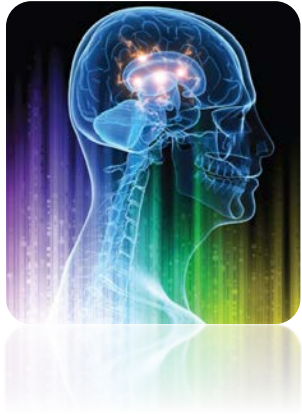


MindFit: a Mental Gym



MindFit

Service Areas



Assessment Services



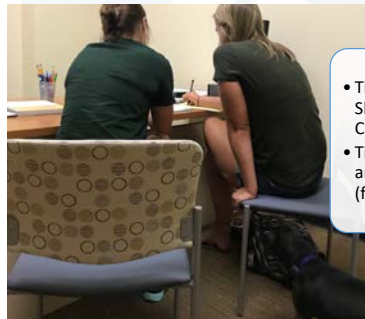
- Population Based
- MindFit Consults
- Comprehensive Testing

Referrals



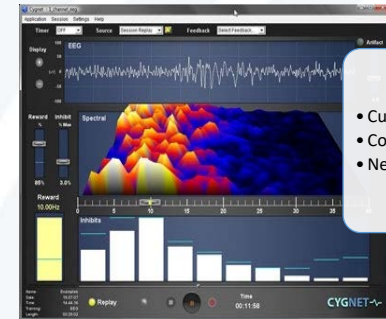
- Groups
- Courses
- Counseling
- Medications
- Accessibility
- Flagship Services

Academic Enhancement



- Tier 1: Academic Skills Consultations
- Tier 2: Tutoring and Coaching (formerly MAP)

Cognitive Enhancement



- Cutting Edge Tx
- Cognitive Training
- Neurofeedback

Division of Student Life Program

- Organizationally part of the Carruth Center
- Physical Locations
 - Assessment Services: Carruth Center
 - Cognitive Enhancement: Carruth Center
 - Academic Enhancement: Stewart B-20 (New Location!)

MindFit Service Areas

Assessment Services



- Consultations
- Comprehensive Testing

- POC: Dr. Narayan Gold
- Results:



- Groups
- Courses
- Counseling
- Medications
- Accessibility
- Flagship Services

- Cost: \$500
- To Schedule: Call Carruth Center
(304) 293-4431

MindFit Service Areas

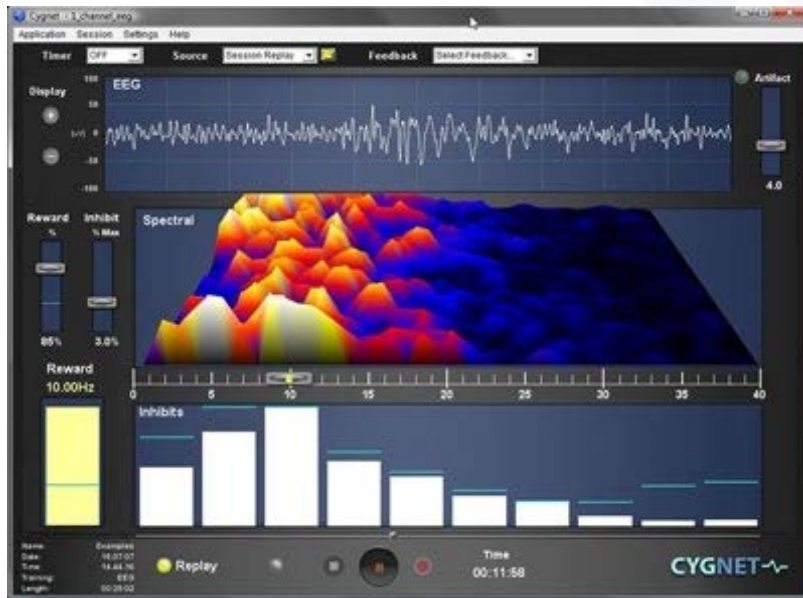
Cognitive Enhancement

- POC: Dr. Dan Long
- Cognitive Training & Neurofeedback
- Cost: \$500
- To Schedule: Call Carruth Center (304) 293-4431



MindFit Service Areas

Cognitive Enhancement

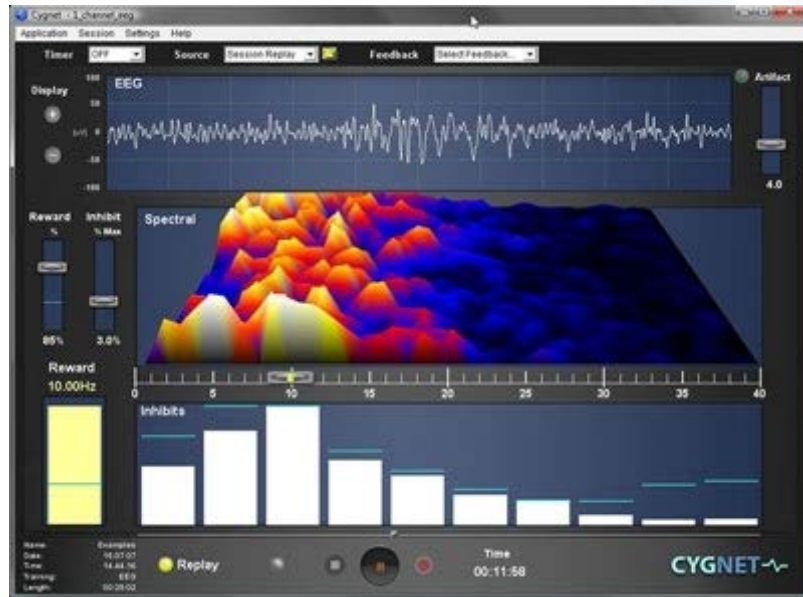


Cognitive Training – “Brain Training”

- The training consists of tasks that are set up in a game-like format, each of which is specifically designed to train some facet of cognitive performance.
- Initial training plan based on self-reported difficulties and screening assessment results
- Protocol is adjusted as a function of performance
- Reassessment after 20 sessions

MindFit Service Areas

Cognitive Enhancement



Neurofeedback – “Brain Training”

- Neurofeedback training, teaches how to modulate brain waves for peak performance in attention and cognitive functioning
- Research promising; 1st line treatment for ADHD
- *At least as effective as medication, according to some research*
- Reassessment after 20 sessions

Neurofeedback



MindFit Service Areas

Academic Enhancement



- Tier 1: Academic Skills Consultations
 - Monthly Meetings
 - Open to all WVU students
- Tier 2: Academic Coaching (formerly MAP)
 - Semester-long coaching
 - 3-5 meetings/week

- POC: Jen Mandeville
- Focus: EF & Information Retrieval Skills
- Credentialed Student Staff
 - CRLA Certified Levels 1-3
 - Autism Ally Trained
- Cost
 - Academic Skills Consults: \$75
 - Coaching: \$700-1900/semester
- Enroll via <https://mindfit.well.wvu.edu/>



7. West Virginia University

“West Virginia University's top ADHD college program is called MindFit, and it's exactly as intense as it sounds.”

- The only R1 school in top 10
- <https://www.bestvalueschools.com/rankings/colleges-students-adhd/>

MindFit: A Mental Gym

- Results in referrals
- POC: Dr. Narayan Gold
- Location: Carruth Center
- Contact: (304) 293-4431

Assessment



- Cognitive Training & Neurofeedback
- POC: Dr. Dan Long
- Location: Carruth Center
- Contact: (304) 293-4431

Cognitive Enhancement



- EF & Retrieval Coaching
- POC: Jen Mandeville
- Location: Stewart B-20
- Contact: (304) 293-9232
- Enroll via website

Academic Enhancement



Additional Information

<https://mindfit.well.wvu.edu/>