

Cross-Trainer FAQ's



Why do I have 2 Cross-Trainer CD's to install?

If you have a family version of *Cross-Trainer* you receive 2 CD's to install - Visual-Spatial and Logical-Reasoning. For a full installation of all activities you must install both CD's. Following installation insert either CD in the drive to run the program. You will only need one Cross-Trainer icon on the desktop to access the full program.



Full program licences also come with 2 CD's – an 'Install' CD for quick install, and a 'Run' CD that you need to place in the drive whenever you access the program. Network installations do not require the CD in the drive to run, but will require a serial number (available for school licences).

Why can't I see both programs installed?

A *Cross-Trainer* family licence requires installation from 2 CD's to have the full range of Logical-Reasoning and Visual-Spatial activities. After installation of both CD's you will have all 10 activities installed. Only one icon is needed on your desktop to access the program.

If you have installed both CD's correctly flags will be visible on the start up menu activity choices screen (see right).



Why can't I see all of the activities when using Cross-Trainer?

Cross-Trainer automatically directs the user to the activities needing the most practice and will present only those for the user to choose from. At different stages different selections will be made be available to ensure the student attempts all activities with appropriate pacing through the levels.

Why is Tangrams is not working? (Level 8)

If you have an older style of controller then check that you have pressed the analogue button on your hand-controller. The red light on the controller must be on for certain activities to work. It is a good habit to press the analogue button prior to each use. (Not required for Logitech F310 models.)

Will Cross-Trainer work with Windows 10?

Yes. Following installation you may have to change some settings to operate the program successfully depending on which Windows OS you are using. Refer to the Installation Guides on our website or phone/email us for assistance.

Will Cross-Trainer work on a Mac computer?

Cross-Trainer will not work if installed on a Mac OS, however it can successfully be installed into a Windows OS on many Apple computers using Apple Bootcamp or a virtual box type installation.

How much time should a student spend using Cross-Trainer?

Cross-Trainer is designed for intensive use over a prolonged period of time. Usage should be adapted to avoid frustration or fatigue. Regular use is the key.

For maximum benefit we recommend 3 to 4 sessions per week of 20-30 minutes each. Studies have shown that intensive use for 8 week periods followed by a break of up to 4 weeks optimises progress, especially in remediation situations.

What level should Cross-Trainer students be on?

All *Cross-Trainer* users start on level 1 regardless of their age. The program will offer a choice of activities which will automatically branch and change to ensure all activities and levels are mastered.

The following can act as a guide of achievement levels to aim for to address cognitive deficits for different age groups: Primary – level 10; Intermediate age – level 15; High School – level 20.

There are 25 levels for each activity that are rarely completed so Cross-Trainer use can continue again year after year for further cognitive development of users at all skill levels!

Should students use Cross-Trainer or a Reading program?

Both! Use of *Cross-Trainer* as well as a reading program increases the effectiveness of the Reading Program (per trials with *Lexia Reading*) – especially for students who experience visual-memory, processing or concentration issues. Frequently an initial 8 weeks on Cross-Trainer before introducing other programs is recommended depending on the students learning needs.

The student is frustrated or disinterested – what should I do?

Assuming *Cross-Trainer* is running on suitable equipment, and there are no controller issues, if students experience frustration or disinterest with Cross-Trainer, this is usually associated with the student reaching a plateau i.e. the fun (easy) stuff is over and they have to think to make progress.

You may find the following suggestions useful to motivate students:

1. Encourage the students to use the help button (2) on a frequent basis. This gives them serious hints which after a while will assist them to grasp concepts and move forward.
2. Observe the tasks they are struggling with and suggest possible strategies (or with a group discuss different strategies students may be using). It's important that you focus on strategies and not solutions.
3. Provide some motivational goal for the students that might inspire them to persevere.
4. Show the students the progress graphs so that they can see how much they have achieved already.
5. Quite a few tasks lend themselves to being able to be replicated in a kinaesthetic domain. A simple example might be 'stepping stones' where, if a student is struggling you may use a series of big and small balls, to deduce a pattern.

Refer to the Teachers Guide for more detailed Tips for Teachers.

How do we use the Hand Controller?

A controller guide card is included for each hand controller – please put this somewhere visible where the controller will be in use (see below). These are also available on our website.

Controllers are by nature used harshly by students. You can help preserve their usage life by encouraging students not to pull on the cords when removing from the USB or during use; not winding the cords around the controller; and not twirling the cords during use.

