

Students Gains Self-Esteem with Options' Class

Classes - Whole Brain Body Integration



As a teacher, Susan values the learning programs at Options Center for Health and Education, for giving the student responsibility for her/his own education. She saw the changes in one of her students last year when she began taking classes at Options.

"The student's attitude changed," said Susan, "she was happier and more focused."

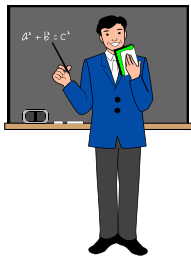
Now she sees those same changes in her own daughter, Erica, a sophomore in high school. Erica came to her during the school year and told her mom, "I need help." Her difficulties were mostly in the area of math.

"She was struggling with her grades, struggling with her classes," said Susan. "She didn't know how to get out of the cycle."

Connie noted the same thing was happening to her son, Michael, who had been struggling with grades and behavior problems.

"She was getting frustrated trying to help him and encouraged him to work harder, something that only increased Michael's frustration and lessened his chances of getting out of the vicious circle of poor grades and poor attitude," Connie said.

After taking Thinking Skills and Whole Brain Body Integration, Erica and Michael both had the tools they needed to break the vicious cycle, said mothers Susan and Connie. With a different approach to studying and a different attitude toward school, their grades improved, along with their self-esteem.



"Erica needed to know it had to be her," noted Susan. She added that programs at Options give students responsibility for their own education without having to be defensive or feeling guilty.

Susan said recently Erica told her she was looking forward to studying algebra this year. "I'm not afraid of it anymore," Erica told her mother.

Likewise, Connie sees more discipline, better behavior, and a happier teenager in Michael.

"Everything has improved, including his attitude, " said Connie who said her own attitude change helped her son as well: "We weren't always breathing down his neck."



***If you would like to communicate with Options,
please feel free to email - options@mtco.com.***

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