

Benefits of Therapeutic Tutoring: Addressing the Underlying Issues of Learning Disorders

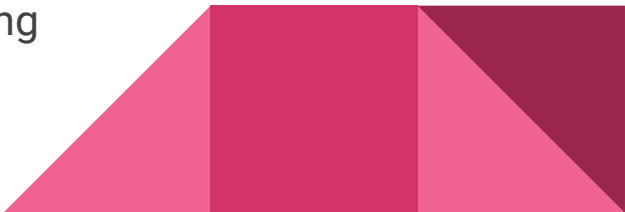
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About Me

- B.S. in Psychology and Neuroscience from UNC Chapel Hill
 - Go Heels!
- M.A. in Clinical Psychology from NYU
- Met Dr. Katie Davis in the summer of 2021 and began tutoring at her private practice
 - Simultaneously worked in an autism lab
- Currently applying to Clinical Psychology PhD programs
 - Hoping to specialize in developmental and learning disorders

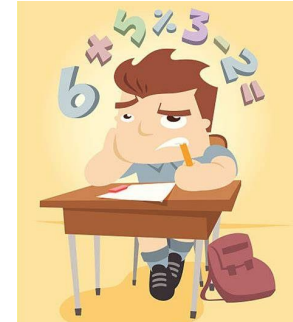


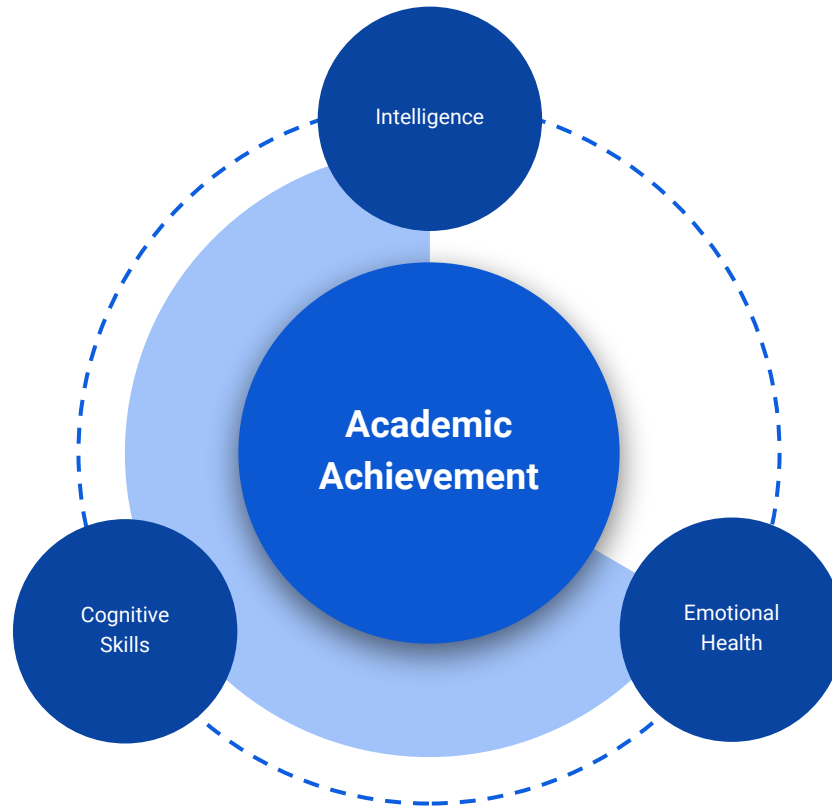
Introduction to Learning Disorders

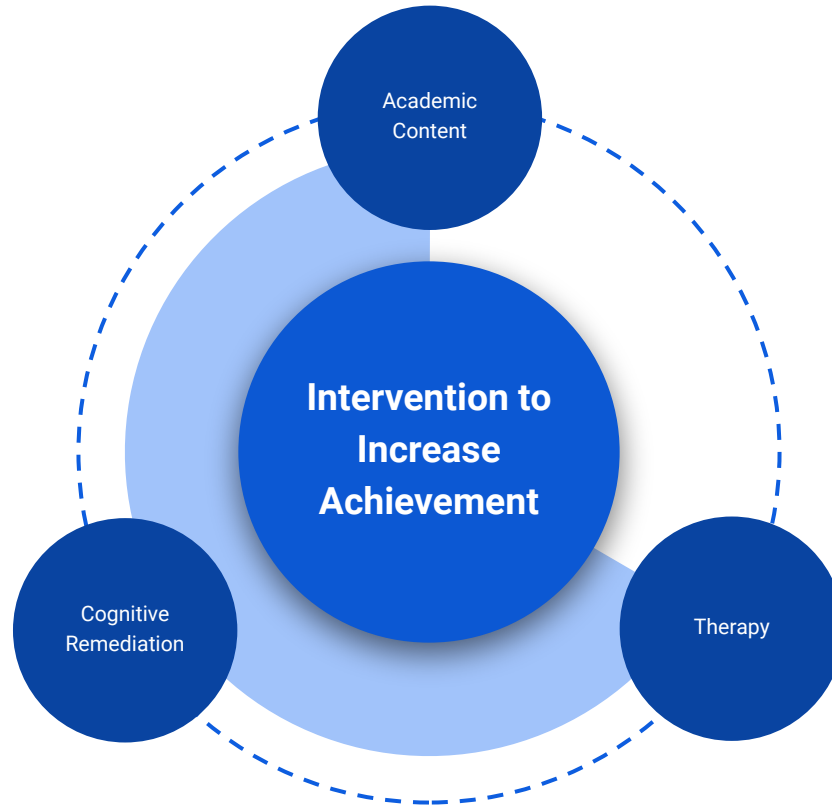
- *DSM-5 definition of Learning Disorders*: a type of Neurodevelopmental Disorder that impedes the ability to learn or use specific academic skills (e.g., reading, writing, or arithmetic), which are the foundation for other academic learning
 - Signs of a learning disorder:
 - Difficulty retaining information
 - Hard time following instructions
 - Organizational issues/misplacing schoolwork
 - Not mastering appropriate academic skills at given age
 - Excessive emotional reactions at school or while doing academic activities
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Common Examples of Learning and Related Neurodevelopmental Disorders

- *Impairment in Math* - affects ability to understand numbers and learn math skills
- *Impairment in Writing Expression* - affects handwriting ability and fine motor skills
- *Impairment in Reading* - affects reading and language-based processing skills
- *Attention Deficit Hyperactivity Disorder (ADHD)* - difficulty staying focused and paying attention, controlling behavior and hyperactivity

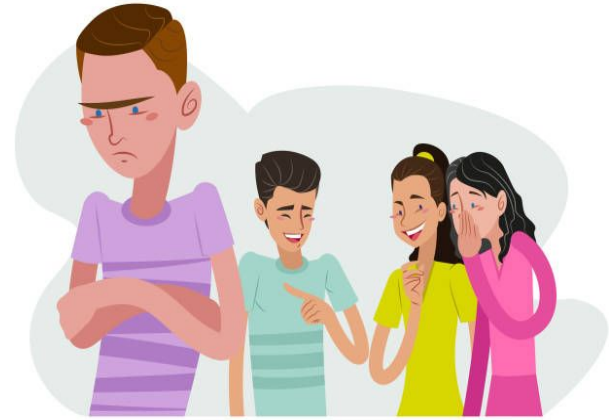






Emotional Impact of Learning Disabilities

- Poor self-concept
- Lack of confidence in themselves as learners
 - Less willing to ask for help since there's "no point"
- Feeling invalidated in their academic hardships
 - "You have so much potential"
 - "You should be doing better"
- Interact with their environment differently than others
 - EX: struggling to work in groups, thus leading to an impact in peer relationships



Incorporating Therapeutic Tutoring

- Therapeutic tutoring...
 - Allows students to practice skills learned in therapy (specifically related to executive functioning) in a controlled environment
 - Creates an opportunity to apply skills in a real-life setting that can also be utilized at home when IEPs and/or accommodations may not be as prominent
 - Encourages independence while also providing guidance and feedback
 - Gets schoolwork done in a more efficient and less stressful manner
 - Creates positive and successful examples of how to approach similar assignments in the future



What Does Therapeutic Tutoring Look Like?

- Middle and high school students with various learning disorders
- Study Hall 5 nights a week:
 - Students can either meet with me on Zoom or come into the office for in-person help
- Goals:
 - Reconstruct maladaptive conditions
 - Create experiences of success
 - Improve self-concept
 - Increase academic independence




Study Hall vs Play Therapy


- Consistent contact with family and teachers to restructure maladaptive conditions and pinpoint areas in need of improvement and practice
- Doing homework at Study Hall is the “teenage version” of play therapy
 - Students try out different ways of being in-session through school assignments just as younger kids do through play therapy
 - Experiment, build/practice skills, “trial and error”
- Teacher vs Student Interaction
 - The way the student interacts with me is most likely how their interacting with their teacher
 - My impression of them is probably similar to their teacher’s impression



What Do We Do on a Nightly Basis?

- Establish timelines for long-term assignments
 - Projects, papers, exams, etc.
 - Create effective study guides for exams
 - Complete/review daily homework assignments
 - Backpack and folder check-ins to stay organized
 - Practice student-teacher interaction and when/how to ask for help
 - Work on time management
 - Accountability to stay on task
 - Reduce distractions
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Vignette - HL

- 8th grade student at competitive private school in Manhattan
 - Main Struggles:
 - Concentration (takes much longer than necessary to complete assignments, gets distracted easily)
 - Organization (messy backpacks and folders, leaves assignments at home)
 - Planning (forgets about online assignments/hands things in too late)
 - Study Hall Goals:
 - Check Google Classroom every night to recap when assignments are due and which to prioritize
 - Create Quizlets together to study for exams and practices both independently and with me
 - Daily backpack/folder check-ins to maintain organization and that all physical assignments are not left at home
 - Results so far this school year:
 - More on top of assignment deadlines
 - Improved overall grades (especially on exams)
 - More confident going to teacher for HW clarification
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Present Benefits

- Improves grades and quality of school performance
- Reduces anxiety associated with schoolwork
- Creates efficient work ethic
 - More work done in less amount of time
- How to balance school work and recreational activities (ex: sports)
- Safe environment to ask for help when needed

Future Benefits

- Slowly becoming more independent when it comes to schoolwork
- Applying these skills (organization, planning, etc.) in other areas of life
 - EX: College applications and jobs
- Increased confidence when it comes to work/school performance





Thank you for your
time and attention!

Questions?