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## **Services offered**

### **1. Individual Therapy Session**

### **2. Academic Optimisation Sessions:**

Session options:

- Time management
- Goal setting
- Learning and the brain
- Active learning techniques
- Study style, Memory Techniques, Summary Techniques
- Regulating optimal concentration in class
- How to regulate the home/hostel environment for optimal academic success.
- Navigating assessments (tests/exams)
- Motivation
- Academic stress management

### **3. Individual Subject Choice Assessment:**

- Intake with the learner
- Aptitude test DAT-S (3-4 hours)
- Qualitative personality assessment
- Career Orientation
- Interest Questionnaire
- Qualitative Questions
- Feedback session
- Report

### **4. Individual Career Assessment:**

- Intake with the learner
- Aptitude test DAT-L (4-5 hours)
- Personality assessment
- Career Orientation
- Interest Questionnaire
- Qualitative Questions
- Feedback session
- Report

### **5. Psycho-educational Assessment or concession/accommodation assessment:**

- Parent intake interview (1 hour)
- A comprehensive parent intake questionnaire
- Classroom observation and teacher interviews/questionnaires (as per need) (30 min)
- Psychoeducational assessment (5 - 6 hours)
- Screening for Learning disability/ADHD/Executive Function
- Report
- Feedback session to parents (1 hour)

It is advisable to contact your medical aid first to enquire about the availability of funds and the specific benefits of your particular benefit option.

### **Futher information:**

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