

Executive Functioning (EF) Skills Testing, Workshops & Coaching

What do weak EF skills look like?

Below are characteristics a child or young adult might show if they have executive functioning difficulties.

- ☐ Seems to lack an internal sense of time
- ☐ Struggles to stay organized
- ☐ Missing deadlines and/or may be chronically late
- ☐ Can't seem to set or meet goals
- ☐ Unmotivated for school work or completes work but doesn't hand it in
- ☐ Misplaces things often
- ☐ Difficulty following directions or doesn't understand directions
- ☐ Trouble transitioning from one activity to another
- ☐ Doesn't take ownership of learning and has difficulty studying
- ☐ Feels overwhelmed and anxious about school work

What does the research say?

Research indicates that executive functioning skills are among the strongest predictors of success in life, surpassing even IQ. Building these skills early gives students tools that will serve them for years to come. Our brains have the capacity to learn and grow no matter our age. It's never too late to learn strategies to support weak EF.

What does Executive Function (EF) Skills testing provide?

Formal EF skills testing measures strengths and weaknesses across all 11 EF domains. Testing is recommended before participating in our workshops and/or coaching. You'll receive a summary report that includes the following information. Our EF testing does not provide a formal medical diagnosis.

- ☐ Your child's unique profile of EF strengths and weaknesses
- ☐ Parent and teacher recommendations for support at home and school
- ☐ Functional goal suggestions for continued growth

What are some examples of EF workshop objectives?

- ☐ Complete a self-assessment for increased self-awareness
- ☐ Learn brain basics - what executive functions are and when they typically develop
- ☐ Learn about metacognition and 11 other executive functions
- ☐ Identify attributes of successful learners
- ☐ Plan to meet deadlines and reducing stress
- ☐ Learn and apply visual strategies to plan days, weeks, months
- ☐ Learn and apply strategies for how to plan long term projects
- ☐ Set realistic and necessary goals
- ☐ Learn how the brain is affected by nutrition, sleep, & exercise

Is parent involvement important?

Parent involvement is essential! All students must have a parent that can access our home connection component to bridge what's being taught in class with home and school.