



Preparing for Brain Gym® Teacher Practicum Calgary, Canada January 2020

Date: July 4th, 2019

Dear Brain Gym Teacher Practicum Student,

Congratulations on taking the final step to becoming a Brain Gym Instructor and Edu-K Consultant. In receiving your Practicum certificate, you will be accepted as a member of a worldwide network of qualified instructors of the Brain Gym course and Edu-K Consultants working with individuals and groups. The Practicum certificate acknowledges that you have completed all the steps in your training as well as completing all the Brain Gym Teacher Practicum course requirements.

Completion of all the Training Steps.

A check list is attached. Please complete it and return it along with the accompanying questionnaire before the course commences.

Practicum Course Requirements

It is expected that students at the Practicum course will demonstrate an understanding of the Brain Gym materials and, by the end of the course, demonstrate the ability to share this information with others.

Should the instructor of the course consider any student lacks a basic understanding of the materials that student may be asked to do some further work before receiving a Practicum certificate.

In the four days of this course we will be exploring:

- **The Brain Gym movements.** Can you demonstrate and lead fellow members of the course through any of the Brain Gym movements? This can be open book.
- All the **Brain Gym balances** from **Brain Gym 101 (the 4-day Brain Gym Course)**. The following will be done as group activities, demonstration and review where required. It is your opportunity to explore what you are comfortable with and what you may need to review. Again, this is open book.
 - Demonstrate the Five Step Balance Process
 - Demonstrate any of the Action Balances, Dimension Balances, X-Span
 - Demonstrate Anchoring ie Noticing and Muscle Checking
- Moving from being a Brain Gym student to Brain Gym teacher/consultant.
 - How to demonstrate the Brain Gym material to Brain Gym students, in general talks, with clients.

Self Assessment Questionnaire

So that you can assess how ready you are to proceed with the Practicum please complete the following questionnaire and return it as soon as possible **BEFORE** the course. This will give us time to organize how best to present the information.

We look forward to seeing you at the Practicum.

Kind Regards,

Lisa Marcovici, International Faculty, lisa.marcovici@rekinexion.com

with thanks to Julie Gunstone, International Faculty, for the format and content of this letter



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Self Assessment Questionnaire

The aim of the questionnaire:

- 1) **To allow you to self evaluate your current level of knowledge.**
 - a) To know what you still need to prepare to be ready.
 - b) To ask for parts you particularly want explained again to you.
 - c) To know whether you want to prepare and bring some of your own outlines and study aids to support your presentation of the work.
- 2) **To allow me as a Facilitator to know**
 - a) Your expectations of the course
 - b) Whether there should be a revision time at the beginning of the course
 - c) What areas will require extra input on my part and further practice on your part.
 - d) Whether you have completed all requirements Or whether we need to arrange how this can best be achieved at a later date.

The areas to self assess are:

1. The Brain Gym Movements
2. The Five Step Balance process and all relevant background information
3. The Brain Gym Balance procedures
4. Anything further you wish to have clarified.

The following tables ask you to rate yourself in 3 areas:

- 1) **Self assessment.** How confident you feel about the item listed.
- 2) **Clear Demo.** Can I do it or demonstrate it?
- 3) **Where or How used.** Am I clear about how and where to use the information?

Please use a rating out of 10 for yourself.

10 = I feel proficient, at ease and confident with the material

5 = I have a general understanding

1 = I need to revisit the material and have it explained/demonstrated again.

Please use the **Questions** column for you to write any comment about what you would like further information on.

Please fill in the questionnaire and pre-requisite list. It is suggested you make a copy for your own records. I will meet with each participant individually prior to class or during the class dates to meet and discuss the contents of this questionnaire. If you are missing one or two items, arrangements may be made to hold on to your certificate until completion of entire checklist.

Please contact me to reserve your appointment: (514) 341-1677 or

lisa.marcovici@rekinexion.com. Meetings are possible via Zoom or by telephone.

Name:

Pre-requisites to be completed before taking the Practicum. Please check off all the pre-requisites you have completed.

Name of course	Date Taken	Instructor	Location
<input type="checkbox"/> Brain Gym101 course twice	1. 2.	1. 2.	1. 2.
<input type="checkbox"/> Optimal Brain Organisation (formerly Brain Organisation Profiles)			
<input type="checkbox"/> Anatomy or Kinesiology courses 16hrs			
<input type="checkbox"/> Edu-K In-Depth			
<input type="checkbox"/> BGI Elective Courses 96 Hours			

Practical Application	Received	Assessed
15 Case Studies 4 from BG101 3 from In Depth 8 Student's Choice		
3 Private Consultations	1. 2. 3.	

Please use a rating out of 10 for your self-assessment.

10 = I feel proficient

5= I have a general understanding

1= I need to revisit the material and have it explained/demonstrated again.

Student Name:

Brain Gym Movements

Self Assess	Brain Gym® Movement	Clear Demo	Where or How Used	Questions These are important. Please express your needs.
	Alphabet 8s			
	Arm Activation			
	Balance Buttons			
	Belly Breathing			
	Brain Buttons			
	Calf Pump			
	Cross Crawl			
	Cross Crawl Sit-ups			
	Double Doodle			
	Earth Buttons			
	Elephant			
	Energizer			
	Energy Yawn			
	Footflex			
	Gravity Glider			
	Grounder			
	Hook-ups			
	Lazy 8s			
	Neck Rolls			
	Owl The			
	Positive Points			
	Rocker The			
	Space Buttons			
	Think of X			
	Thinking Caps			
	Water			

Please use a rating out of 10 for your self assessment.

10 = I feel proficient 5= I have a general understanding

1= I need to revisit the material and have it explained/demonstrated again.

Student Name:

Brain Gym Balances

Self assess	Brain Gym® Action Balance	Clear Demo	Where or How Used	Questions These are important to. Please express your needs.
	4 Gears of Learning			
	Noticing skills			
	Muscle checking			
	Dynamic Brain			
	PACE			
	Set and Pace goal			
	Pre activities & Indepth checks			
	Learning menu			
	Balance Point			
	Post Activities			
	Homeplay			
	Positive Attitude Balance			
	Seeing Action Bal			
	Listening Action Bal			
	Writing Action Bal			
	Action Balance for accessing the midfield – Dennison Laterality Repatterning (DLR)			
	Laterality dimension. Balance for communication			
	Centering dimension Balance for Organization			
	Focus dimension. Balance for Comprehension			
	Action Balance for Everyday Life– 3D Repatterning			
	X-Span Balance			
	FAST Action Bal.			