

The image shows the front entrance of a large, multi-story brick building, likely a university. The central feature is a grand portico with four tall, white, fluted columns supporting a curved pediment. Above the columns, there is a decorative balcony with a balustrade. The pediment itself contains a circular window with a geometric design. The entrance doors are white with multiple glass panes. The building is constructed of red brick with white window frames. The foreground is a paved area with a brick pattern. The overall tone of the image is slightly muted, with a dark overlay.

# Academic Support at Wesleyan

# Why Wesleyan?

Providing academic support is part of our 2017 School Improvement Plan. Our Student Learning Support Goal states:

Wesleyan School shall nurture the gifts and support the learning differences of all students while maintaining Wesleyan's admission and academic standards.





# Why now?

- Over 20% of students nationally are diagnosed with learning differences.
- The number of students diagnosed with ADHD is on the rise.
- At least 6% of students diagnosed with learning differences are twice exceptional.



# The Planning Process

## What this year holds...

- Internal and external research
- Support grade chairs and faculty
- Professional development for faculty
- Program planning for 2020-2021
- Communication of the vision and process

# Academic Support Mission

The mission of the Academic Resource Center at Wesleyan School is to assist students with learning differences in becoming independent learners, while successfully meeting the demands of Wesleyan's academic standard of excellence.



# Our Program Core Beliefs

- Rigor and the academic integrity of the Wesleyan diploma will be maintained
- Academic independence is the goal for every student
- Students' God given talents will be developed and celebrated as a way to overcome challenges
- An effective support program is cohesive from K-12



# The K-12 Continuum

## Academic Support Services by Division

### **Lower School Priorities:**

Early Identification  
Remediation  
Self-Awareness / Self-Advocacy  
Executive Function / Study Skills  
Appropriate Accommodations

### **Middle School Priorities:**

Self-Awareness / Self-Advocacy  
Executive Function / Study Skills  
Appropriate Accommodations  
Remediation (Reading Comp)

### **High School Priorities:**

Self-Awareness / Self-Advocacy  
Executive Function / Study Skills  
Appropriate Accommodations  
Remediation (Reading Comp)

What exactly does  
the term  
Executive Function  
mean?



Executive functions are  
the skills necessary  
to get things done.

# Executive Function Skills

## **Sustained Attention**

**The ability to maintain focus**

## **Goal-Directed Persistence**

**The capacity to have a goal and follow through to completion**

## **Organization**

**The ability to create and maintain systems to keep track of information or materials**

## **Planning/Prioritizing**

**The ability to create a road map to reach a goal**

## **Working Memory**

**The ability to hold information in mind and use it to complete a task**

## **Task Initiation**

**The ability to begin projects without procrastination**

## **Response Inhibition**

**The ability to think before you act**

## **Metacognition**

**The ability self-monitor and self-evaluate**

## **Emotional Control**

**The ability to manage feelings by thinking about goals**

## **Flexibility**

**The ability to change strategies or revise plans when conditions change**

## **Time Management**

**The ability to estimate and keep time**



**Executive function remains one of the most reliable predictors of success in academics and in life, beating out test scores, IQ, and socioeconomic status.**



# Academic Resource Center

At Wesleyan School

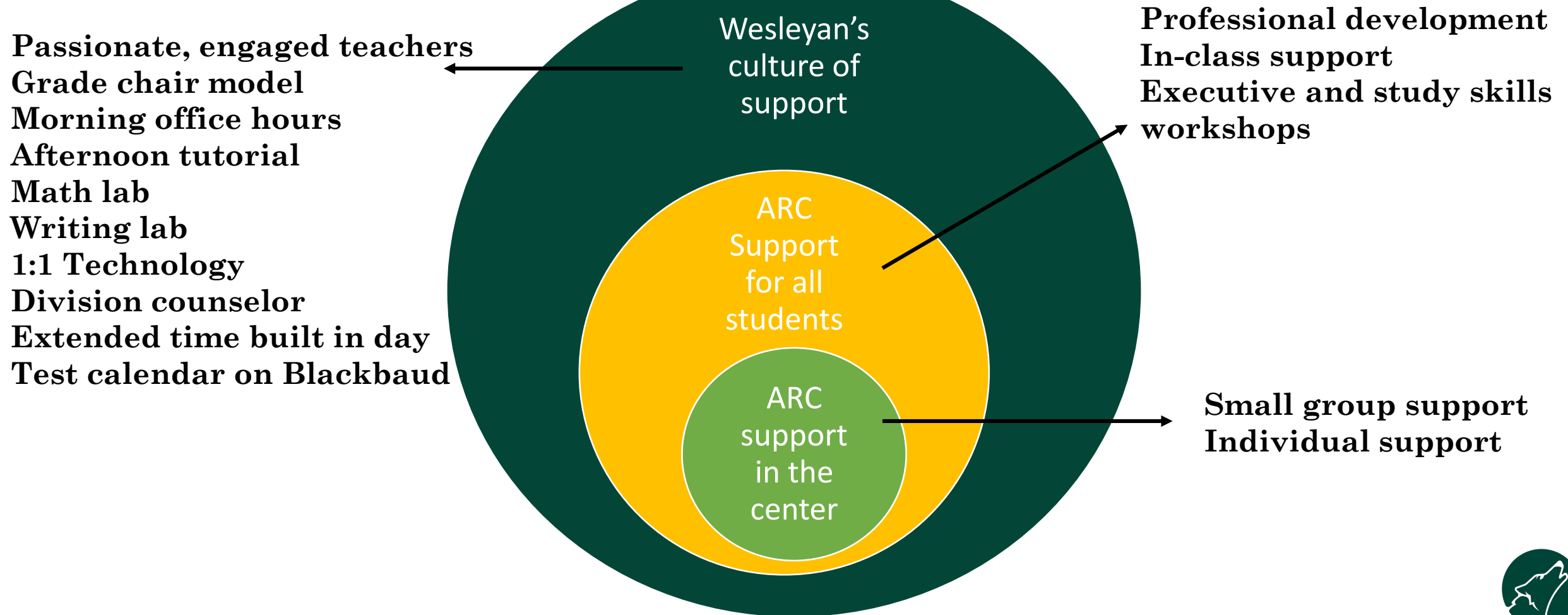
# Academic Resource Center (ARC)

- Opening fall of 2020
- Serving students in grades 5-8
- Hiring two Learning Specialists
- Dedicated space in Wesley Hall





# Middle School Academic Support at Wesleyan School



# ARC

## Student Profile

With academic independence as the goal, the Academic Resource Center at Wesleyan School serves students with average to above average intellectual ability and mild to moderate language and/or attention processing challenges. The Academic Resource Center is not equipped to serve students with significant social, emotional, or behavioral challenges.



# Students served in the Academic Resource Center have the following:

- Current psycho-educational testing
- Active Learning Profile
- Administration's recommendation



# Some of the skills taught in the ARC:

- Self-Awareness
- Self-Advocacy
- Organization
- Time Management
- Planning/Agenda Use
- Prioritizing
- Study Strategies



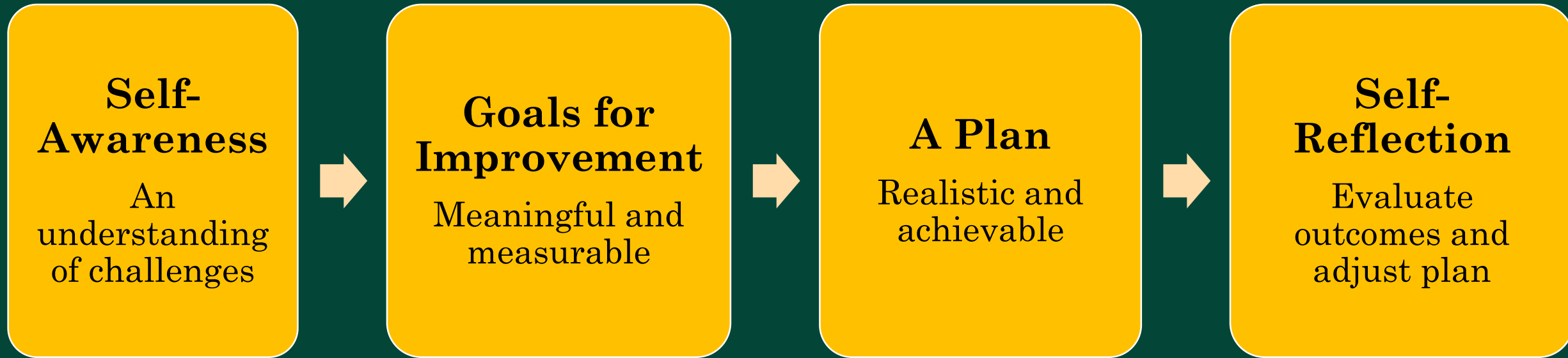
# What is needed for Executive and Study Skill instruction:

## **A Plan**

Realistic and  
achievable



# What is needed for *successful* Executive and Study Skill instruction:



*Academic Independence*  
Requires  
Moving Students from  
*Passive to Active*  
Learners.

# ARC

## Tiered Support Services

- Small Group Support
- Individual Skills Support



# ARC

## Small Group Support

- Learning profile and recommendation by administration required
- Maximum of 8 students per grade
- Meets during the school day in class rotation
- Students enroll for the entire academic year
- Approximately 75 sessions per semester
- \$3,500 per semester (matching financial aid)



# ARC

## Small Group Support

- Individual Resource Plan (IRP) identifying student's strengths, challenges, and goals for independence
- Skill benchmarks updated each semester
- Parent conference with Learning Specialist each semester
- Weekly parent communication
- Accountability and encouragement





# Small Group Support Scheduling

Grade	Elective
5	All year PE or Fine Arts elective OR Semester of PE (with Life Skills) & semester of a Fine Arts elective *
6	1 Technology/1 French-Latin
7	All year PE or elective OR Semester of PE & semester of an elective *
8	All year PE or elective OR Semester of PE & semester of an elective *

*\*Student/Parent Choice. Students may not receive their first choice as class placement depends on scheduling.*



# ARC

## Individual Skills Support

- Learning profile and recommendation by administration required
- Meets one or two times per class rotation, depending on need
- Enroll for a minimum of ten sessions
- \$85 per session (matching financial aid)



# ARC Individual Skills Support students receive:

- Goals plan
- Weekly parent communication
- Accountability and encouragement!



# ARC

## Enrollment Details

- Optional
- Recommended by administration
- Prioritized by need
- Supplemental contract and tuition



# ARC Contract Highlights:

- **Current psycho-educational testing and administration recommendation required**
- **If administration deems skills support is no longer needed or a different intervention approach is recommended, support will be discontinued**
- **ARC students are subject to all Wesleyan Family Handbook standards**





# ARC Contract Highlights:

- Scheduled support sessions will occur in the ARC and are to be viewed as a class period by the student, with the same expectations for arrival and dismissal
- Tutorial/office hours/math and writing lab attendance may be recommended strategies



# The role of the Learning Specialist

- Understand the brain and how students learn
- Use multi-sensory teaching strategies
- Provide the opportunity for success
- Talk openly and honestly with students
- Teach appropriate use of accommodations
- Communicate with the grade level team
- Communicate with parents
- Provide relentless optimism



# How ARC parents can help their students at home:

- Provide time and space for homework completion
- Plan for adequate rest
- Communicate with the Learning Specialist
- Celebrate effort
- Stay positive



We must love *challenges*, be intrigued by *mistakes*, enjoy *effort* and keep on *learning*.

Carol Dweck