Helping your Student Plan & Follow Through

Welcome!

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Presenter

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Chat Moderator

Together, we will...

- Review what **executive functioning skills are**

- Get familiar with what **typical development** looks like for **planning**

- Begin to **craft systems** to support students to **build habits** to effectively develop key executive functioning skills

Agenda

1) What are executive functioning skills?

2) How do I know if my student is growing these skills at a normal pace?

3) How can I support my student to grow their planning and organization skills?

What are Executive Functioning Skills?

Executive Functioning Skills - Overview
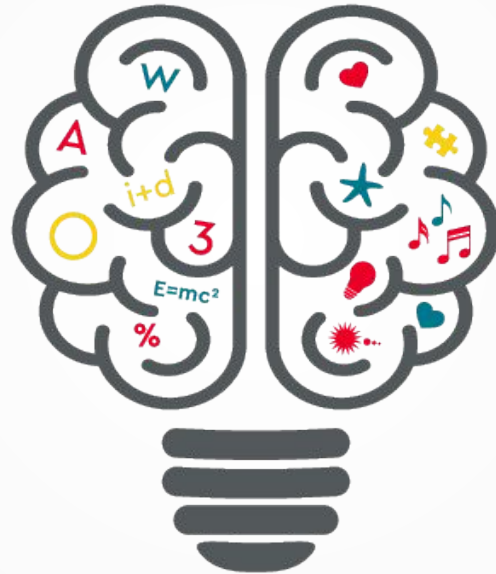
1. Impulse Control
Think before acting

2. Emotional Control
Keep feelings in check

3. Flexible Thinking
Adjust behavior to unexpected changes

4. Working Memory
Keep key information in mind when using it

5. Self – Monitoring
Self-awareness to how one is doing in the moment

6. Planning & Prioritizing
To set and meet goals

7. Task Initiation
Take action to get started on tasks

8. Organization
Keep track of things physically and mentally

Strategies, Systems, and Habits

1. Strategies from previous webinars

EF Development by Grade Level

EF Strategies to Support your Learner

These resource include:

- A description of Executive Functioning Skill **Development by grade level**
- **Strategies & Course Features** to support your student's EF development

2. Systems- Overview

Co-create a system with your student that answers these questions:

- What is the **problem** that we want to address together?

- What are the **parts** of the problem?

- What are the **patterns** of the problem?

- What will the **student do consistently** to address the problem? What will the **Learning Coach do** consistently to address the problem?

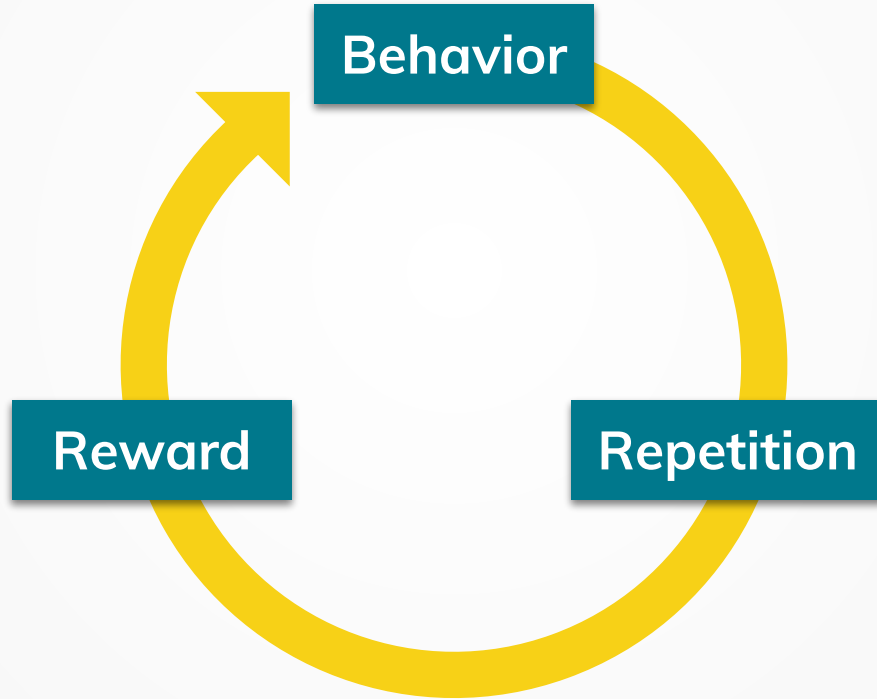# 1. Systems - Resource

Systems Building - Example

Systems Building - Worksheet

This resource includes:

- A completed sample **Systems Building** template
- A blank **Systems Building** template for your own use

3. Habits- Overview

3. Habits - Resource

Habit Tracker - Example

Habit Tracker - Worksheet

This resource includes:

- An example of a completed sample **Habit Tracker**
- A blank copy of the **Habit Tracker** for your use

Going Forward

We're here for you!

Email:

help@myschool.org

Call:

Arizona	Colorado
602-641-8220	720-713-1916

mySchool.org/SmartStart

Thank You!