

Cognitive Skills

Thinking for a Change

Research Shows

Participants who have taken Cognitive Skills can make better decisions and deal with problems in pro-social ways.

Use of the tools learned in the Cognitive Skills program enriches lives. Students are more likely to function well each day, cooperate with others and thus achieve their positive life goals.

Class Information

Day sessions: 10:00am - Noon
Evening sessions: 5:30pm - 7:30pm

For a placement interview,
please call an instructor.

Brian Bloomfield 724-4988
Holly Lewis 724-4805

Education Services
The Adult Probation Department
of the Superior Court in Pima County

Cognitive Skills deals with the process of strategic thinking. The way we think determines how we both act and react to situations each day. In a Cognitive Skills class we examine belief systems and how they impact our decision making. In addition, we discuss negative patterns that lead to problems in life. Students learn how to consider the consequences of their actions and respond assertively to enhance their lives.

It gives me another means to express myself and a different perspective on my thoughts and feelings.
--Ben

I learned that I can take control of my decisions and therefore my life by changing the way I think.
--Patricia

This class has helped me in everyday situations. By using the problem solving steps, I've been making better decisions.
--Eugene

I now consider consequences before I act. This will help me be successful and stay out of trouble.
--Ariel

Adult Probation's Cognitive Skills program uses the "Thinking For A Change" curriculum. We provide free, separate classes for men and women. Participants are required to arrive on time, attend every class with completed homework and participate in class discussions. On the final day of class, each person who has fulfilled the course requirements is awarded a certificate.