10 Pearls of Executive Function Wisdom

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About me...
- Undiagnosed ADHD
- So organized
- Love my lists
- Father of 3 boys
- The Gow School, GSSP

What is Executive Function
- The group of complex mental processes and cognitive abilities (such as working memory, impulse inhibition, and reasoning) that control the skills (such as organizing tasks, remembering details, managing time, and solving problems) required for goal-directed behavior.
  - Merriam-Webster

10 Pearls
- Color coding
- Binder system
- Daily Planner
- Flash Cards
- Check List
- Simplify Directions
- Work Space
- Time Management
- Rewards v. Consequences
- Be consistent

Color Coding
- Can be very effective
  - We recognize color a lot faster
  - Color becomes a visual label
  - Our students are visual
- Can easily be added to classroom
- Can be used in every subject

Color coding – Uses
- Help organize information
- Find like terms (math)
- Simplify formulas/Equations (math, sci)
- Organize multistep problems
- Parts of speech (ELA)
Color coding – Uses

- Separate Topics
  - Parts of a lab report
- Highlight vocabulary words/unknown words
- Marks dates and events
- Be Consistent!

Color coding

- Can underline/highlight
  - But...
- 4-color pen
  - Red, Blue, Green, Black – coordinate with Smartboard
- Erasable pens
- Erasable colored pencils
- Other ways

Binder system

- Can be customized
- Get everyone on board
- Pocket tabs v. tabs
- Organize often
- Storage binders

Binder system - Tabs

- Can be customized to the class
  - Notes
  - Homework
  - Tests
  - Quizzes
  - Handouts
  - Labs
  - Vocabulary
  - Study Guides
- Writing Samples
- Portfolio
- Journal
- Reading Log
- Projects
- Corrections
- Spelling
- Phonics
- Comprehension
- College Essay
Daily planner

• Several out there
• Can be customized
• Have time scheduled into the class
• Check it!
• Multiday assignments
• Be consistent in how homework is assigned
• Can be personal

Accountability
Time management

Long term planning

Simpler format

Daily planner (review)
- Simple to complete
- Can be customized to/by the student
- Be consistent
- Check it daily
- Make it part of the class day

Flash cards
- Great for memorizing information
  - Vocabulary
  - Dates
  - People
  - Formulas
- Hole punch and use a ring
- Make them throughout the term
- Have it be a small grade

Check lists and Schedules
- Know what to expect
- Home
  - Before school
  - During school (behavior/work done)
  - After school
- Weekly chores
Before school
• Make bed
• Pack bookbag
• Eat breakfast
• Make lunch
• Brush teeth
• Coat and shoes
• Meds
• Etc

During school
• Can be done subject by subject
  ◦ Stayed in my seat
  ◦ Didn’t have to be asked more than 2 times
  ◦ Got my classwork done
  ◦ Stayed in line
• Usually stickers or smiley faces
• Can add up to a reward

After school
• Homework
• 15 minutes of reading
• 10 minutes of math facts
• Help prepare dinner
• Shower
• Chores
• Etc

Check lists and Schedules
• School
  ◦ Tasks for an assignment
    ◦ Outline
    ◦ Story plot
    ◦ Rough draft
    ◦ Final
  ◦ Grading rubrics
    ◦ Help set expectations

Simplify Directions
• Multistep
• Get confirmation
• Post them online
• Help them be their best self

Work area (home and school)
• Same place every day
• Void of clutter
• Atmosphere
  ◦ White noise, music, quiet, spa music
• Have all supplies there
• Manipulatives
Time management

- Can make mountains into mole hills
- Visual timers
- Set expectations
  - Give count downs
- Limit disruptions

Reward system

- Reward v. Consequence
- A little Neurobiology
- Benefits of reward
  - Keeps it positive
  - Can be simple
- Consequences

Be Consistent

Thank you

- Any Questions?
Math

To Organize:

\[ (x+3) (x+6) \]

\[ x^2 + 6x + 3x + 18 \]

\[ x^2+9x+18 \]
Find Like Terms:

\[ X \quad Y \quad \# \]

\[ 3x^2 + 4xy - 2x + 17 \]

Solve for \( y \)

Formulas:

\[ Y = mx + b \]
Biology

Organelles of the Animal Cell

Cell Membrane
- Bilipid membrane layer
- Separates the cell from its external environment
- Selectively permeable
- Protects the cell
- Provides stability

Nucleus
- Largest organelle in the cell
- Has a double membrane
- Holds chromosomes which contain the genetic material (DNA)
The control center of the cell

Ribosomes
- Found throughout the cell
- Produce protein
- Line membranes of the rough endoplasmic reticulum

Endoplasmic reticulum
- 2 types (Rough and smooth)
- The transport system of the cell
- Rough get their name because of ribosomes of the cell membrane

Mitochondria
- Release food energy from food molecules
- The power house of the cell
- The more energy the cell needs, the
more mitochondria it will have. ie: muscle cells
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Equations

What is the force of a 5kg bowling ball falling at 9.8m/s²?

Force = \( m \times a \)

Force = 5kg \( \times \) 9.8m/s²

Force = 49 kgm/s²

Force = 49 N

Lab reports:

Introduction
Experiment
Materials
Methods
Results
Discussion
Conclusion
References
Parts of speech

Noun   Verb   Adjective   Pronoun

The wind blew it out of my hand.
The brown dog jumped over her bike.

Verbs

Past tense   Future tense

I ran 3 miles yesterday.
Kevin and Jim will study extra hard for their exams.
The cat slept all day.
Nathan loves reading his comic books.
Jon won his match.
Ian watches too much TV.
Presidents from Texas

Lyndon B. Johnson
- Born 1908
- Died 1973
- President #36 - 1963-1969
- JFK's VP 1961-1963
- Democrat
- US Representative - 1937
- US Senate - 1948
- Majority Leader - 1955
- A high school teacher before entering politics

George H. W. Bush
- Born 1924
- Died 2018
- President #41 1989-1993
- Reagan's VP 1981-1989
- Republican
- US Representative 1967-1971
- Ambassador to UN 1971-1973
- RNC Chair 1973-1974
▪ Director of CIA 1976-1977
▪ Father of George W. Bush - only 2nd father/son pair to serve as president

George W. Bush
▪ Born 1946
▪ 43rd President 2001-2009
▪ Republican
▪ Governor of Texas 1995-2000
Mrs. C

14yo daughter
Dyslexia and ADHD(i)
Currently doing OG
Unmedicated over the summer
Never been away from home
Low self-esteem in the classroom

Mr. B
10 yo son
ADHD(c) only
Struggles with organization and time management
Good athlete
Strong social skills
Very athletic

Ms. F
12 yo son
No dx, but struggles with comprehension
Weak social skills
Socially immature
Son has been to sleep away camp the past 3 years. Loves it
Friends with S.F. current camper
DBC
2 sons, 15 and 12. Both dx dyslexia.
Doing Wilson on and off past several years
Cousin attends the academic year (MC)
Testing is 5 years old, new evals being done
Will come to open house next week