



©Marydee Sklar - Executive Functioning Success

John Medina,  
author of Brain Rules  
and Brain Rules for Babies.

Our children need strong executive functioning skills for school success and beyond.



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Many students are struggling to complete and turn in work.



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Struggling students frustrate parents and teachers.



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You need knowledge to help your students to be successful learners.



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Focus on the brain to develop the executive functioning skills to get things done.



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Understanding executive functions is key to effectively help your students.



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Develop Metacognition to Create Behavior Changes



Teach students WHY and then HOW.

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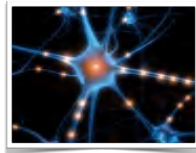
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The way the brain is wired impacts behavior and learning.



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There isn't a fixed definition or one test for executive function skills.



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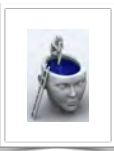
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Pause and Reflect:



**Executive Function Skills**  
Based on the model from Barkley and DuPaul (1994) and Barkley (2001)

Skill	Definition	My Rating (1-5)	My Progress (1-5)
Attention			
Task Discontinuation			
Planning			
Control of Attention			
Response Inhibition			
Working Memory			
Planning & Organization			
Goal Management			
Organization			
Task Initiation			
Monitoring Behavior			

© The Barkley (2001) Executive Function Skills Inventory (EFSI)

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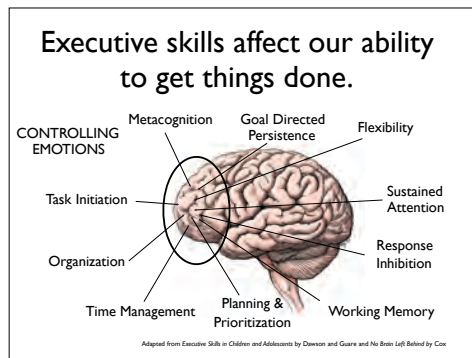
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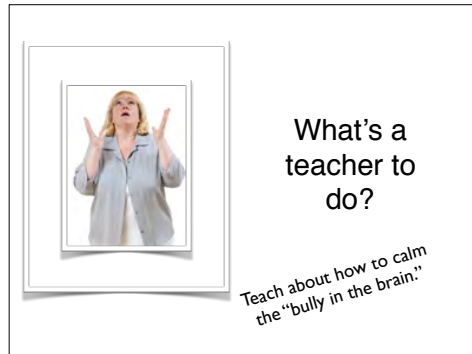
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- ### The executive skills required for independent seatwork and homework:
- A. Understand directions: *Metacognition*
  - B. Start work on his or her own: *Task Initiation*
  - C. Work despite distractions: *Sustained Attention*
  - D. Ask for help when it is needed: *Metacognition*
  - E. Stick with it long enough to complete it: *Sustained Attention & Goal Directed Persistence*
  - F. Make careless mistakes or fail to check work: *Metacognition*
  - G. Finish the work on time: *Time Management*
  - H. Remember to turn it in on time: *Working Memory*
- Adapted from *Executive Skills in Children and Adolescents* by Diamond and Galloway

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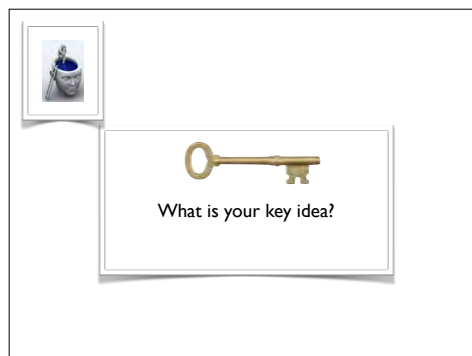
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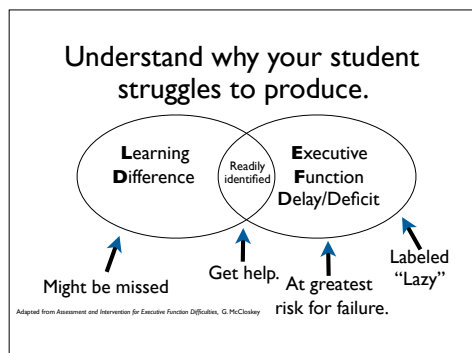
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## EF Deficits are not the Only Reason Students Struggle

Anxiety?

Situational stress?

Tourette's syndrome?

ADHD?

Depression?

Fatigue?

Brain injury?

Autism spectrum disorders?


**EFD?**

Nonverbal learning disorder?

Dyslexia?

Language/Learning Disorder?

Processing Speed?



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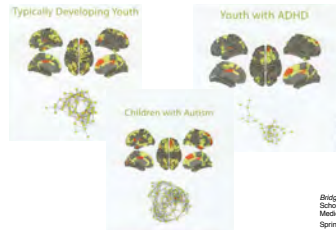
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## The Brain at Rest

Typically Developing Youth

Youth with ADHD



Bridges: OHSU School of Medicine Spring 2013

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## Executive skills depend upon the age of the brain and genetics.



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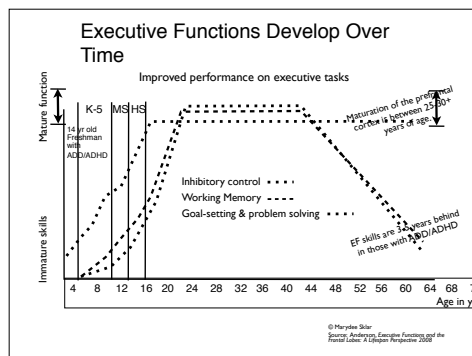
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What is your key idea?

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If the brain  
can't,  
then you have  
to use  
external  
strategies.



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## Out of Sight, Out of Mind



The brain with  
EF weaknesses does  
what is in sight!

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Analog clocks are needed  
wherever you get "lost" in time.



Where do you need  
analog clocks?



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## Calendars are Critical for Future Thinking

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Project deadlines  
and exams

Cross off daily!

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## Timers are Great!

Transitions



Break  
reminders

Motivation

Use them carefully.  
They can be stressful.

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## Access Motivation

1. Make a prediction
2. Achievable chunks
3. Visible reward



Judy Willis, MD  
Ignite Student Learning

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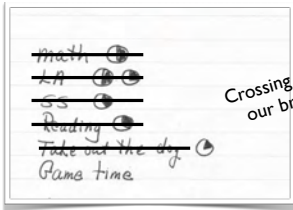
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## Make a Homework Plan



Crossing off a list makes  
our brain feel good!

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What is your key idea?

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## Won't? or Can't?

What is the  
EF  
weakness?



How do I  
support the  
EF  
weakness?

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Support is key to developing  
executive functioning skills.



Adapt to your student's level of  
executive function skill development.

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## Teach Executive Skills: Little by Little, Over and Over



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If the brain can't do it internally...



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...we need to support the brain  
with external tools and strategies.



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## What's next?

Set Up Learning Communities

Distance Courses with Marydee:

Building Executive Skills in the Classroom:  
Time Management, Planning and Organization

Teaching the Seeing My Time® Program

[info@efsucces.info](mailto:info@efsucces.info)

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Thank you for your time.  
Keep in touch!



Books, Online Courses  
& Planners

Visit: [ExecutiveFunctioningSuccess.com](http://ExecutiveFunctioningSuccess.com)  
Contact: [md@efsucces.info](mailto:md@efsucces.info)

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