

# Training Plan

**Training Plans**

Plan 1 Plan 2 Plan 3

Available Exercises

All

- RLM-1 Where's My Car?
- RLM-2 Birds of a Feather
- RLM-3 Lost and Found
- RLM-4 Don't Be Late
- RLM-5 Forget Something?
- WMS-1 Code Cracker
- WMS-2 Tricky Tracks
- WMS-3 Puzzle Power
- WMS-4 Remember the Alamo
- WMS-5 Match Play
- AWM-1 Racing Robots
- AWM-2 Bingo Discovery
- AWM-3 Eureka!
- AWM-4 Touchdown!
- AWM-5 A Dav at the Races

This is the player's active plan

Plan 1 - 7.5 Minutes

- 1) WMS-2 Tricky Tracks (S-2)
- 2) WMS-4 Remember the Alamo (S-2)
- 3) ASD-4 Cat's Play (S-2)

Add

Remove

Remove All

Cognitive Skills Selector

Training Plan Global Options

Specific Exercise Options

Custom Plans

Save As

System Plans

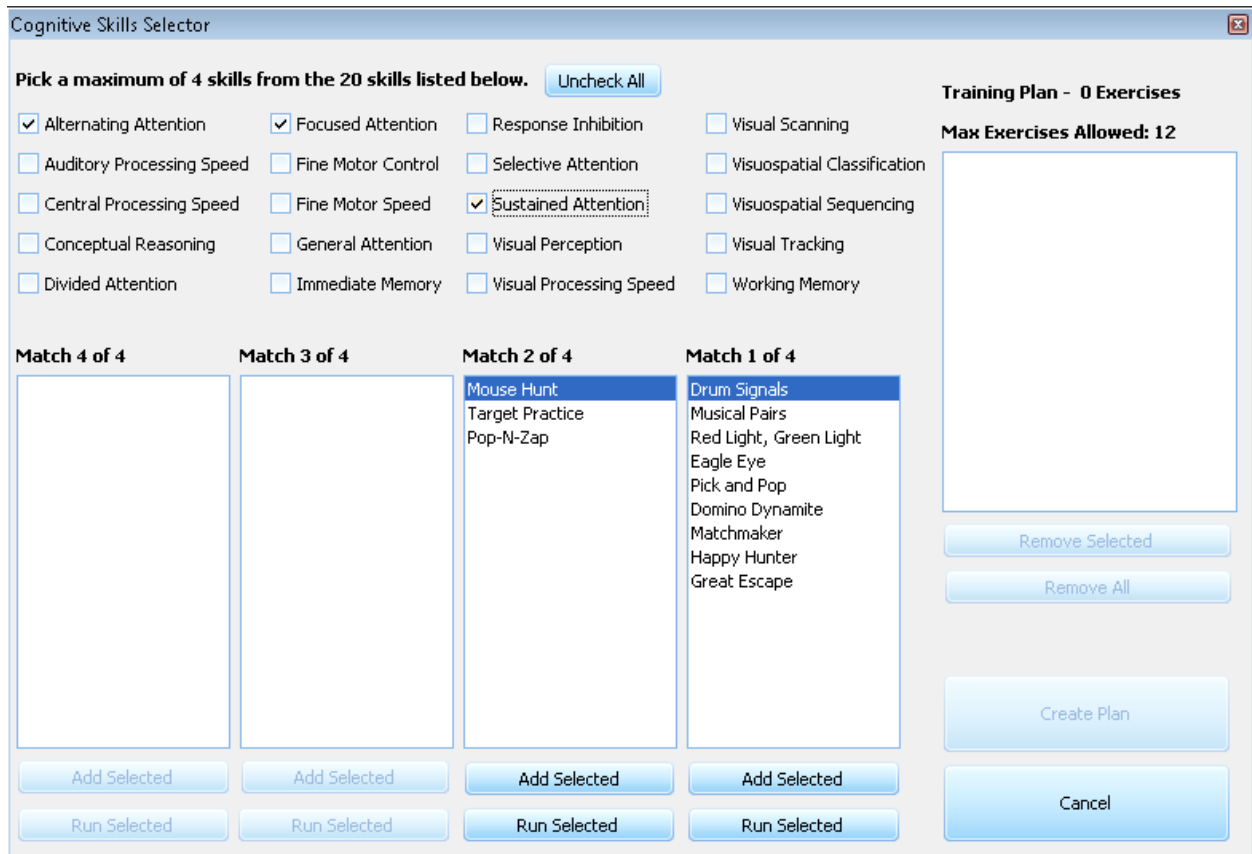
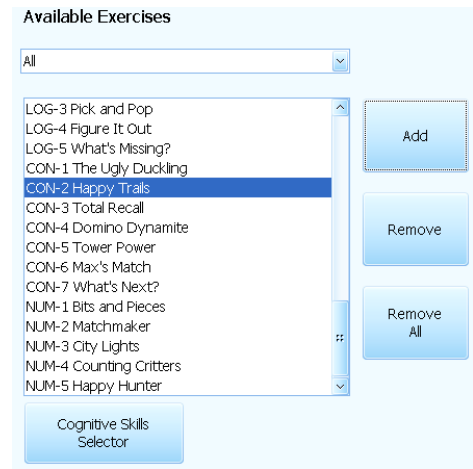
Print Plan

Run Training Plan

The Training Plan Menu allows you to view and edit your current training plan.

## Available Exercises

In the top left section, you can add available exercises to your plan. You can filter by module or by cognitive skill. The “Cognitive Skills Selector” button opens up a form where you can select up to four cognitive skills, which will show you exercises that match those skills. From those exercises, you can create a training plan that way as well. Note: This will not add to your plan; it will overwrite it. If you had an existing plan, it will be backed up before it is overwritten.



## Current Plan

In the top right section, it shows your current training plan. You can only have up to 12 exercises per plan, though you can create up to 3 separate plans. The current track and stage for each exercise will be displayed beside it. You can reorder your plan by using the up and down arrow buttons. You can also remove individual exercises from your plan or clear your plan completely by using the “Remove” and “Remove All” buttons. You can also disable exercises that you do not want to run by unchecking the box beside them. You can save your current plan by clicking the “Save As” button which will save it to the Saved Training Plans Section, the lower left section. That section will be described in more detail below. You can also backup and restore your training plan. If you want to make changes to your training plan but decide to later want to revert those changes, you can backup your plan and then restore it. The “Print Plan” button gives you a detailed report of the current plan that includes information about the plan options and settings for each exercise in the plan.

## Global Options

There are six types of global plan options divided into six tabs: General, Training, Challenge Settings, Audio/Visual Settings, Instruction, Feedback. Many of these options are the same as the ones in the Exercise Menu.

### A) General

*Pause Enabled* – This option enables or disables the availability of the pause key during game.

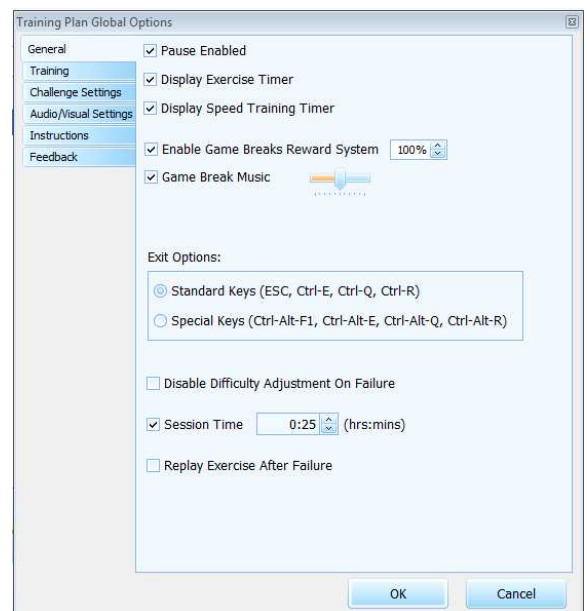
*Display Exercise Timer* – Displays how much time has passed in an exercise.

*Display Speed Training Timer* – When speed training is enabled, shows how much time the player has to respond.

*Game Breaks Reward System* – You can set the probability of Game Breaks appearing after exercises that you have passed.

*Game Break Music* – How loud the background music in a Game Break is.

*Exit Options* – What keys to press to abort, end early, stop, and restart an exercise.



## Standard Keys

- Abort (ESC)
- End Early (CTRL+E)
- Stop (CTRL+Q)
- Restart (CTRL+R)

## Special Keys

- Abort (CTRL+ALT+F1)
- End Early (CTRL+ALT+ E)
- Stop (CTRL+ALT+ Q)
- Restart (CTRL+ALT+R)

**Disable Difficulty Adjustment on Failure** – When this is enabled, the system will not adjust difficulty down after failing an exercise. Rather, the player will remain at that level until they either pass or until the exercise is manually adjusted.

**Session Time** – When this is enabled, the plan will only run for the specified amount of time in the session.

**Replay Exercise After Failure** – When this is enabled, if you fail the exercise the first time you run it, you will replay it again.

## B) Training

**Track** – Select the starting track for all exercises in the plan. The tracks are *Silver*, *Gold*, and *Diamond*, which correspond to child, youth, and adult age groups, respectively.

**Difficulty** – Select the starting difficulty level that determines the specific criteria required to pass each stage. The difficulty levels are Easy, Medium and Hard. The different difficulty levels also will affect the length of each stage (Easy is shorter, Hard is longer in general). Specifics about the starting time limits and maximum time limits are covered in the “Stage Time Limits” at the end of this document.

The screenshot shows a settings menu with a sidebar on the left containing options: General, Training, Challenge Settings, Audio/Visual Settings, Instructions, and Feedback. The main content area is titled 'Training' and includes the following settings:

- Initial Track:** Radio buttons for 'Set By Recommendations', 'Silver' (selected), 'Gold', and 'Diamond'.
- Initial Difficulty:** Radio buttons for 'Easy', 'Medium' (selected), and 'Hard'.
- Passing Criteria:** Checkboxes for 'Reaction Time', 'Response/Tracking Errors', and 'Stop on excessive errors'.
- Specific Exercise Instructions:** Radio buttons for 'Speak Only', 'Display Only', and 'Speak and Display' (selected).

**Passing Criteria** - What the player is graded on.

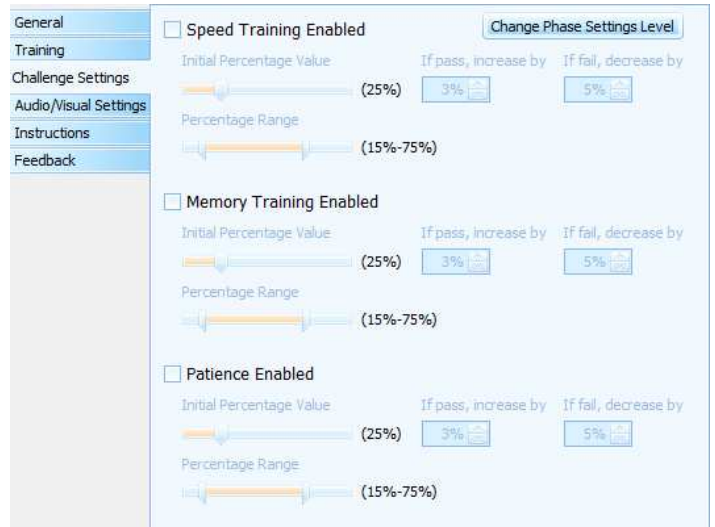
- **Reaction Time** – Whether or not the player is graded on reaction time.
- **Response/Tracking Errors** – Whether or not the player is graded on response errors.
- **Stop on excessive errors** – Whether or not the exercise should stop

on too many response errors.

*Specific Exercise Instructions* -  
During gameplay, the type of instructions given: Speak Only, Display Only, Speak and Display

### C) Challenge Settings

There are three options: Speed Training Enabled, Memory Trainer Enabled, and Patience Enabled. You can set the probability of these options occurring in exercises. You can set the initial percentage value, the percentage range, how much the percentage increases if you pass, and how much the percentage decreases if you fail.



*Speed Training Enabled* – Enables or disables the option which requires players to respond faster every time they make a correct response. When speed training is selected each program determines the individual's beginning speed of processing by sampling several of their correct responses. The mean of these correct responses is used to determine the baseline starting reaction time for training purposes. Thus, the speed option will not start when the program first begins. It will become active as soon as the appropriate speed starting time is determined. The player's response time is then decreased by a small percent each time a correct response is made. Likewise, each time a player makes an incorrect response, more time will be allowed for the next target. If Speed Training is disabled, the player has a constant time to respond that is preset for each stage.

*Patience Enabled* – Enables or disables the Enhance Patience feature. By enabling this feature, players are required to wait patiently and not impulsively move or click the mouse. Once a response is allowed the mouse can then be moved and clicked.

*Memory Training Enabled* – Enables or disables special memory training features. Typically the targets are shown to the player for a short period of time and then hidden. The player must then remember the targets seen to complete the stage successfully.

*Change Phase Settings Level* – There are five phase settings levels: None, Easy, Standard, Hard, and Challenging. However, only None, Hard, and Challenging are applicable.

- None: All options are disabled.
- Hard: Speed Training and Patience are enabled.
- Challenging: All options are enabled.

## D) Audio/Visual Settings

There are four options: Audio Distractions Enabled, Visual Distractions Enabled, Background Sounds Enabled, and Distracting Backgrounds Enabled. You can set the probability of these options occurring in exercises. You can set the initial percentage value, the percentage range, how much the percentage increases if you pass, and how much the percentage decreases if you fail.

***Audio Distractions Enabled*** – Enables or disables distracting sounds that play randomly throughout each stage. These auditory distractors help to train selective auditory attention.

***Visual Distractions Enabled*** – Enables or disables the appearance of distracting visual images. Small visual images will appear randomly during each stage when it is selected. These distractors are designed to help improve a player's selective visual perception.

***Background Sounds Enabled*** – Enables or disables continuous, distracting, and irrelevant sounds to be played throughout the stage. It is designed to enhance a player's ability to stay on task and selectively attend to relevant game feedback and stimuli.

***Distracting Backgrounds Enabled*** – Enables or disables visually complex backgrounds. These complex backgrounds are determined by the pre-set options for each stage. This feature helps to train visual perception and selective attention during the session. When it is off, then plain backgrounds of different colors will be used.

***Change Phase Settings Level*** – There are five phase settings levels: None, Easy, Standard, Hard, and Challenging.

- None: All options are disabled.
- Easy: Audio and Visual Distractions are enabled.
- Standard: All options are enabled with max rate of 75%.
- Hard: Speed Training and Patience are enabled with max rate of 100%.
- Challenging: All options are enabled with max rate of 100% and rate not being able to decrease.

## E) Instructions

*Display Special Condition* – If speed or patience is enabled, a special instruction will be shown indicating that these options are on.

*Say Instructions Automatically* – When this program option is selected, the instructions are automatically spoken aloud.

There is no need to click on the Say button unless the player wants the instructions repeated.

*Continue Stages Automatically* – When this option is selected the program automatically advances without the player having to click the Continue button. After the text of a screen is spoken, the program will automatically advance to the next screen.

*Display Exit Button* – Enables or disables the Exit button on the stage instructions or score screens. It is useful to disable this button when players are impulsive and the trainer wants to control the session flow more closely.

*Display Say Button* – Enables or disables the Say button on the stage instructions screen. The trainer may wish to disable this button to force players to read the text instead of listening to the words.

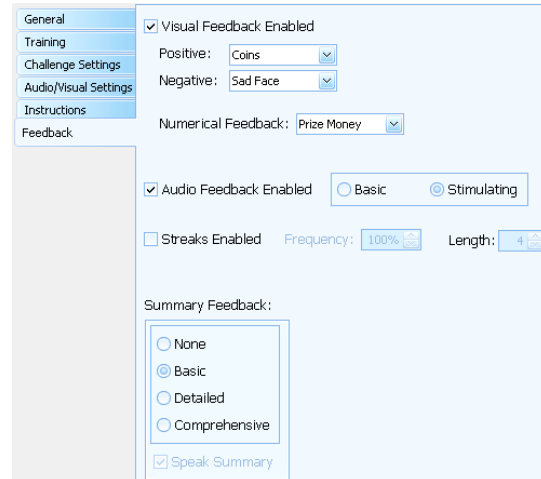
*Display Continue Button* – Enables or disables the Continue button on the stage instructions screen. The trainer may wish to disable this button to force players to read/listen to the instructions before starting the exercise.

General	<input type="checkbox"/> Display Special Conditions
Training	<input checked="" type="checkbox"/> Say Instructions Automatically
Challenge Settings	<input checked="" type="checkbox"/> Continue Stages Automatically
Audio/Visual Settings	
Instructions	<input type="checkbox"/> Display Exit Button
Feedback	<input checked="" type="checkbox"/> Display Say Button
	<input checked="" type="checkbox"/> Display Continue Button

## F) Feedback

**Visual Feedback Enabled** – Enables or disables visual feedback for correct responses, incorrect responses, non-responses, streaks and response errors. When this option is enabled, the coins that provide feedback are visible at the bottom of the screen.

**Numerical Feedback** – This option allows the trainer to choose what type of point display they wish to appear during game play. There are three types of displays; *Prize Money*, *Score* and *Grade Percent*. The user can also choose *None* to disable Numerical Feedback.



- *Prize Money* displays the player's current score in the form of dollars.
- *Score* displays the player's current score as a simple cumulative Number
- *Grade Percent* displays the player's percentage of correct responses out of the total trials presented.

**Audio Feedback Enabled** – Enables or disables auditory feedback for correct responses, incorrect responses, non-responses, streaks and response errors.

- *Stimulating Audio Feedback* allows for distracting audio to be played.
- *Basic Audio Feedback* allows for less distracting audio feedback.

**Streaks Enabled** – Enables or disables winning streaks. When the player makes a certain amount of consecutive correct responses, the player is notified of a streak with visual and/or audio feedback.

**Summary Feedback** - At the end of the exercise, it shows a screen with a summary of the results.

- *None* - Does not show summary feedback.
- *Basic* - A graphical display of whether the player passed the stage. If the player fails the stage, it shows what areas should be improved.
- *Detailed* - A textual display of whether the player passed the stage. If the player fails the stage, it shows what areas should be improved.
- *Comprehensive* - In addition to Detailed, displays the grade,



reaction time, and number of response errors. Also shows what the player needed to pass these areas.

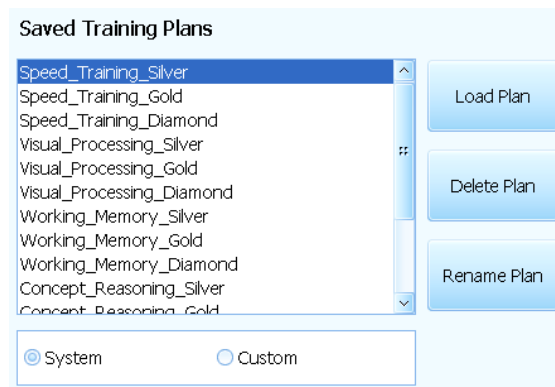
*Speak Summary* - For Detailed and Comprehensive Summary Feedback, enables or disables a prompt giving a summary of the results.

### Specific Exercise Options

You can set the track and stage for the selected exercise.

### Saved Training Plans

In the lower left section, it shows you saved system and custom training plans. System plans are plans that have already been provided to you. They cannot be edited or deleted. Custom plans are plans that you have created. You can load plans into the current plan. You can also rename and delete them.



If the player did not show mastery of a test, a set of training exercises will be recommended that the player can benefit from in regards to improving their skills.

## Run Training Plan

The “Run Training Plan” button will run the current plan starting at the selected exercise. The plan will stop either when the session time is up or the player has passed all of the exercises in the plan. Here is how you advance through the exercises based on pass/fail.

### *Pass –*

- *Pass Once* – Your stage will be increased by one. If you pass the last stage of any track, then your track will be increased by one and will begin at the first stage of the next track. However, if you have reached the highest track and stage, then you will remain there even if you continue to pass it.
- *Pass Four Times In A Row* – If you pass four stages in a row where your streak started from at least stage five, you will advance to the next track any time you pass four stages in a row. If your four win streak started at stage four, you would not be advanced. You would have to pass the next stage in order to advance. If you are advanced to the next track, your stage will be set to the same stage that you began your winning streak. For example, this means if you consecutively pass on the Silver Track stages 5-8, then you will be advanced to the Gold Track starting at stage 5.

### *Fail –*

- *Fail Once* – You will stay at the current track.
- *Twice In A Row* – You will be moved back one stage. If you are at stage 1, you will remain at stage 1.
- *Four Times In A Row* – You will be moved back to the previous track at the same stage you failed the last time after four consecutive failures regardless of the difficulty level. For example, if you fail Gold 5 twice you will be moved down to Gold 4. If you then fail Gold 4 twice, your next track and stage will be Silver 4.

## Stage Time Limits

Passing and failing stages will also automatically adjust the length of the stage for subsequent runs by adding or subtracting 1 minute increments to the stage length. The minimum and maximum stage times are presented below.

Easy Difficulty starts at 2 Minutes and increases by 1 minute every passed stage and decreases by 1 minute when failed. The maximum time limit will be 5 minutes at the Silver track, 6 minutes at the Gold track and 6 minutes at the Diamond track.

Medium Difficulty starts at 3 Minutes and increases by 1 minute every passed stage and decreases by 1 minute when failed. The maximum time limit will be 6 minutes at the Silver track, 7 minutes at the Gold track and 8 minutes at the Diamond track.

Hard Difficulty starts at 4 Minutes and increases by 1 minute every passed stage and decreases by 1 minute when failed. The maximum time limit will be 7 minutes at the Silver track, 8 minutes at the Gold track and 10 minutes at the Diamond track.

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Revised: June 30, 2016