This course imparts the same cutting-edge, mind self-management techniques that have been successfully presented to corporate and educational clients such as the New York Stock Exchange, Citibank and the University of Western Ontario, but optimized for top SAT performance. You learn the master thinking skill of refocusing: how to cut through exam “static” by directing your thinking to the right issue at each step of every SAT question, instead of being sidetracked by SAT “distractors.” Acquiring this fundamental skill enables you to stay on track to the correct answers and to jumpstart your thinking whenever it becomes stuck, confused, overloaded or wandering. Actual SAT items will be used in skill-training sessions, so that you are maximizing your SAT performance as you are sharpening your reading and reasoning skills. The training will employ the T.I.P.S. (Training by Interactive Problem-Solving) method of personal training. This unique training is like athletic coaching for the mind: you get individual help at the moment you need it while you are practicing with actual SAT test items. These “thinking-aloud” methods enable us to diagnose precisely any weaknesses in your approach and help you to fix them yourself on the spot. Training in Focused Thinking™ enhances your ability to solve problems creatively; comprehend difficult written, oral and graphic material quickly; analyze logical arguments insightfully; and achieve top test performance without anxiety. If you want top-notch training for the SAT while at the same time developing laser-sharp reading and reasoning skills for college and life, then this is the course for you!

Topics Topics covered include:

- SAT Focused Thinking™ Methods:
  
  **Refocusing:** How to Stay on Track to the Correct Answers
Self-Monitoring: How to Read Your Own Mind to Find the Gaps in Your Thinking

From Uh-Oh! To A-Ha!: Paying Attention to Inklings (Feelings about Thoughts), the “Early Warning System” of the Mind

Zeroing in on the Essentials: How to Use Your Mind to Get to the Heart of the Matter

- SAT Math Review: The Nuts and Bolts of SAT Math, and When (and When Not!) to Use Them
- Focused SAT Math Problem-Solving: What to Do When You Don’t Know What to Do
- Focused SAT Critical Reading: Why and How to Read Your Own Mind While Reading the SAT Passage and Questions
- Focused SAT Sentence Completion: Bridging Gaps in Sentences by Identifying the Key Concepts in the Sentence
- Focused SAT Writing Ability: Grammar, Usage and Strategy
- Focused SAT Writing: Clear, Concise and Comprehensive Written Exposition

Metropolitan Campus, Teaneck, N.J.
10 Sessions
Mondays and Wednesdays, 1:30 – 4:30 p.m.
July 22, 24, 29, 31 and August 5, 7, 12, 14, 19, 21
141XG-0501

College at Florham, Madison, N.J.
10 Sessions
Tuesdays and Thursdays, 1:30 – 4:30 p.m.
July 23, 25, 30 and August 1, 6, 8, 13, 15, 20, 22
141XG-0801

Registration:
201-692-6500 or 800-338-3887

Cost: $525 plus $20 registration fee. $445 for FDU community, includes registration fee.

About the Instructors

Lee Pierson, the course developer, holds a PhD in cognitive psychology from Cornell University and conducts Focused Thinking™ and test-preparation seminars for a variety of educational and corporate clients in the United States and Canada. He is the director of Fairleigh Dickinson University’s Thinking Skills Institute.

Gino Crocelli holds a PhD from Columbia Pacific University and is the Associate Director of Fairleigh Dickinson University’s Thinking Skills Institute.