

## Course Charges

### ARETE RESILIENCE TRAINING

- ✓ 2 DAY(14 HOURS. Experiential resilience training, coupled with Kapap personal protection)
- ✓ 1 DAY(7 HOURS)
- ✓ 6 HOURS INTENSIVE COURSE

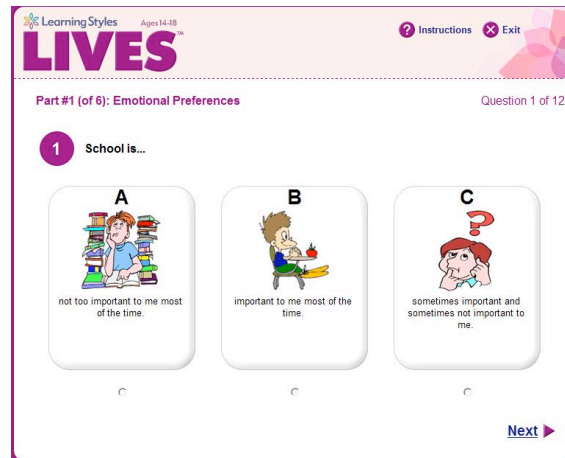
### DUNN& DUNN LRARNING STYLES (INCLUSIVE OF LEARNING STYLES TESTING)

- ✓ 2 DAY(14 HOURS)
- ✓ 1 DAY(7 HOURS)
- ✓ 4 HOURS INTENSIVE COURSE

### GOOD THINKING!

- ✓ 2 DAY(14 HOURS)
- ✓ 1 DAY(7 HOURS)

\*Edusave fund can be used on CCT's courses. Bulk discount price available for whole cohort training. Contact us to know more!



Learning styles online testing questions. 60 questions that will give students a well-rounded feedback on their learning styles.

**Contact us today to check out the programmes!**

Email:  
Teo Yew Chye [tyc@cognitive-tech.com](mailto:tyc@cognitive-tech.com)

Ju Xinhang [xinhang@cognitive-tech.com](mailto:xinhang@cognitive-tech.com)

Call:

Teo Yew Chye 9027 6776

Ju Xinhang 9027 6996

Centre for Cognitive Technologies



**Life Champs!**  
Series  
The Science for Success!



## Resilience Training— High Impact Arete

Developed after 5 years of field-testing of different experiential approaches with over 4,000 youth participants, our programme has been designed for the **Asian** markets in particular. It takes into account the *values, aspirations and anxieties* faced by Asian youth growing up in our fast paced and increasingly complex societies.

Drawing upon decades of psychological research, the programme draws extensively from Cognitive Psychology, and in particular, Cognitive Behavioural Therapy (CBT).

By changing the way we perceive or interpret our emotions and events that happen to us, we can respond in a more stoic manner. **CBT is a goal-oriented, systematic, problem-solving approach to improving one's mental attitude to life's challenges.**

### *Benefits and outcome of the programme:*

- ✓ Understand one's emotional needs better
- ✓ Better able to bounce back from failures
- ✓ Enjoy higher motivation
- ✓ More positive in life
- ✓ Better able to fight off test anxiety



## Dunn & Dunn Learning Styles

How people prefer to learn is referred to as their learning-styles. Learners, and teachers alike, have been proven in over 300 University research studies to *be able to improve academic test scores by developing learning or teaching strategies that take into account one's learning styles.*

Professor Rita Dunn, the principal inventor of the Dunn and Dunn Model, has been involved in *33 years of prize-winning research.* In 1992, it won the coveted *Mensa Research Award* for the best international research, and outstanding contribution to the field of intelligence development.

CCT was the first company in Singapore that introduced the Dunn & Dunn Learning styles, and the first to be invited to be a Board Member on the International Learning Styles Network.

Dunn & Dunn learning styles provide students an individualised learning styles report to understand themselves better. In the training, students are advised how to manipulate 23 learning elements (eg. Temperature, peers, reading etc) to make study more fun and effective!

### *Benefits and outcome of the programme:*

- ✓ Better understand ones' learning styles
- ✓ Become more motivated in learning
- ✓ Improve focus and concentration
- ✓ Improve memory and concentration
- ✓ Improve study skills



## Good Thinking!

Good thinking requires an understanding of how points or arguments are made and how bad logic and fallacies occur.

Contrary to popular opinions, poor logic occurs more commonly than most realised. It can be found in day-to-day advertisements, in supposedly serious discussions or articles published by reputable newspapers.

Within the academic context, good thinking is designed to equip one with *Higher Order Thinking Skills*, such as required at 'A' level (Cambridge examinations at Advanced level) and above. Its applications in the academic context are wide- from facilitating clarity of writing, structuring a point of view to be logically persuasive, to better thought through project work etc.

### *Benefits and outcome of the programme:*

- ✓ Enhance reasoning skills
- ✓ Enhance self-reflection (meta-cognition), and the use of informal logic to assess the truth of a claim
- ✓ Greater clarity of thoughts in comprehension and composition writing
- ✓ Improve academic grades

