time.

## **Yourself:**

- Build a daily agenda — plan extra time
- Eliminate multi-tasking. Tackle one item at a time (when possible)
  - Use sticky notes



# LONG TERM MEMORY

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# LONG TERM MEMORY: EFFECTS

## When Strong:

- Recall information promptly and with ease
- Performs well on tests
- Is able to build upon previously learned concepts
- Strong reading comprehension
- “Walking encyclopedia”

## When Weak:

- Have to relearn/reteach concepts if they haven’t been reviewed recently – feels like spinning your wheels
- Needs multiple repetitions to get information to “stick”
- Output doesn’t always match the effort
- Struggles with academic and informational memory but may be good at remembering areas of interest and experiences and events
- Rote memorization tasks such as math facts drive you both crazy!



# LONG TERM MEMORY — WAYS TO SUPPORT YOU AND YOUR MINI!

## **Mini:**

- Provide notes and reference materials
- Review content they haven't seen for a while
- Provide visuals as much as possible
- Teach visual imagery and memory strategies!
- Teach how to become active readers (annotation, highlighting, sticky note reading)

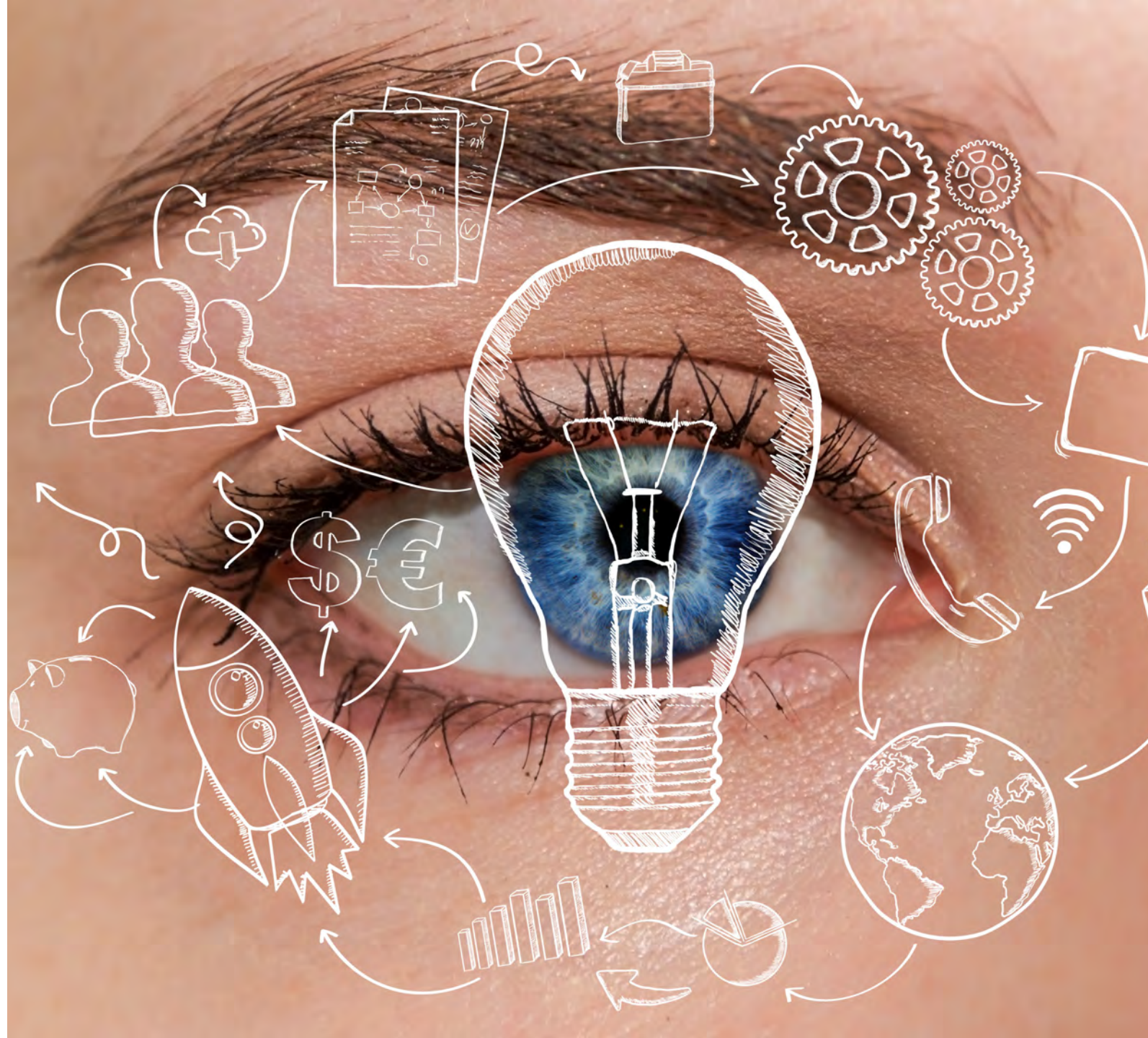
## **Yourself:**

- Utilize good notes to keep track of important information
- Use visual images and other memory strategies



# VISUAL PROCESSING

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## VISUAL PROCESSING: EFFECTS

### When Strong:

- Creative – imaginative, artistic thinker
- Enjoys and is skilled at puzzles, games, building like Legos, Minecraft
- Can vividly imagine characters, scenes from book
- Strong reading comprehension / good storyteller
- Can find things and places

### When Weak:

- Has difficulty making mental movies or pictures
- Struggles visualizing information in word problems
- Spatial awareness is challenging
- Does not enjoy reading for pleasure

# VISUAL PROCESSING — WAYS TO SUPPORT YOU AND YOUR MINI!

## **Mini:**

- Create strong visuals during reading
- Provide extra support with visual spatial math problems and word problems
- Make worksheets simple and uncluttered
- Separate math problems into boxes
- Color coordinate
- Allow for oral responses instead of written for some work

## **Yourself:**

- Color coordinate for organization
- Repeat written instructions or to do lists verbally
- Utilize audiobooks
- When filling in your family calendar, keep it simple! Don't visually over clutter



# LOGIC AND REASONING

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# LOGIC AND REASONING: EFFECTS

## When Strong:

- Creative and skilled problem solvers
- Independent workers
- Grasps new concepts with ease
- Understands how to apply rules from one situation to a new one
- Able to make their case/good argument/persuasive - Able to give good reasons why they should or shouldn't do something
- Understands implicit information

## When Weak:

- Writing, word problems, or reading comprehension are challenging
- Answers don't fit questions or discussion
- Struggles to work independently
- Frequently says "I don't get it"
- Struggles to inference or "read between the lines"

Our  
**STRENGTH**  
Grows  
**OUT OF**  
Our  
**WEAKNESSES**



# LOGIC AND REASONING — WAYS TO SUPPORT YOU AND YOUR MINI!

## Mini and Yourself:

- Monitor comprehension
- Connect the dots — provide examples of how a rule can be used across multiple situations
- Work on Logic EVERY DAY!
- Think out loud - model what problem solving looks like so they can mimic and learn — analyze your own thinking for holes and faulty logic
- Ask for outside perspective when needed



# AUDITORY PROCESSING

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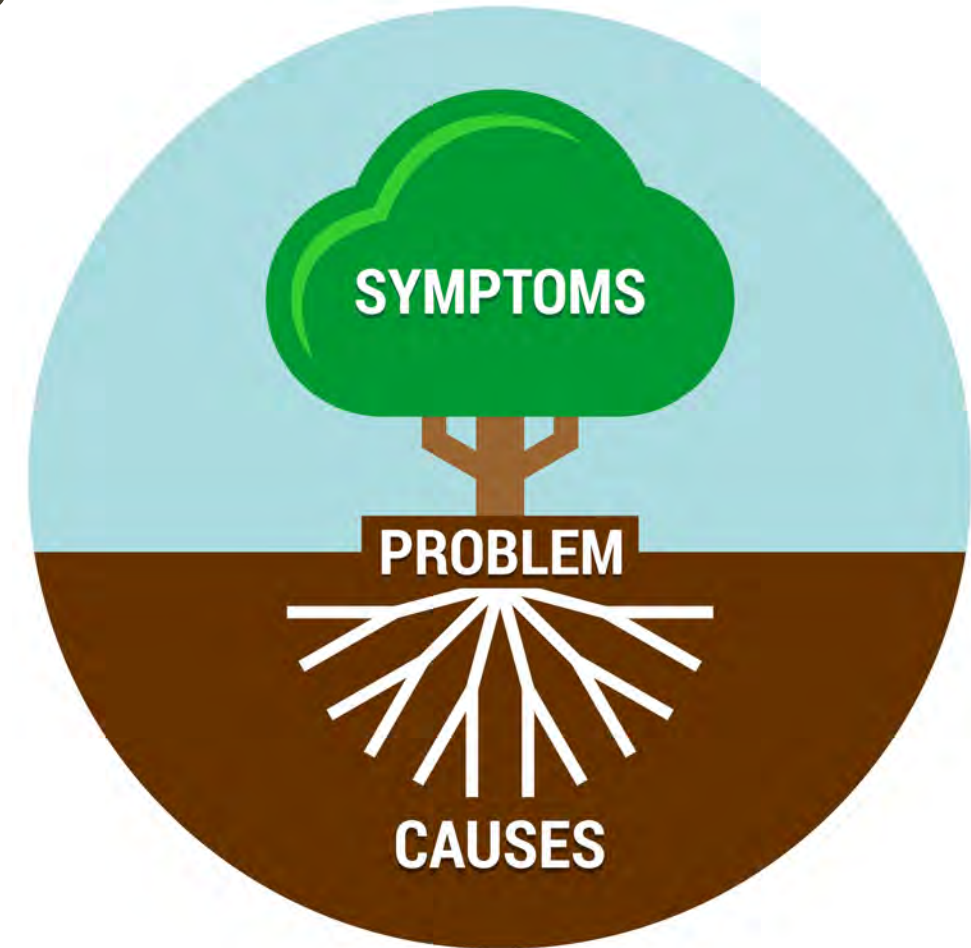
# AUDITORY PROCESSING: EFFECTS

## When Strong:

- Great at blending sounds and decoding new words
- Strong at spelling
- Skilled reader – excellent fluency
- Picks up verbal info quickly and accurately the first time

## When Weak:

- Asks for instructions to be repeated
- Struggles with reading, especially blending new words
- Poor reading comprehension
- Choppy reader and poor reading fluency
- Resistant to reading
- Poor at spelling
- May have a dyslexia diagnosis
- Can appear to not be paying attention



# AUDITORY PROCESSING — WAYS TO SUPPORT YOU AND YOUR MINI

## **Mini:**

- Engage in phonological processing intervention as early as possible to rewire the brain's challenges with auditory information
- Check for comprehension of verbal instructions
- Use visual demonstrations frequently
- Be clear in verbal directions and provide written directions when possible

## **Yourself:**

- Ask others to provide written instructions or lists when possible
- Repeat back important info to make sure you understood thoroughly
- Utilize technology when appropriate (speech to text)



ATTENTION

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# ATTENTION: EFFECTS

## When Strong:

- Good impulse control and self regulation
- Can stay on track for long periods of time
- Is able to stay focused even when distractions are present
- Multi-tasks with ease

## When Weak:

- Slow to complete tasks
- Difficulty tuning out distractions
- Challenges transitioning or jumping between tasks quickly
- Short attention span
- Impulsive
- Zones out or daydreams

# ATTENTION— WAYS TO SUPPORT YOU AND YOUR MINI!

## **Mini:**

- Provide a distraction free environment
- Chunk assignments or instructions
- Be consistent with a behavior plan that reinforces good behavior and ignores disruptive behavior
- Use Focus Timers!
- Give frequent breaks, but time these as well!
- Minimize non-educational video games and TV during learning blocks

## **Yourself:**

- Have a clear schedule and stick to it
- Assign yourself one task at a time when possible (minimize multi-tasking)
- When kids have a learning break, you should too!
- Minimize distractions in your environment for what the task at hand
- Physically set your brain up for success with spaces that have specific functions (i.e., keeping school in its area)



# YOUR HOMESCHOOL CLASSROOM — HOW TO SUPPORT NEURODIVERSITY

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## MORNING WORKOUTS: PHYSICAL EXERCISE

Start the day with movement!!

Workouts stimulate production of essential chemicals (dopamine, BDNF) that help with focus, memory, and learning

Have your kids create fun workouts that involve the whole family!

# BRAIN BOOSTS THROUGHOUT THE DAY AT TRANSITIONS

- Skip Counting (forwards and backwards)
- Say the Alphabet backwards, every 3<sup>rd</sup> letter, etc.
- Name as many \_\_\_\_\_ as you can in 1 min.
- Visual Tic-Tac-Toe
- Story Chain
- Word Association
- Rhyming Challenge
- 50 States/46 Presidents/Capitals/Countries in S. America
- Directionally Challenged Game



# HOW TO EVALUATE CURRICULUM FOR YOUR MINI-ME



**Getting an assessment to pinpoint strengths and weaknesses is key to selecting the best curriculum for the student's needs.**

## ADHD:

- Are there multi-sensory elements to the curriculum?
- Are the lessons chunked into smaller activities to keep interest?
- Is there structure and built-in repetition and review of previously taught concepts?

## Dyslexia

- Are there auditory options for reading questions, stories, and textbooks?
- Is there explicit instruction and practice in phonological processing/phonemic awareness?
- Does the curriculum allow for the inclusion of assistive technology?

# SCHEDULING

1) Choose a schedule and stick to it

- Allow for children to have some say
- Make it easy to follow!
- Create daily routine cards with pictures
- Use timers!

2) Get and stay organized! Find an organizational system that works for your family. Have the kids own part of the system.

3) Plan plenty of breaks

4) Adjust for extra time needed

5) Make learning active-think of learning blocks in 10-minute increments and then switch your approach

6) Brain healthy snacks and meals are KEY throughout the day

7) Build in intervention as part of your schedule! Make it feel like an essential part of school or another class



# MANAGING OVERWHELM

Understand that in households where members have learning challenges or ADHD, there will be periods of overwhelm - for both parent and kiddo!

Learn tools that calm the central nervous system down so that you can quickly correct course and resume learning. Build a go to toolkit.

We love:

Sitting Still Like a Frog by Eline Snel

Mindful Games Activity Cards by Susan Kaiser Greenland

Calm App







# EDUCATE THE WHOLE FAMILY

- Communication is key
  - The WHY behind behaviors and actions
  - Gentle reminders to separate behavior from cognitive weaknesses to minimize frustration (skill vs. will)
- Assessments are a roadmap to understanding the brain for any family member. Share the assessment results!
- It is much easier to build strong family systems and habits when we understand what needs supported for each member
- Explore more information on neurodiversity, dyslexia, and ADHD together!

# ASSESSMENT OPTIONS WITH THE NECTAR GROUP

Comprehensive Cognitive Assessment for Child &  
Parent Cognitive Assessment

\$299 Workshop Special (typically \$599)

Psychoeducational Evaluation  
(\$100 off for Conference Attendees)

Complimentary Consultation to  
Review Outside Testing

# TREATMENT AND INTERVENTION

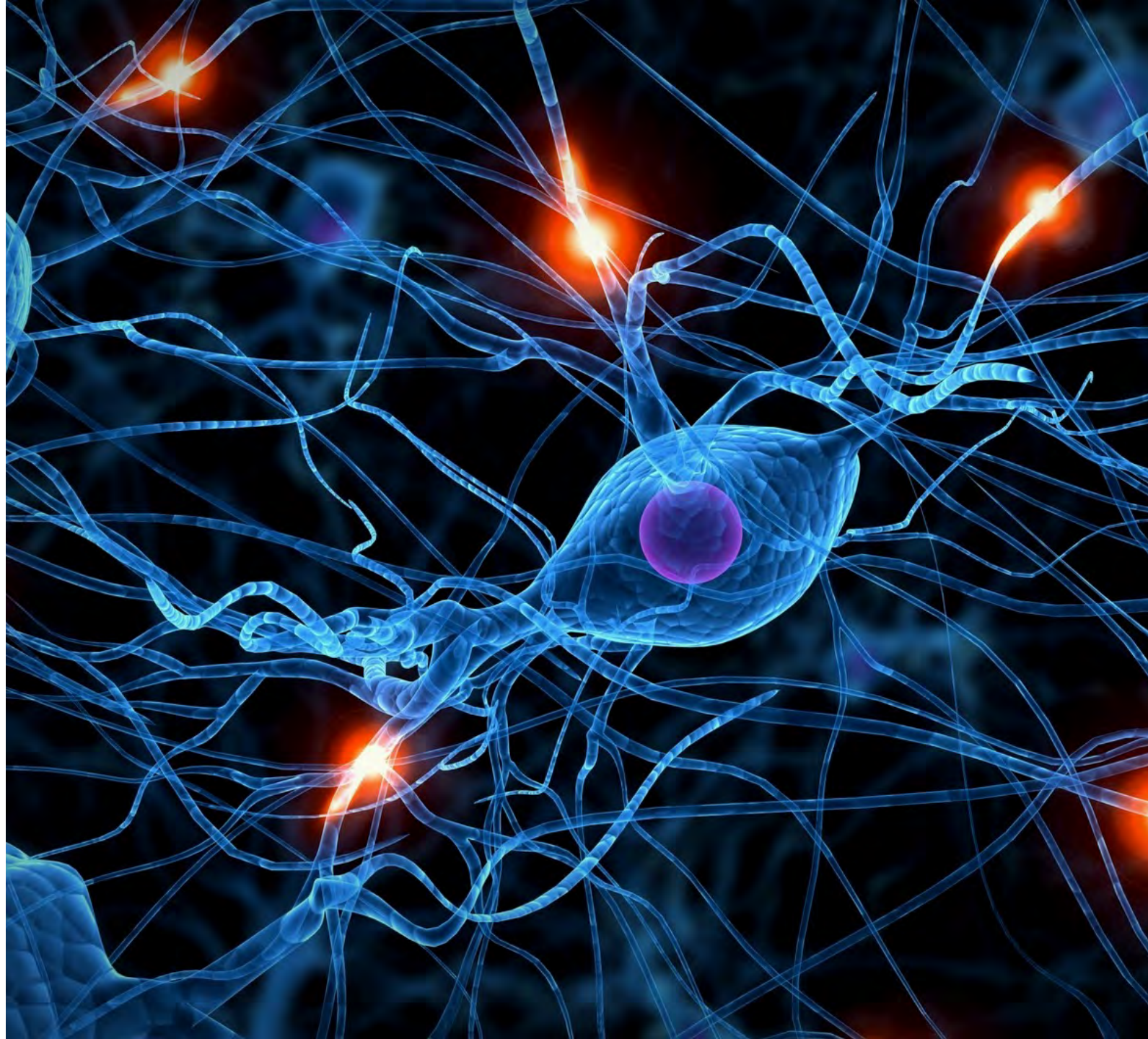
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# TREATING COGNITIVE WEAKNESSES - NEUROPLASTICITY

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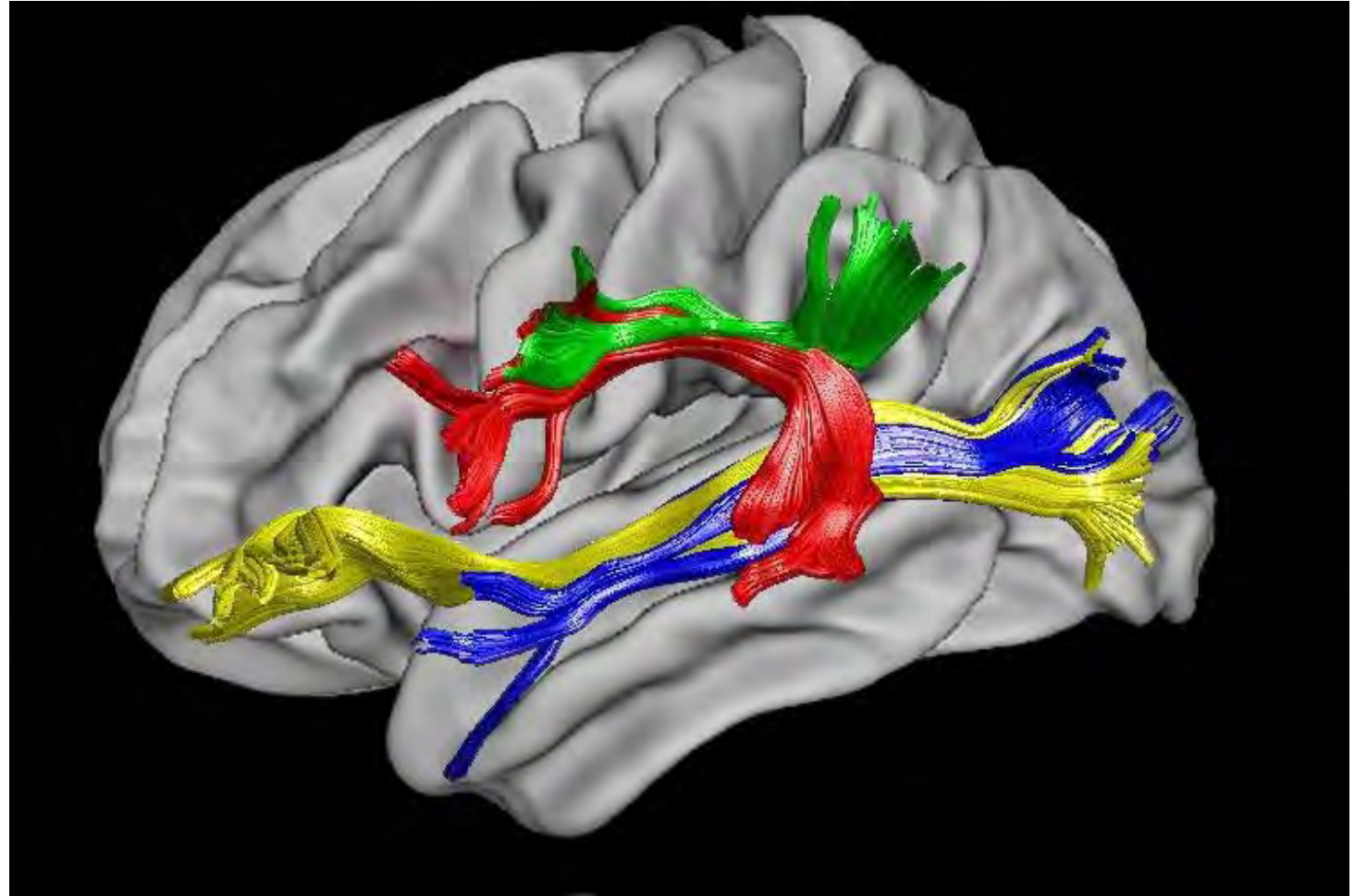


# WHAT IS NEUROPLASTICITY



# WHITE MATTER TRACKS

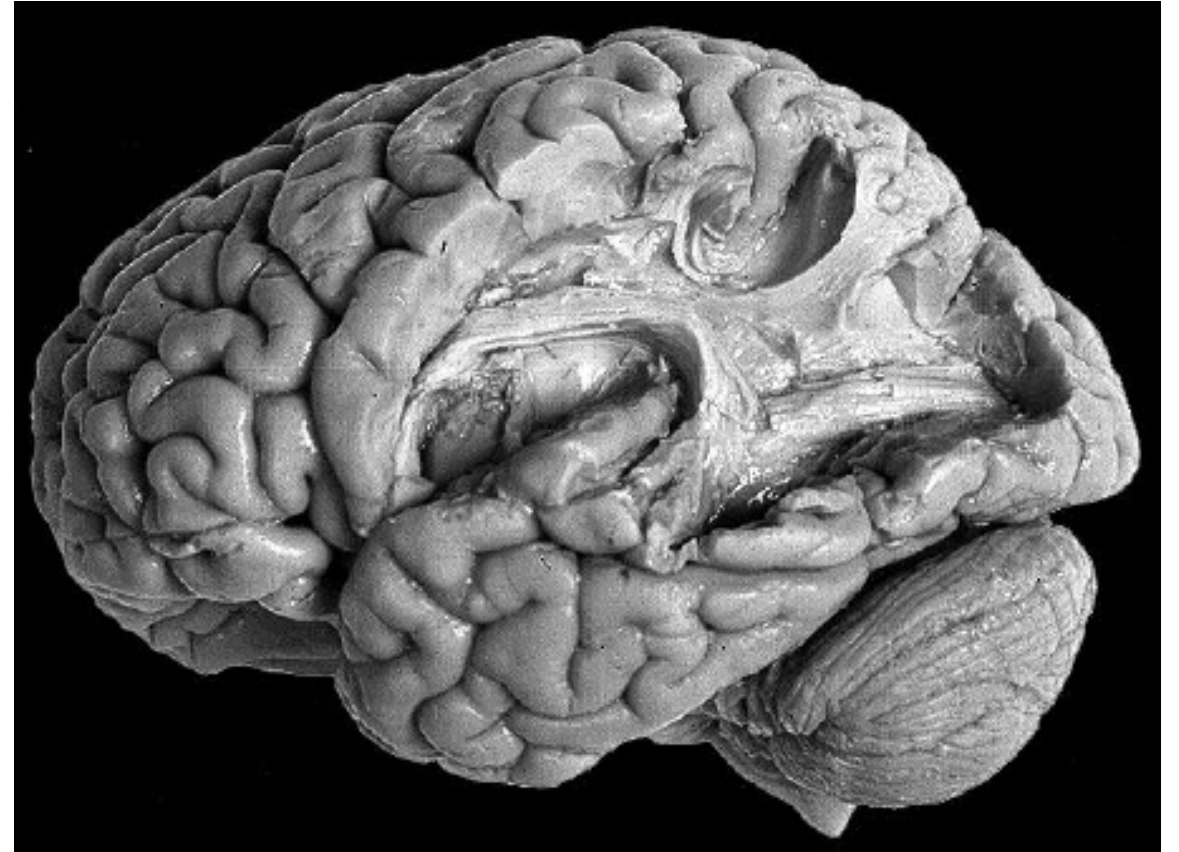
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# WHITE MATTER TRACKS

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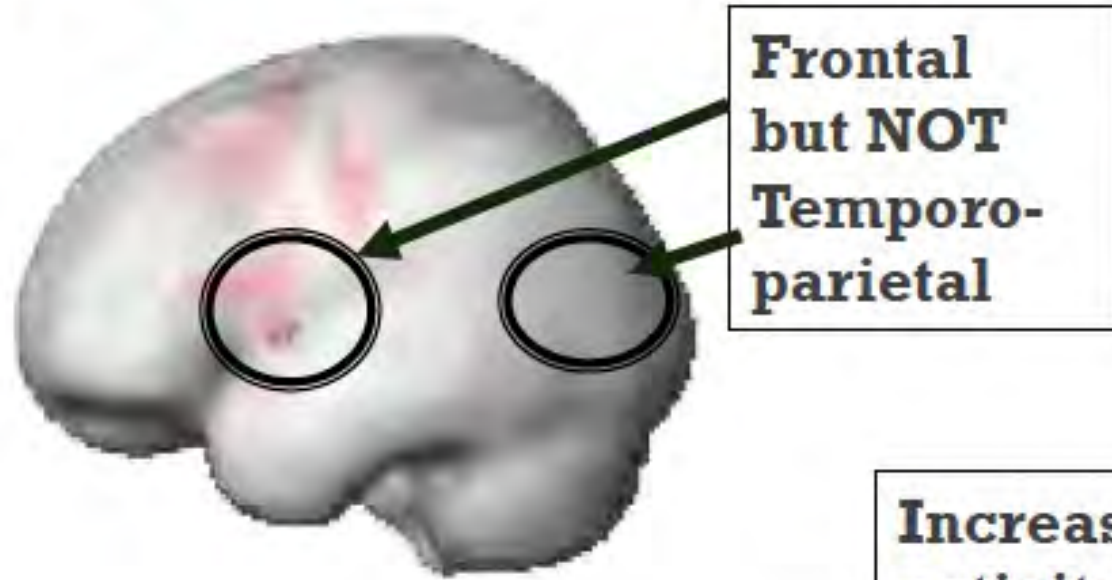




# COGNITIVE TRAINING

- Cognitive assessment to pinpoint specific cognitive strengths and weaknesses
- One-to-one intensive coaching that targets cognitive deficits
- Works by stressing a weak area through mental exercise, encouraging the brain to build and strengthen new neural networks
- Neurons that fire together, wire together! (Hebb's Law)
- Corrective measure that improves the primary underlying causes of dyslexia, ADHD and other learning disabilities – the 7 core cognitive skills

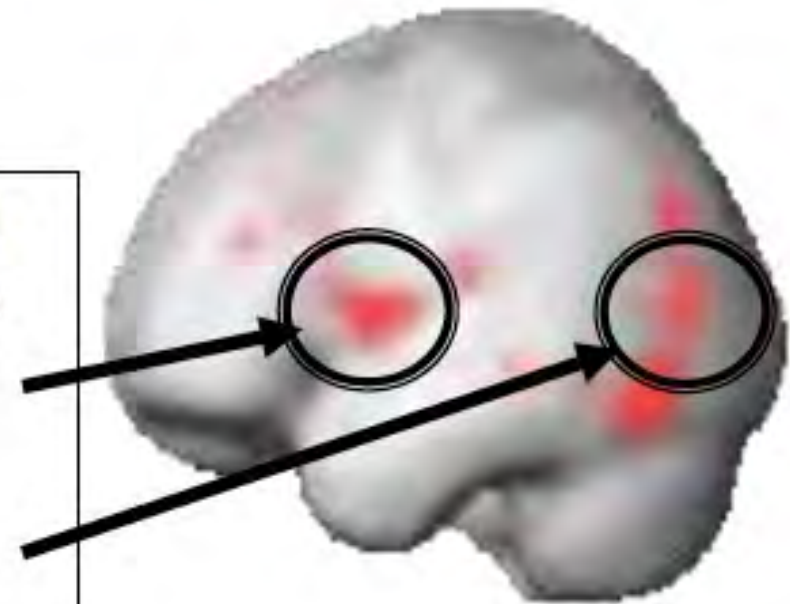
## Pre-Intervention



After training, metabolic brain activity in dyslexics more closely resembles that of typical readers.

## Post-Intervention

Increased  
activity in  
**Frontal**  
**AND**  
**Temporo-  
parietal**



# HOW TO BALANCE IT ALL

- 1) Give YOURSELF grace - finding systems that work takes time
- 2) Don't try to implement everything at once! Get tested, get a plan, and choose one area to tackle, then once it's established and everyone is settled in, add another area
- 3) Do not let the perfect become the enemy of the good
- 4) You DON'T have to do it alone! Outsource what you can (interventions and support), and make sure you have a good support system!







## HOW THE NECTAR GROUP CAN HELP

- Psychoeducational assessments to learning disabilities and disorders.
- Cognitive assessments to pinpoint strengths and weaknesses and determine intervention.
- Assessment Review & Recommendations
- Cognitive Skills Training to strengthen key skills such as working memory, attention, and processing speed.
- Individual tutoring to fill academic gaps resulted from inattention and hyperactivity.
- Executive Function and Study Skills Coaching to improve skills such as self-advocacy, study skills, time management, and organization.
- One-to-one coaching for goal setting and future planning.
- Family integrated health & wellness coaching.
- Free consultations to determine best next steps.



# THANK YOU SO MUCH FOR YOUR TIME!



Feel free to contact us at:



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