



Westchester Institute  
for Human Development

<https://www.wihd.org>

Community Support Network Transition Institute 2021

# WESTCHESTER INSTITUTE FOR HUMAN DEVELOPMENT

JANUARY 12<sup>TH</sup>, 2021

## Putting the Function Into Executive Functions: Tips & Tools For Student Success



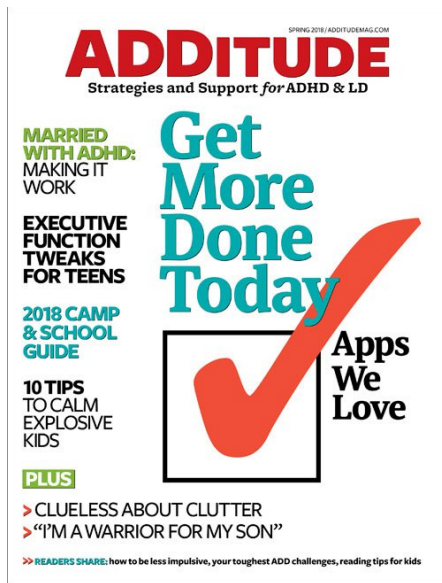
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# ORDER OUT OF CHAOS' MISSION

Our purpose is to provide hands-on education, guidance and coaching to parents and their students through our customized products and programs, so all children – both mainstream and with learning issues – can develop the necessary skills they need to experience success in learning and in life.

# WHERE TO FIND ME

## ADDitude Magazine: “Dear ADHD Family Coach”



Menu **ADDITUDE** *Inside the ADHD mind*

ADHD SYMPTOMS & TESTS ADHD TREATMENT ADHD PARENTING ADHD ADULTS NEWS & FORUMS DOWNLOADS, WEBINARS

Time to talk to your child's doctor about an **ADHD treatment**

**ASK THE EXPERTS**

### Q: What Activities (Besides Video Games) Captivate the Attention of Teens with ADHD?

Video games are addictive for ADHD brains. If your teen tends to hyperfocus on screens, help him strike a healthier balance with these creative alternatives: ideas for activities and interests that will capture the attention of even hardcore, non-sporty gamers.

BY LESLIE JOSEL

Q: “Like most teenagers, [my son with ADHD really enjoys video games](#), especially when he plays with his friends remotely at home. However, he hyper-focuses on any activity that includes screen time and does little else. What are some good hobbies or general interests you have seen that are especially good for [teens with ADHD](#)? My son does not play or watch sports so any sport-related suggestion will most likely not work.” —*Frustrated Father*

# EXECUTIVE CONTROL

**Executive Control** is the brain's ability to filter, suppress and "screen out" all incoming information (including our own thoughts and reactions) that might "get in the way" of our ability to self-regulate and complete tasks.

In order to function daily, the brain must be able to ignore irrelevant thoughts, physical impulses, and external stimuli that barrage us and threaten our ability to maintain focus and control our thoughts, feelings and actions.

# EXECUTIVE FUNCTIONING FACTS

**Can look similar to ADHD**

**Can be invisible**

**Not fully developed until your mid-20s**



# BRAIN VS BEHAVIOR

**Executive Age** is the person's age based on how his or her brain is working. EF individuals are an average of 30% behind. This delay lasts into adulthood. Human brains reach their highest point of maturity in the early 30s, and for EF people, that is where the maturity stops, even if there is delay.

# What is the Executive Age?

True Age	Executive Age	True Age	Executive Age	True Age	Executive Age
3	2	13	8.67	23	15.33
4	2.67	14	9.33	24	16
5	3.333	15	10	25	16.67
6	4	16	10.67	26	17.33
7	4.67	17	11.33	27	18
8	5.33	18	12	28	18.67
9	6	19	12.67	29	19.33
10	6.67	20	13.33	30	20
11	7.33	21	14	31	20.67
12	8	22	14.67	32	21.33

When your children frustrate you with actions that are not age appropriate, refer to this chart to remind you to give them grace because their brains are developing behind schedule.

# EF SKILLS REQUIRED



**Planning and prioritizing.**



**Finishing work on time.**



**Getting starting.**



**Retaining information.**



**Organization.**



**Flexible thinking.**

# EF SKILLS REQUIRED



**Understanding directions.**



**Managing frustration or moods.**



**Underwhelmed by the “volume” of work or tasks.**



**Continue working despite distractions.**

# CLUSTER #1

## Activation

Organizing.

Time Management.



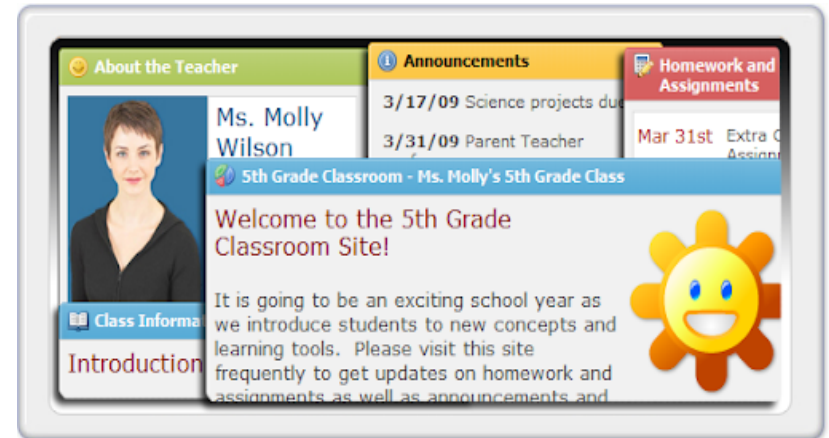
# THE BRAIN LIKES PREDICTABILITY

Ordered Structures



Consistency

Organized Spaces



# ACTIVATION

## Organizing

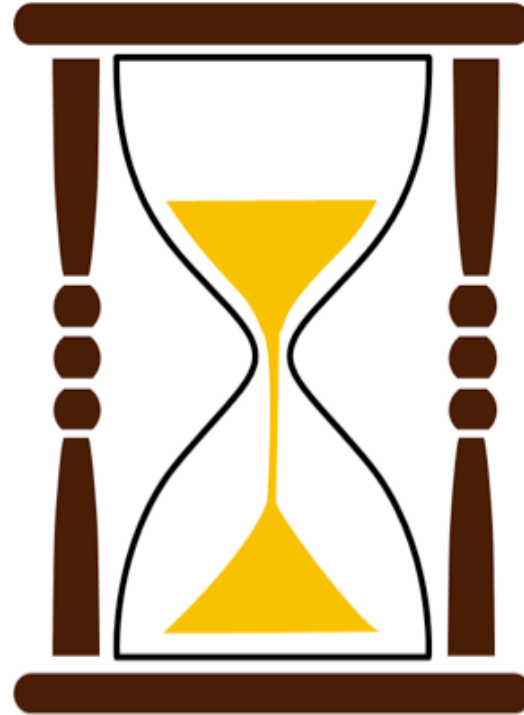
**TIP:** If it takes more than 2- 3 steps to do.....

**TIP:** Clear is King!

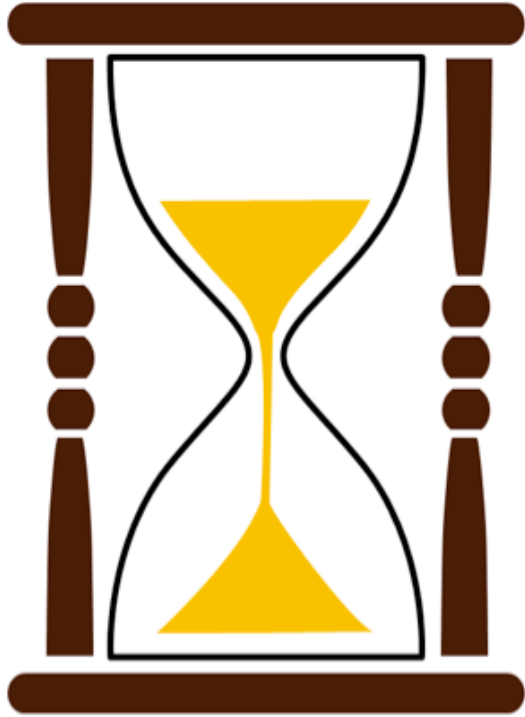
**TIP:** If they don't see it, it doesn't exist

# TIME MANAGEMENT

You Need to **SEE**  
Time to Learn How to  
**MANAGE** it.



# TIME MANAGEMENT



**Externalize Time  
to  
Internalize Time**

# ANALOG CLOCKS

**Hang clocks in every room your student spends time in.**

**Including the BATHROOM!**



# WHY?



Analog lets you see time move and where you stand in relation to the rest of the day.



Present time, elapsed time, future time.



Helps to understand how long you've spent on tasks and how much time you have left.



Digital gives one time – THE PRESENT!

# ANALOG VS DIGITAL

PAUSE  
PICTURE  
PACE



DONE!

## CLUSTER #2

# FOCUS

**Focusing.**

**Shifting Attention.**

**Mental Flexibility.**



# MOVEMENT

## HELPS

Focus

Initiation

To lay down learning

To stay the course



# BODY DOUBLING



MUSIC



## CLUSTER #3

# Effort

**Sustaining Effort.  
Distractions.**

**TIP: Use multi sensory learning.**

# MULTI-SENSORY LEARNING

Use multi-media learning -  
audio



visual

tactile

verbal



## CLUSTER #4

# Managing/Regulating Emotions

**Stuck.**

**Frustrated.**

**Explosive.**

**Anxious.**

**Overwhelmed.**



# MANAGING EMOTIONS

**Reduce the amount of work or information.**

**Reduce open ended questions.**

**Give choices.**

**Emotional outlet.**

# CLUSTER #5



## Working Memory



**TIP:** Linking the unknown to the known



**TIP:** Repeat important material  
backwards

# MEMORY

**“Oh, By The Way”....  
& “Don’t Forget”...**



## CLUSTER #6

# Action:

**Monitoring Actions.**

**Impulsivity.**



# STRENGTHENING THE BRAIN

**DO YOU ANSWER A QUESTION IF  
NONE WAS ASKED?**

# STRENGTHENING THE BRAIN

*I'm hungry.*

*I'm tired.*

*I'm thirsty.*

*I can't find..*

*I'm cold.*

*I don't like...*

*I don't know where...*

# STRENGTHEN THE BRAIN

**THE BRAIN IS A MUSCLE!**  
**IT NEEDS TO BE EXERCISED!!**



# JOIN OUR COMMUNITY

Sign up for our monthly newsletter at [products.orderoochaos.com](https://products.orderoochaos.com)

*(link to this page is in the footer of our website)*



Debating whether or not you should give us your email address? **WATCH THIS FIRST!**

## Want Our FREE Parenting Guide?

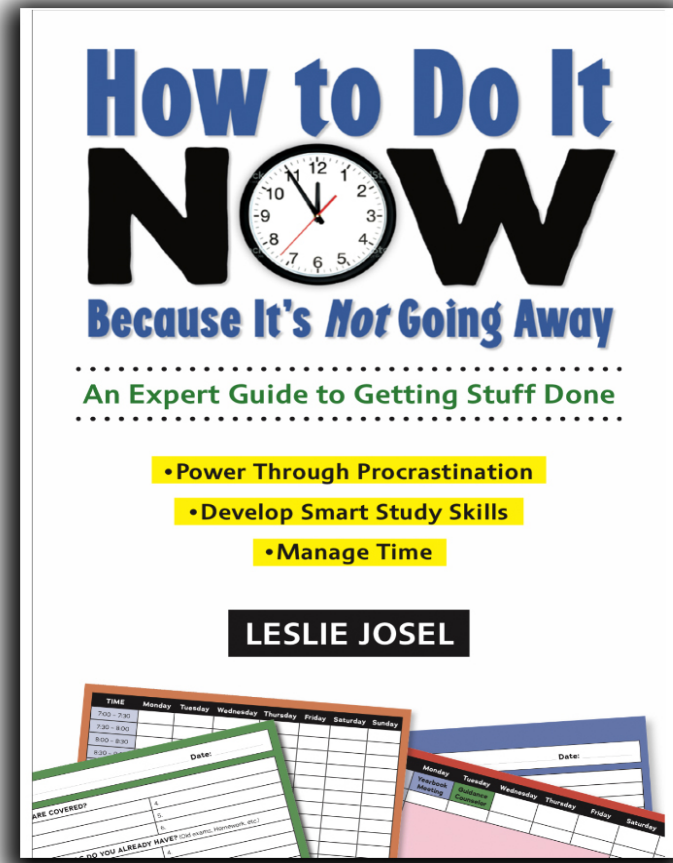
Receive our **FREE** eBook "Raising Problem Solvers: 10 Questions Every Parent Needs To Ask Their Child!" (\$19.99 value) with just one click. As a **BONUS** you'll get our award-winning monthly newsletter. **A MUST READ!**

OMG! I Need That!!

# FOR TEENS & COLLEGE STUDENTS

## Does Your Student Procrastinate?

[products.orderoochaos.com](http://products.orderoochaos.com)



# Q & A

