



COGx Individualized Cognitive Enhancement Programs

Nothing else we have tried has delivered the kind of results COGx delivered for our son. I really wish we found COGx sooner.

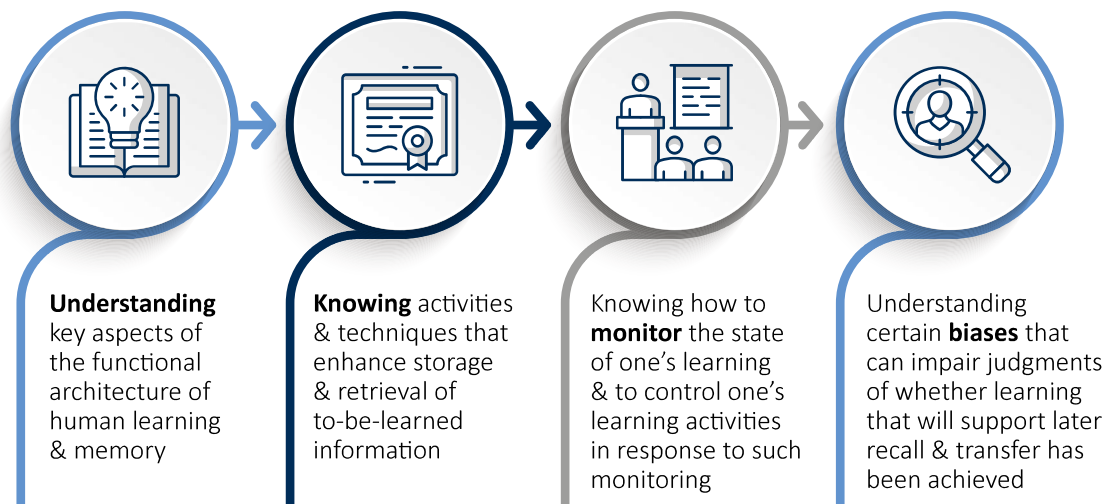
- Parent of COGx student





Self Regulated Learners

A **self-regulated learner** is a student who understands the architecture of how they learn, possesses a “tool-box” of strategies and techniques to reliably store and retrieve information and knows how to supervise and monitor their own learning. Students must be explicitly taught how to learn if they are to become sophisticated and independent learners.

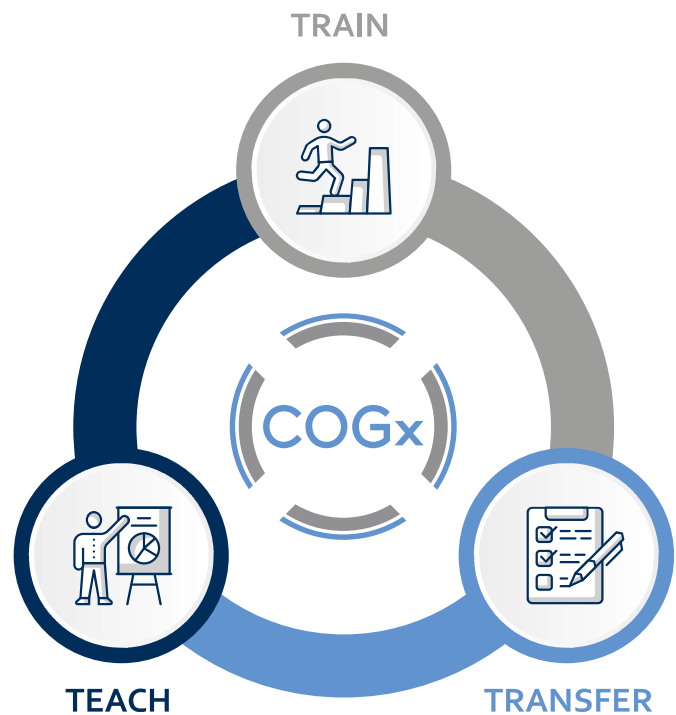


COGx Approach

Our ability to learn is greatly dependent on the strength of our cognitive skills. Many students have cognitive areas of weakness that make it difficult for them to follow in class and succeed in school. Their cognitive skills can be improved with proper training. This is where our individualized programs become necessary.

COGx programs teach the science of learning, strengthen the cognitive skills required for learning, and ensure transfer to real life. The COGx methodology consists of a library of over 40 science-based exercises, which target core cognitive skills critical to learning success.

COGx programs are customized for each student while relying on a three-pronged approach. Programs teach science-based techniques to improve cognitive skills, while enhancing (or training) those skills.



01

Teach: The Science of Learning

COGx programs include a curriculum that teaches students the scientific principles that underpin learning success. This allows students to master evidence-based techniques and strategies specific to learning and memory, in addition to raising their metacognition to become more sophisticated and independent learners.

02

Train: Develop Skill and Ability

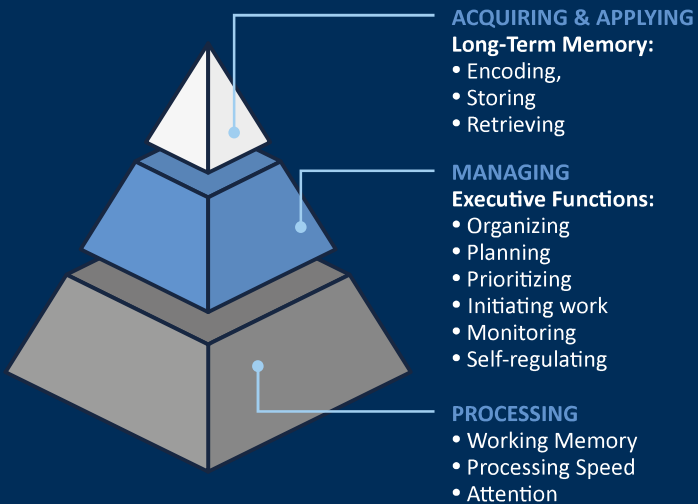
Training is a customized process whereby a COGx Professional purposefully selects exercises to target the skills essential to a student's goals. COGx exercises were designed to be modifiable to a student's unique needs and to evolve as the student progresses.

03

Transfer: Generalization to Real-Life

Transfer occurs upon a strong foundation of teaching and training. This pillar of the COGx Approach ensures that students have the self-awareness (metacognition) and level of mastery required to transfer and sustain the gains they have made over the course of their program.

COGx Learning Framework

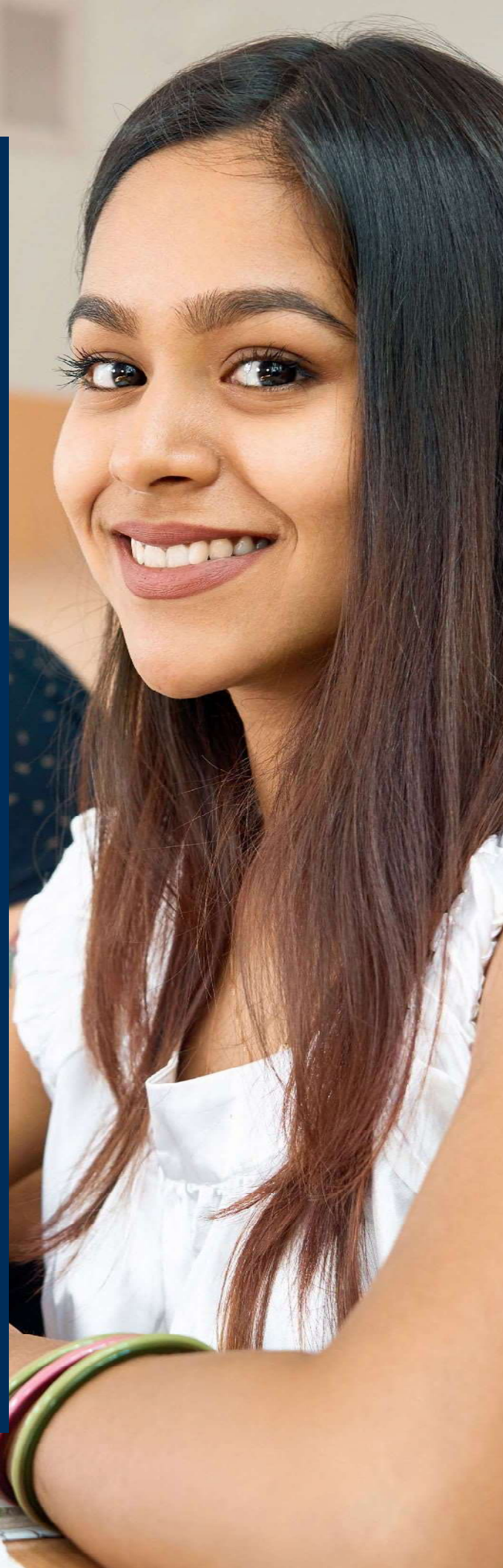


COGx distills the foundational skills required for learning into a framework (depicted in the pyramid).

PROCESSING refers to the ability to receive, hold, and make sense of information. This includes Attention, Working Memory, and Processing Speed. These skills work interdependently to integrate information. When one or more of these skills are weak, inefficiency can occur that often undermines a learner's managing skills.

MANAGING refers to the ability to supervise learning & monitor goal-directed behaviors. This includes Executive Functions like cognitive flexibility, impulse control, organization, planning, initiation, time management, and goal setting. It also includes Metacognitive Skills, including a learner's knowledge of learning principles, their self-awareness, and ability to monitor, control, and assess their own learning.

ACQUIRING & APPLYING refers to the ability to store and retrieve information (Long-Term Memory). It is through Long-Term Memory that we accumulate knowledge and apply what we know to learn efficiently, think critically and creatively.



Individualized Cognitive Enhancement



Robust Methodology:

COGx consists of more than 40 discreet, technology free exercises, all of which are dynamic and evolve over the course of a program as a student progresses. This is a critical differentiator between COGx and other programs, none of which compare to COGx in number or quality of exercises.



Therapeutic Alliance:

As with all therapies, it is critical to deliver cognitive training in person in order to benefit from the bond between COGx Professional and client. We develop a therapeutic alliance with students and engage them metacognitively, which effectively enhances their ability to learn and strengthens the overall impact of improved skills.



Customizable Programs:

Beginning with a cognitive profile and student's goals, each program goes through a design phase whereby specific exercises are selected. Also at this phase, a purposeful approach is set in place, taking into account the student's emotional and behavioral needs and abilities.



Procedural Integrity:

COGx commits to only enrolling students once we can certify that we can achieve meaningful results with them. COGx has a comprehensive intake procedure to ensure this. In fact, we have our COGx Professionals sign an Oath to promise they will honor the goals that were established for each program they deliver.



Modifiable & Adaptable:

Certified COGx Professionals are not taught to deliver one-size-fits-all exercises but rather are trained in how to modify and adapt each exercise to meet each student at their natural ability level and progress at an appropriate pace.



Value:

COGx is more effective, comprehensive and affordable than other programs that claim to work on improving cognition through standardized programs that have limited functionality. More importantly, it is effective at developing self-regulated learners, unlike other learning support services that create an ongoing dependency for students.



Results:

COGx believes that each student is a case study and that real-life gains are the most important outcome of training. In addition, COGx measures gains clinically through an independent, scientifically validated tool.

There are so many things that come across easier to me in my day-to-day, and learning is more fun and effective now.

COGx student





Frequently Asked Questions:

What components of learning do COGx programs target?

COGx programs are holistic, comprehensive and customized. The goal of every program is to develop students into self-regulated learners. However, every program is uniquely designed to meet the student where they are and address their specific needs. The methodology can be used to enhance a student's ability to: follow multi-step directions, sustain focus, metacognition, problem solve, make associations, visualize, self-regulate, control impulses, sequence, recognize patterns, attend to detail, store and recall information, think critically, calibrate accuracy and speed (efficiency), self-monitor, organize and articulate ideas, follow lectures and conversations, shift between tasks and ideas, and apply science-based study skills.

How long is a typical program?

The duration of a program is a function of: program goals, the student's current skill & ability level, and rate of progress. In our experience, over 80% of programs are completed in 60-90 hours.

How many hours per week does COGx require?

COGx sessions occur 3 to 4 hours per week. Consistency & intensity of sessions are required for meaningful and durable progress to be made.

What cognitive skills do COGx programs target?

Our programs primarily target processing speed, working memory, attention, long-term memory, metacognition, critical thinking, and executive functioning skills (organization, planning and prioritizing, cognitive flexibility, self-monitoring & time management).

How do I know if COGx is a good fit for each student?

Our intake process is designed to identify whether there is a mutual fit between COGx methods and your student. We begin by understanding their goals, along with an assessment to identify if there is a weakness in the child's cognitive profile that COGx can address.

How are results collected?

An independent clinical battery of tests, metacognition inventory, and survey are administered to each student both before and after a program to measure clinical gains and learning improvements. A case study is also written to showcase each student's approach and outcomes.

How does COGx ensure programs succeed?

Every program must adhere to three components before enrollment. First, the program must be designed around goals that are meaningful to the student and attainable by the methodology. Secondly, the student must be engaged as their involvement and effort is a prerequisite to the program's success. Finally, the COGx professional must sign an Oath that commits them to achieving the student's goals.



How does COGx ensure quality?

COGx Partner organizations identify qualified professionals who undergo rigorous training to become certified in COGx. Training covers the science of learning, theory of cognitive training, and application of the methodology (science of transfer). COGx partners also receive continuous support by a COGx Quality Assurance Manager who helps oversee programs from design to completion, as well as ongoing professional development.



COGx Testimonials

“My wife and I are so happy with Sarah’s progress and we are so proud of her. Her teachers see it, and most importantly so does Sarah. She is so much more capable and confident now with her improved memory, and she is more motivated to work through difficulty.”

- Parent of student, age 9

“My only regret is that we didn’t know of COGx services sooner in our daughter’s educational career. COGx tackled the learning challenges that prevented her from being able to digest, breakdown, organize, research and complete assignments on her own.”

- Parent of student, age 19

“Enhancing my memory has improved my performance in classes and has drastically reduced the amount of time it takes me to study for tests. It is now much easier for me to recall the information I memorize, and I am better able to recall the information after much time has passed.”

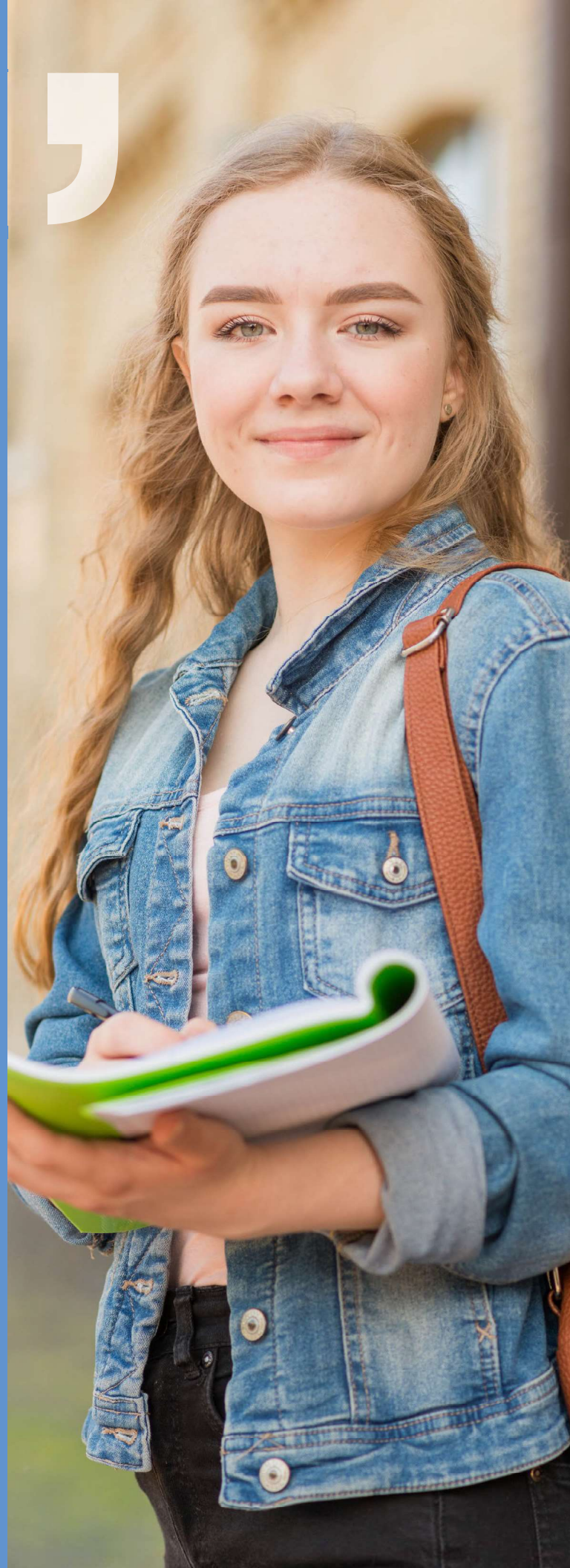
- Student, age 18

“The teachers have told us that she is a different child from last year to this year in the classroom. She is calmer, less impulsive and able to follow step instructions.”

- Parent of student, age 9

“I’ve noticed that our daughter’s self esteem has improved at homework time. I’ve asked her if I could help her with her homework to which she replies, “I can do it myself Mommy.” I’m really proud of her. I’m seeing her attitude & self-confidence improve. [This] was never the case a couple months ago.”

- Parent of student, age 10



www.cogx.info
info@cogx.info



Optimize learning through science

An education succeeds when a teacher can graduate out of a learner's life and the student never graduates from learning.

COGx develops independent, lifelong learners.