



## WELCOME TO THE TEAM

MEET THE NEWEST SFL FAMILY

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### **CHRISTINE ZHANG**, CLINIC COORDINATOR

Christine has a B.A. in Art History from UC Berkeley. She has experience working with students as a student service assistant at UC Berkeley, as a private tutor, and as a volunteer at a home school co-op in the East Bay. Her most memorable teaching experience was teaching English to UC Berkeley international scholars and their families. She also has experience working for multi start-up businesses and welcomes any opportunity to use her creativity! Her goal is to provide a warm and inviting clinic environment, and to joyfully assist our students and their families.



### **CHRISTINE STRENA**, CLINICIAN

Christine holds a Master's in Education from CSU East Bay and post graduate certification as an Educational Therapist through UC Riverside. She has trained in multiple Orton-Gillingham based reading strategies and loves working with students who need help building executive functioning skills. She also works with parents to navigate the special education system and advocate for the needs of their students. When not with students, Christine is an active PTA member in her children's school, a closet novel writer, a terribly slow knitter, a

a life-long Girl Scout.

*Areas of Focus:* Dyslexia, Dysgraphia and ADD/ADHD, Executive Function, Reading & Writing

## LYNESHA WILLIAMS, CLINICIAN

Lynessa has a BS in Liberal Studies and Sociology from the University of La Verne. She is currently pursuing enrollment in an MA Educational Therapy Program. Lynessa began her career teaching middle school math, and then went on to teach multiple subjects at the elementary school level.

Her exceptional organizational skills have allowed her to bring structure to her supervisory roles, and now translate into lessons designed to help students learn to master actionable strategies to support challenges with executive functioning. Lynessa's goal as an educator is to help close the achievement gap and create a better future for children, families, and communities.



*Areas of Focus:* Elementary Reading Fluency, Reading Comprehension, Critical Thinking, and Executive Functioning



## Multisensory Exercises for Dyslexia

It's important to engage all our senses, whether it is reading or writing. The use of sight, hearing, movement, and touch is an especially helpful teaching tool for kids with learning difficulties like dyslexia.

- 1) Letter practice that involves **TOUCH** engages muscle memory.  
Ex: Lay out a handful of sand on a table and use fingers to write letters and words. Practice sounding out the words as they use their fingers to create words.
- 2) Letter practice that involves **HEARING** engages auditory memory.  
Ex: Use audio books and have the student underline or circle words as they follow along.
- 3) Letter practice that involves **SIGHT** reinforces visual memory.  
Ex: Use rubber stamps of the alphabet to create words and phrases.
- 4) Letter practice that involves **SMELL** engages the olfactory system and emotional memory.  
Ex: Prepare a recipe and have your child collect the ingredients. Provide instructions to prep the food and have the child read through it as they touch and smell the food.

[Learn More about Multisensory Reading Techniques](#)

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## WHAT DO PARENTS SAY ABOUT SFL?

"I was referred to Strategies for Learning when I found out my then freshman in high school had a language processing deficiency. From day one, the therapist took charge and implemented a plan to help my daughter develop strategies to help her approach her subjects in a manner consistent with her learning style. She helped her break down paragraphs into pieces that helped her understand larger concepts. She color coded main ideas, main characters and helped my daughter utilize her organizational skills to her advantage. While the educational therapist was very instrumental in helping my daughter reach her academic potential in high school (she ended up graduating with honors and went on to University of Michigan), she gave her other skills that I believe were more critical to her overall success. She was always patient, nurturing and encouraging and created a safe environment for my daughter to share issues and receive feedback. "

**Mother of a high school freshman now in college**

## Free Professional Development Lecture Series

Getting Started with Executive Functioning  
Featuring our SFL clinicians

Speaker: **Ariela Perlman**, MS and **Maria Howard**, MS  
Date: Friday, March 3, 2017  
Time: 12:30 - 2:00 pm  
Location: Ann Martin Center 1375 55th Street, Emeryville



*For students with weak executive functioning skills, one of the most difficult parts of meeting goals can often be getting started. This workshop will help professionals better understand how struggles with task initiation are experienced by students across grade levels. Actionable suggestions for both academic and home-based supports will also be explored.*

**Learn More**

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### **CONTACT US**

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