

Tips for Using Cross Trainer Successfully

Students tend to work more independently on Cross-Trainer more so than they would on other programs hence supervision can generally be less than initially perceived.

The most crucial aspects of successful use of Cross Trainer are:

1. That the computer runs the graphics smoothly without hitch.
2. The student is comfortable and efficient in using the controller. Please also ensure the analog mode light is on at all times.
3. The student uses the program at least 3 x 20 minutes per week for a minimum of 8 weeks. Often students will report, after about 6 weeks, that they are noticing improvements in their thinking skills.
4. All Students start at level 1 regardless of their age. You should not expect all students to reach the same levels. The following can act as a guide of achievement levels to aim for when addressing cognitive deficits:

Primary - level 10; Intermediate age - level 15; High School - level 20.

5. When students initially start the program they are presented with 5 options. Once they reach a flag the task is taken from the list of options, and may be replaced by one of the other 5 options. This feature ensures that students consistently advance through the activities in a balanced progression.



6. In the early stages ensure that the students are not experiencing difficulty because they don't understand the concept of what they are trying to achieve.
7. Students should be encouraged, but not given direct assistance as to how to solve a challenge. With too much direct help the program will proceed to a more challenging task, in which the student may be further confused.
8. After a student has had about 20 goes at a task it would be appropriate to watch what they are doing, with a view to understanding why they are struggling. To help resolve the challenge the task can be replicated in a kinaesthetic domain (e.g. using building blocks) and/or suggest strategies to the student that will hopefully enable them to grasp the concept.
9. Encouragement and recognition/praise of students **effort** is crucial.
10. Contact me, John Kennedy at jkennedy@itecnz.co.nz if you've any questions.