

Executive Function Skills: What Are They and Why They are Important for Your Advanced Learner

NVUSD ALPS Parent Learning Series #3

Wednesday, May 8, 2024

NVUSD ED Center, 2425 Jefferson St., Room 205

6pm-7pm

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**If there is no way,
Create One!**

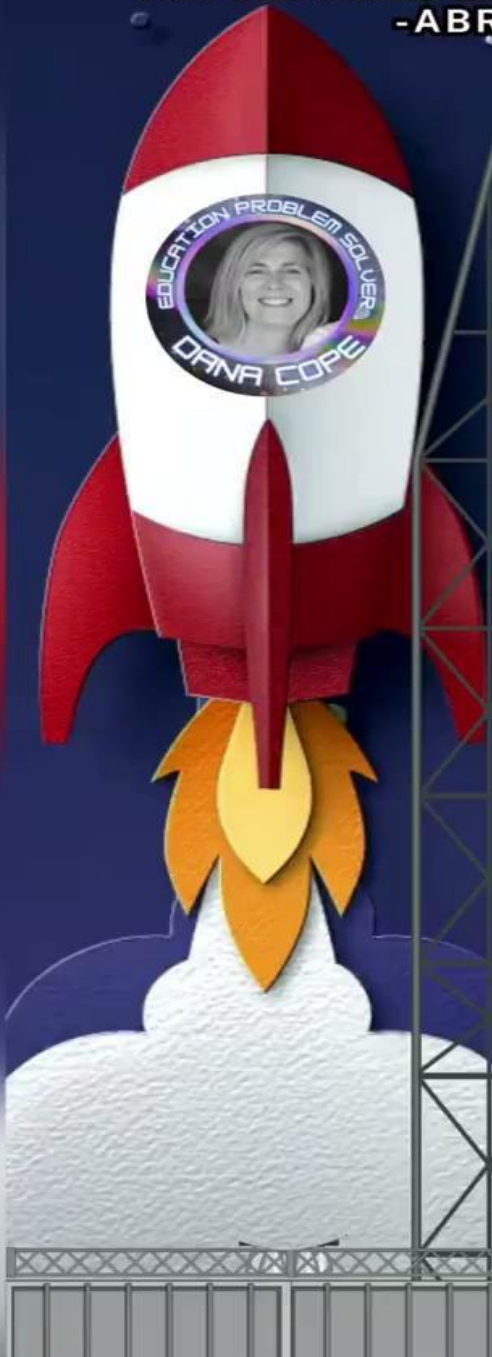


NVUSD ALPS

Parent Learning Series

- **This is a 3 Part Series: In our first session we talked about Winning the Game of School by using the Acronym LAUNCH!**
- **In our second session we explored the essential practice of Caring for YOU while we do the hard work of LAUNCHing our youth to independence!**
- **Today is our last session. We will talk about Executive Function–The Traffic Control Center of the Brain and its importance in successfully LAUNCHing our youth to independence.**
- **Thanks to NVUSD Translation Services, links to all three google slide presentations in Spanish and English can be found on Cope Consulting's FREE Resource Pages under [Support Presentations](#).**

LET'S **LAUNCH** OUR YOUTH TO
THE FARTHER REACHES OF HUMAN NATURE
-ABRAHAM MASLOW



- L** LISTEN, LEARN ABOUT YOURSELF AND OTHERS
- A** ASSUME POSITIVE INTENTIONS, ASK FOR CLARIFICATION
- U** UNDERSTAND WE ARE ALL DOING THE BEST WE CAN
- N** NATURE CALMS THE OVERACTIVE, WORRYING AMYGDALA
- C** COMPASSION FOR YOURSELF LEADS TO COMPASSION FOR OTHERS
- H** HEARTS HEAL AND CAN HELP OTHERS SEE THE PATTERN



Listen, Learn About Yourself and Others

Assume Positive Intentions, Ask for Clarification

Understand we are all doing the best we can

Nature calms the overactive, worrying amygdala

Compassion for yourself, leads to compassion for others

Hearts heal and can help others see the pattern

Guiding Quote



"A self-sufficient, independent life can be in your child's future, no matter how much they struggle today."

-Executive Function Superpowers
Máire Powell



- The **LAUNCHing** journey is filled with challenges.
- Each **challenge** that is presented is an **opportunity** to get more tools in your family toolbox to support your child in reaching their full potential.
- **Don't stop believin'!**

What Are EF Skills and Why Are They Important

What Are Executive Functioning Skills?



Brain Fluency

The ease with which information can be processed and understood



Brain Organization

Planning and prioritizing to meet goals and follow multi-stepped directions



Brain Flexibility

Adapting to new, changing and unplanned events



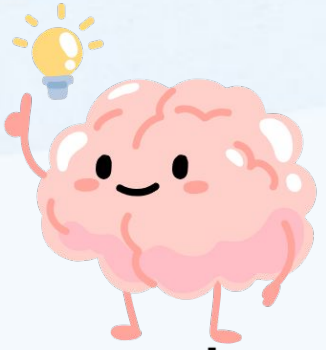
Brain Control

Managing emotions, behavior and attention
To follow a task to completion

What Are EF Skills and Why Are They Important

- Executive Function is the Traffic Control Center of our brain. It is the ability to follow instructions, solve problems and follow through in the completion of tasks.
- ALPS students often develop asynchronously. They may be excelling academically, but struggle with social interactions, managing emotions, paying attention, organizing, planning, starting and finishing tasks as well as turning them in.
- This can be confusing for parents and teachers. We all have our own roadmap that we must travel to reach our full potential. Excelling academically is just one piece of the puzzle. Providing support to strengthen executive functions results in gaining life skills to problem solve and achieve goals.
- Executive Functioning Skills are influenced by genetics and life experience. With practice, and by developing workarounds any person can improve these skills!
- Executive Function skills can be divided into four categories Brain Fluency, Brain Organization, Brain Flexibility and Brain Control. We have our own brainprint of strengths and challenges when it comes to these four areas. Let's look more in depth.

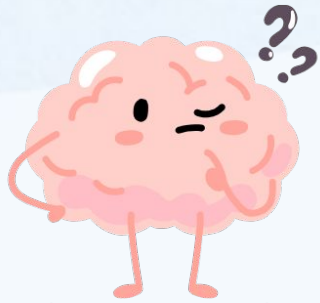
EF Skills and Workarounds



Brain Fluency.

- Working Memory: The ability to hold information and past learning in your mind while performing complex tasks
- Processing Speed: The ability to focus attention and quickly gather information
- ★ Universal Design for Learning Workarounds to discuss with your student's teacher if there is difficulty :
 - Ability to use notes on tests
 - Untimed tests and the ability to retake tests
 - Limit the amount of time on homework by modifying or shortening proficiency or best effort vs. completion
 - Grade on mastery vs. completion

EF Skills and Workarounds



Brain Organization

- Planning/Prioritizing: The ability to make a road map, make decisions, and prioritize task completion
- Organization: The ability to design and maintain a system for tracking information and materials
- ★ Universal Design for Learning Workarounds to discuss with your child's teacher if there is difficulty:
 - Have your student take a picture of the daily schedule so you can follow up with support at home.
 - Review the student portal daily with your student.
 - Planner needs to make sense to the learner. No extra info that is distracting. It can be digital or paper. The system has to work for the student.

EF Skills and Workarounds



Brain Flexibility

- Changing Perspective: The ability to revise a plan in the face of obstacles, setbacks, new information or mistakes. Ability to adapt to changing and unplanned events.
- Task Initiation: The ability to get started to begin a task.
- Shifting and Time Management: The ability to move from one situation to another. Capacity to estimate and use time effectively.
- ★ Universal Design for Learning Workarounds to discuss with your child's teacher if there is difficulty:
 - Review visual cues and procedures for routines with your child at school at home so they know what to expect.
 - Discuss guest teachers in advance if possible

EF Skills and Workarounds



Brain Control

- **Sustained Attention**: The ability to attend to a task in spite of distractibility, fatigue or lack of interest.
- **Self-Regulation**: The capacity to stop, evaluate and think before you act.
- **Emotional Control**: The ability to recognize and regulate emotions to complete tasks.
- **Goal Directed Persistence**: The capacity to persevere and follow a task through to completion.
- **Metacognition**: The ability to self-monitor and self-evaluate by asking, "How am I doing?" or "How did I do?"
- ★ **Universal Design for Learning Workarounds** to discuss with your child's teacher if there is difficulty:
 - **Cope Consulting LLC Self Regulation for Success**

What is your Brainprint?

- There is only one amazing each of us!
- Our journey here is to learn about ourselves so that we can reach our full potential.
- Talk as a family: What are my strengths, challenges and needs.
- We then need to gain tools to push through one challenge at a time while building our strengths and interests.
- Can a workaround help me with my challenge? Work together with your child's teacher and ALPS representative to come up with a plan of action.
- Believe your child will LAUNCH to independence and reach their full potential because they have you as their Guide on the Side!
- Together Everything is POSSIBLE!



Hold Your Horses Use Your Resources!

More gifts to YOU from my Caring for ME journey.

- [Cope Consulting LLC's Free Resources](#)



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