

BEST APPS & TRAINING



Apps | Training | Research

Michelle Ranae Wild, M.A.

President/CEO

michelle@bestconnections.org

Kristi Pero

Curriculum Designer/Trainer

kristi@bestconnections.org

Disclosure

We are staff members of the newly founded nonprofit BEST, which created the PaceMyDay and ReachMyGoals apps and provides online app training.

COGNITIVE ISSUES IMPACTING HOME, SCHOOL & WORK

- Memory
- Low energy
- Problem-solving
- Organization
- Time-management
- Poor insight

Making Cognitive Connections

- Emphasizes the benefits of smartphone devices as memory/cognitive prosthetic devices.
- Teaches the fundamental technical skills necessary to operate a smart device while simultaneously drawing a parallel to the cognitive skills that underlie the development of those technical skills.

BEST APPS

- PACEMYDAY
- REACHMYGOALS

BEST Apps

PaceMyDay



Optimize
the energy you
have for success!

Plan your day based on your sleep and how you feel so you set yourself up for success.

Identify the optimal amount of time in which you can do certain tasks and still have reserve energy.

Identify appropriate breaks to help re-energize you.

ReachMyGoals



Set goals.
Monitor progress.
Build on successes.

Set personalized, specific, measurable goals.

Break down the goals into tasks with due dates.

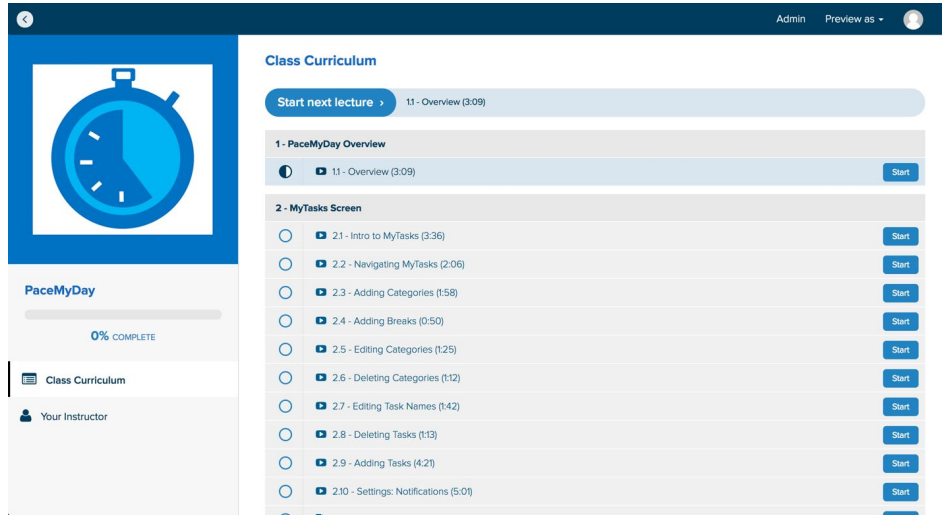
Receive reminders of due dates.

Identify self-goal-related challenges and successes.

BEST Practices in App Training

- Step-by-step instructions with screen captures to help orient users to app screens
- Review of training materials (written and videos) as often as needed to learn the apps
- Learning to use apps independently, from user's own computer
- Learning to troubleshoot problems before they happen
- Practicing each skill learned by completing exercises, activities and projects
- Integrated Making Cognitive Connections activities
- Training environment that remembers where users left off

BEST Practices in App Training



- Short video trainings
- Screenshots and step-by-step instructions
- **Give It A Try** exercises to provide practice in applying newly learned skills
- **Quizzes** to help test app knowledge
- **Troubleshooting** scenarios integrating app-related problems with practical solutions
- **Putting it All Together** projects to practice the integration of all features learned
- Integration of **Making Cognitive Connections** to illustrate relevant cognitive rehabilitation applications