

**LORI HAWKINS, M.A. OFFERS:  
STUDY SKILLS: TRAIN YOUR BRAIN**

We all want our children to do their best. But sometimes obstacles prevent our children from achieving their full potential. These obstacles can limit academic performance and can cause a great deal of unnecessary anxiety and stress on the child as well as the parents. Common problem areas include difficulty staying focused and engaged in the classroom, and difficulty with motivation to study after school and complete homework.

Indeed, many parents have noticed their child struggling with issues such as time management, organizational skills, concentration, note taking, test anxiety and test taking, media distractions (TV, internet, cell phone), motivation, stress, suboptimal nutrition, lack of exercise, sleep hygiene.

Study skills programs may have many benefits for children grades 3 – 12 such as improved grades, more effective study skills, less hassles about homework, increased confidence, increased productivity, less stress on all family members.

**THE STUDY SKILLS PROGRAM**

The basic package consists of a comprehensive study skills assessment and three study skills sessions which target the areas of need. Sessions are attended by parent and child. Additional maintenance sessions are also available, either in the office or by phone. Hand outs are given to parents to provide additional information for home use.

**HOW TO ENROLL YOUR CHILD**

- 1) Call our office manager Jean Buck at (252) 636-0112 and request an enrollment packet. The packet includes a background questionnaire, a parent assessment rating scale, and a child assessment rating scale.
- 2) Complete all forms and return them together with your payment. Once your packet and payment are received by our office, you will be contacted to schedule your first session.

**WHAT TO EXPECT AT YOUR INITIAL SESSION**

First, Ms. Hawkins will meet with you and your child to review the results of the assessment (which you will have already completed and mailed to us) and to set goals. This usually takes about 30 minutes. For the remainder of the session and for the next two sessions, Ms. Hawkins will work with you and your child on study skills enhancement.

**COST**

The initial package (includes assessment and three one-hour sessions) cost is \$450. Payment can be made by personal check, cash, or credit card. Payment must be received in full prior to scheduling the first appointment. Appointments will be scheduled on a first come, first served basis. Follow up maintenance one hour sessions cost \$130 per session; charges are \$35 per 15 minutes for phone consultation.

## **CONSULTING SPECIALISTS**

### **Mary Lynn Duvall, R.D.**

Registered Dietician in Private Practice; Consulting Dietitian at Columbia Dominion Hospital in Falls Church, Virginia; member of American Dietetics Association, American Diabetes Association, National Eating Disorders Association. Ms. Duvall has a special interest in eating disorders -- prevention and treatment, body image, and mind body connection.

### **John Thomas Newton, MD**

Physician with Clinton Medical Clinic; Diplomate, American Board of Family Practitioners; Clinical Instructor, Department of Family and Community Medicine, UNC-Chapel Hill School of Medicine, East Carolina School of Medicine, Bowman Gray School of Medicine, and Duke School of Medicine; former North Carolina Family Practice Physician of the Year. Dr. Newton has a special interest in sports medicine.

### **Susan M. Ryan, M.A.**

Staff Psychologist with Colony Behavioral Health Group, PLLC; NC Licensed Psychological Associate; Nationally Certified School Psychologist. Ms. Ryan has a special interest in school learning problems.

### **Abigail A. Hawkins, MD**

Resident, Dept. of Psychiatry, NYU Langone Medical Center Bellevue Hospital. Dr. Hawkins has a special interest in integrative medicine.