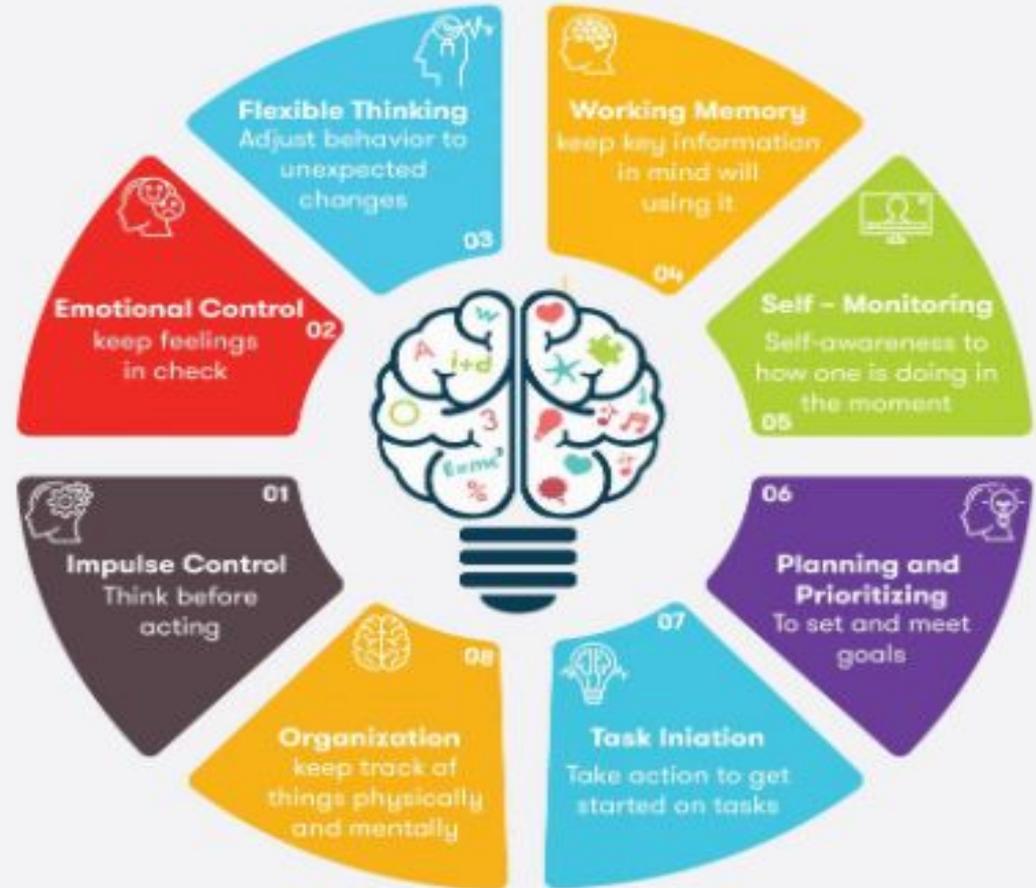


Session Overview

1. What is “Executive Functioning” and why is it so important for academic and future success?(5 minutes)
2. Tips, strategies and tools to implement right away (8 minutes)
3. Short Q & A time at the end (7 minutes)

EXECUTIVE FUNCTIONING



What is Executive Functioning?

Executive Functioning are the skills one needs to manage and complete tasks. It is called by some the “management system of the brain.” When students have lagging skills in executive functioning, it impacts them at home, in school and in life.

There are three main areas of executive function:

- 1. Working Memory**
- 2. Cognitive Flexibility**
- 3. Inhibitory Control**

Executive Functioning includes many skills like...

- **Paying attention and focusing**
- **Organizing, planning and prioritizing**
- **Starting tasks and completing them**
- **Understanding different points of view**
- **Regulating emotions**
- **Self- monitoring**

Does your student struggle with any of the following...

- **Have trouble starting and/or completing tasks**
- **Have difficulty prioritizing tasks**
- **Forget what they just heard or read**
- **Struggle with following directions or a sequence of steps**
- **Gets overly emotional**
- **Have difficulty with keeping track of their belongings**
- **Find it hard to manage their time wisely**

Here's what to think about before starting a new task:

STOP

- Stop what I am doing.

THINK

- What do I need to do?
- Do I have a tool that I can use?

PLAN

- Plan to steps needed to finish the task
- Use a tool to help

DO

- Sit down and start working!

How can I build executive functioning skills in my child?

Strategy Instruction: This is the practice of helping students identify how they learn best. It provides them with strategies to help them process, remember, and express the information they learn.

Examples of Strategies or Tools:

- Lists
- Notes
- Thinking Aloud
- Self-reflection
- Calming techniques

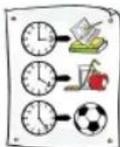


Executive Functioning Strategies Every Teacher Can Use

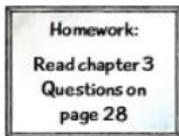
Clipart by Kate
Hadfield, Sarah
Pecorino &
Educlips

www.thepathway2success.com

Pathway
2 SUCCESS



Keep a daily schedule posted



Write homework in the same spot



Teach and practice routines



Give mini-deadlines on projects



Integrate teaching EF skills with the content



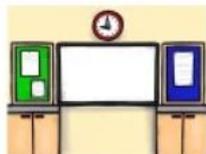
Explicitly state when important information is shared



Give organization time at the end of class



Give time checks during working sessions



Reduce distractions around the room



Give brain breaks throughout the day



Stock a classroom office



Let kids work through their challenges

Examples of Helpful Tools and Resources

Example of
scheduling
reminder and
checklist all in
one!

TO DO LIST

Week of _____

A DAY

| Class | Time | Assignment(s) | Due Date | Completed |
|-------------------|---------------|---------------|----------|-----------|
| Period 1- Math | 8:30- 9:40 am | | | |
| Period 2- History | 9:50-11:00am | | | |
| Period 3- Art | 11:10-12:20pm | | | |
| Other | | | | |

B DAY

| Class | Time | Assignment(s) | Due Date | Completed |
|-------------------|---------------|---------------|----------|-----------|
| Period 4- ELA | 8:30- 9:40 am | | | |
| Period 5- Science | 9:50-11:00am | | | |
| Period 6- HR | 11:10-12:20pm | | | |
| Other | | | | |

= good =
MORNING!



DATE:
11/2-11/6/2020

tasks complete in:



To Do This Week

- Complete revolution paragraph (due 11/2)
- Retake math quiz (due 11/3)
- P.E. log submitted (due 11/5)

AGENDA

- Visit Mr. V's office hours twice this week
- Move 3 times today
- Check Canvas
- Update To Do List

TO-DO LIST

Name: _____

Due Date: _____

WEEKLY DUE DATES & TO-DOS:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

GOALS

UPCOMING DUE DATES



Let's problem solve!

Do you have any questions or
concerns you'd like to
collaborate on right now?