

Executive Functioning



Building a strong partnerships between parents, students and teachers at Gates

Overview

1. What are executive functions?
2. What is being done at Gates to help build these skills in each grade?
3. What are some concrete things you can do to support the development of these skills?
4. Questions

What are Executive Functions?



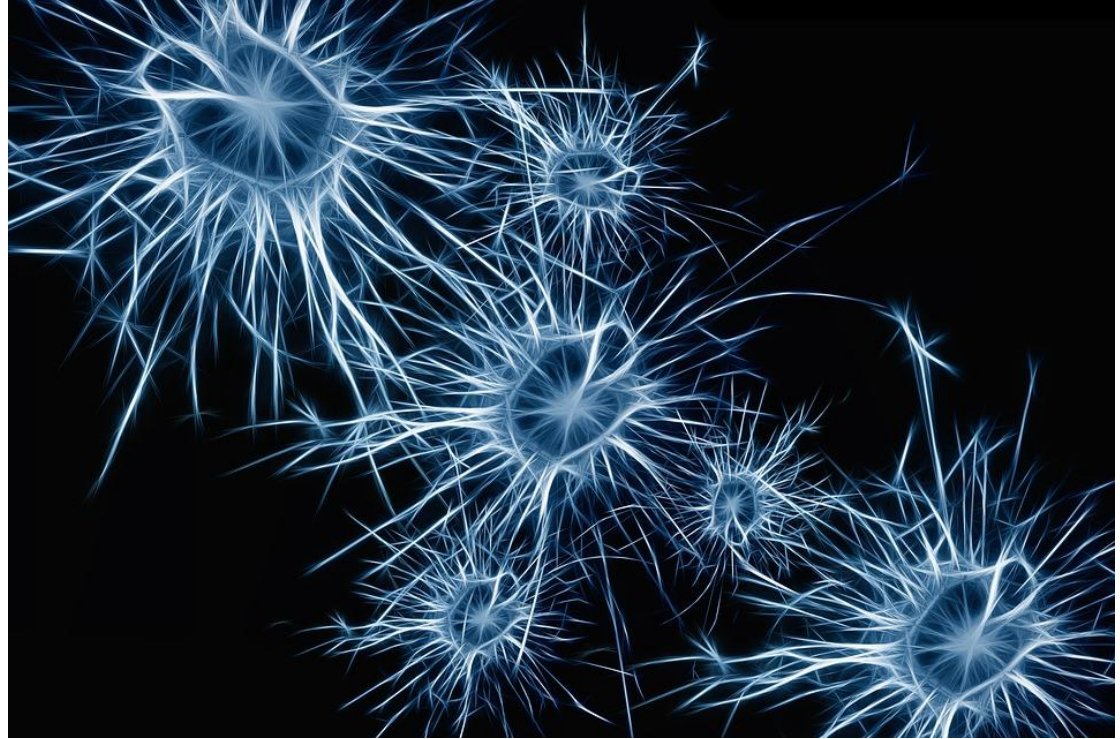
Harvard University: The Center for Developing Child



Take aways

Building skills takes

Time
Practice
Modeling



What is done at Gates?

Tier 1

Tier 2

Tier 3

What is done at Gates for all students (Tier 1) to help build these skills?

- 1 binder system
- Grades posted in ASPEN
- Homework posted on ASPEN or google classroom
- All students required to have an agenda and record homework daily
- Teachers post homework in the classroom, prompt students to write it down and give them time to record
- Tell students where and give them time to put papers in their binders
- Table of contents for binders (SS)
- Binder and agenda checks
- 20 minutes per night per subject
- Enrichment block is twice a week and can be used to organize lockers and binders
- Notes and handouts on google classroom
- Chunk projects and longer assignments into smaller portions with check-ins for each portion
- Drafts and revisions
- Graphic organizers
- Study guides/practice tests
- Building study skills by giving as homework: quizlet, kahoot, flash cards, practice tests, study guides
- Reflections on tests: where did you struggle? What could you do differently?

What is taught in the Counseling/Wellness Classes to build these skills?

- Learning Styles
- Problem solving
- Giving and getting support
- Understanding how the brain works
- Emotions: what they are, role they play, how they impact decision making, handling strong emotions (anger, anxiety, depression)
- Calming down or coping strategies: managing frustration, impulses, anxiety
- Mindset, practice and getting support when challenged
- Goal Setting and If-then plans
- Learning from mistakes

What is done at Gates for Tier 2?

Typically 6 week interventions that are very specific and growth is measured.
Most effective when parent can model and reinforce new habit at home.

Examples:

- Agenda check to see if student is writing down assignment.
- Offer after school time with teachers. (does student attend? Has grade improved?)
- Consulting with parents about tools to use at home
- Enrichment Block
- Parents email teachers each week for an update on his progress

What can parents do to help develop these skills?

**Doing for your
child
Overly
accommodating**



**Neglecting
Hands off**

Modeling and supporting

How do we help our children develop these skills?

- We are modeling at all times
- Start small
- Allow them to stumble
- Reflect on victories
- Practice
- Ask them

1. Ask your child to check Aspen with your support. Reflect and problem solve together.



Date:	Name:
Using ASPEN, please record your current grades in the following subjects:	
English	
Math	
Science	
Social Studies	
World Language	
Please record any missing assignments in the following subjects:	
English	<input type="text"/>
Math	<input type="text"/>
Science	<input type="text"/>
Social Studies	<input type="text"/>

ASPEN Check

World Language	<input type="text"/>
What is your plan for making up any missed work?	
<input type="text"/>	

2. Checklist at the door the night before

For Gates

- Chromebook (charged)
- Binder
- Do I need any books?
- Agenda
- Pencil case
- Do I need my instrument or gym clothes?
- Lunch or lunch money



Are you ready for school?

	I have my shoes and socks on.
	I have my homework and papers in my folder.
	My folder is in my backpack.
	I have my lunch.
	I have my backpack.
	Check the weather. Do you need a coat?
	I am ready for school!

3. Help student write an email teacher with question

Builds independence, assertiveness, self-advocacy, and relationship with teacher.

First letter of first name, last name@scit.org

Ex. amahoney@scit.org

(All names are on their schedule)

4. Designate a study area with supplies

Could include...

- Computer charger
- Paper with google classroom codes
- Passwords (ASPEN, School email)
- Copy of schedule



Encourage them to clean it up at the end of working time. Develop the routine.



5. Involve them in designing and organizing their school supplies rather than doing it for them.



6. Chunking homework

20 minutes on 10 minutes off



Questions