

STUDENT SERVICES

Newsletter

October 2022

A common struggle for children in the middle school years is executive functioning. What is executive functioning...

‘Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses.’ Centre for the Developing Child, Harvard University

Poor executive functioning skills affect our kids’ social and academic lives. If you feel like your child struggles to complete and prioritize tasks, focus and plan activities a place you might want to start is taking a mini quiz to see what areas of strength and areas for growth they have. You can find that quiz here: <https://www.smartbutscatteredkids.com/> Once you have identified areas that need the most support you can start to brainstorm strategies and focus on one goal at a time. A great resource for strategies can be found here: <https://www.smartbutscatteredkids.com/wp-content/uploads/2018/03/CoachingTeensSheet.pdf> It is a longer read but gives a useful guideline for working through these issues with your child.

We hope you’ve found this helpful and are happy to chat with you or your child if you would like. Our contact information and a website is below.

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A website you may find helpful....

Centre for Developing Children- Harvard University

<https://developingchild.harvard.edu/science/key-concepts/executive-function/>

While these strategies mostly pertain to the school setting there are a few suggestions you can try at home

Strategies for Supporting Executive Functioning Needs

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Have homework written down in the same spot every day		Explicitly teach executive functioning & study skills		Give an extra 3-5 minutes to organize before transitions	
	Schedule a weekly organization time		Create routines and practice them often		Incorporate movement during instruction
Create an end-of-the-day checklist to remember materials		Provide brain breaks during and after instruction		Clearly explain academic & social expectations	
	Keep an extra set of books at home and in the classroom		Use countdowns & time checks during work periods		Have students set up homework binders

Find more tips at: www.thepathway2success.com Clipart by Kate Hadfield