

How the Brain Fitness Program Benefits the San Diego College of Continuing Education

Pat Mosteller, Professor Emeritus

Debbie Flores, SDCCE Faculty

SAN DIEGO
COLLEGE OF
CONTINUING
EDUCATION



We Solve a Problem

Many seniors in our community struggle with memory issues and don't know what to do to about them; they want to know!



SDCCE & Brain Fitness

We believe education and application is key to helping our seniors learn about lifestyle choices that directly impact their brain health.



Partner: Posit Science (BrainHQ)

By partnering with Posit Science, the creator of BrainHQ, we have developed free Brain Fitness classes that address our seniors needs.

We provide weekly instructor-led lessons, access to BrainHQ brain training exercises, and support for our students.



brainHQ
from Posit Science

Students Benefit from Learning...

How to improve and maintain cognitive health

Lifestyle choices that protect and strengthen brain health

To use brain exercises that enhance cognitive functioning

How concepts like brain speed, focus, and socialization affect cognitive performance

Sue's Story

Ishi's Story



Benefits to CE

Attract new student population

High retention rate and continued growth

FTEs per FTEF

Increased apportionment

Easily adaptable to online or face-to-face classes

Cross-enrollments in other classes



What We Do



INSTRUCTOR-LED ONLINE
COURSE (E.G., USING ZOOM
PLATFORM)



MULTIPLE WEEKLY 1.5 HOUR
ZOOM SESSIONS



18-WEEK SEMESTERS



CLASS WEBSITE WITH COURSE
MATERIALS (E.G., LESSONS,
HANDOUTS, VIDEOS, KEY
RESOURCES)



CREATED A
TEACHING TEAM
THAT SHARES RESPONSIBILITIES

Resources to Help You Get Started

Special licensing fees from Posit Science

Posit Science Tech Team

Additional support from SDCCE

Sample lessons

Resource website (under construction)

Consultations with experienced instructors

For More Information

If you want to learn more about how Posit Science works with community colleges and adult education:
<https://www.brainhq.com/partners/brainhq-for-adult-education/>

For partnership inquiries, fill out this form:
<https://www.brainhq.com/partners/partner-inquiries>

Pat Mosteller
Professor Emeritus, San Diego College of Continuing
Education
619-818-3953 (call or text)
pmostell@sdccd.edu