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“COGx methodology succeeds by targeting both underlying cognitive skills and executive control. It incorporates training to strengthen the weaker skills while engaging the executive control system, in turn improving metacognition by tapping the supervisory system that plans and regulates behaviors. COGx professionals raise awareness about the learning process and coach trainees for better outcomes through improved cognitive abilities and effective strategies.”*

Debbie is excited to announce that she is now licensed as a Cognitive Trainer and an Affiliate with COGx. For more than 40 years I have not been able to help students change their cognitive processing to become better learners. I have utilized strategies to help students cope with their innate learning styles. Now, because of the current Brain research, I have the methodology and skills to assist students to change their inefficient interaction with data and to utilize their newfound cognitive skills for life.

COGx methodology* strengthens:

Working Memory	Critical Thinking
Metacognition	Processing Speed
Attention	Long-Term Memory
Executive Function	

If your student has any of the following symptoms* and you want to explore what Cognitive Training can do to change your student’s processing then please contact Debbie. This training is intensive, 3-4 times a week, and separate from subject area tutoring.

Following multi-step directions	Self-monitoring
Impulse control/self-regulation	Attention to detail
Storing and recalling information	Problem solving
Shifting between tasks/ideas	Pattern recognition
Linking and making associations	Comprehension
Organizing/articulating ideas	Study skills
Sustaining focus	Math fluency
Visualization	Sequencing
Listening Skills	Confidence

*Cognitive Enhancement & Lifelong Learning, COGx, 2017.