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Charting the Cs
Cooperation, Communication, Collaboration

Creating a Brain Toolbox:

Building **Executive Function** Skills to Help your students thrive!
with Sarah Kesty

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It started with a 7th grade “binder party”



Successful young man in front of his car

Slide 3


We saw: physical chaos.
He needed: organization strategies.



Iceberg image of above and below the surface

Slide 4


We stopped guessing, and we started listening



Female student with her teacher, smiling

Slide 5


We saw: limited work engagement
She needed: self-awareness and access tools.



Iceberg image of above and below the surface

Slide 6


It wasn't a matter of IF, but of HOW



Middle school boys, dissecting a squid

Slide 7

We saw: waiting for help, prompt dependence
They needed: to learn how to "student"




Iceberg image of above and below the surface

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What is "Executive Function?"

3 Main "Branches"

- Future Skills
- Emotions and Attention
- Learning and Memory



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Future skills

Include:

- Organizing
- Planning
- Prioritizing
- Visualizing
- Initiating

We see their deficits as:

- Forgetting assignments
- Difficulty starting tasks
- Not returning work (done or not)
- Working really hard but on low-value assignments
- Losing/hunting for the same things every day

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Emotions and attention

Include:

- Emotional Regulation
- Attention and Focus
- Energy Regulation
- Inhibit Impulses
- Anticipating and meeting own needs
- Self-monitoring

We see their deficits as:

- Losing one's cool
- Difficulty focusing
- Attending to "wrong" things
- Feeling "odd" or left out
- Getting stuck with an emotion

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Learning and Memory

Include:

- Working memory
- Steps and routines
- Processing Speed
- Flexible thinking

We see their deficits as:

- Forgetting steps to tasks
- Foggy thinking
- Difficulty with recall
- Struggles with synthesizing information
- Challenges with writing

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Impaired EF Skills are associated with...


- Learning Disabilities
- Autism
- ADHD and ADD
- Behavior Disorders
- Traumatic Brain Injuries and Stroke Victims
- Associated with poverty
- Associated with Mental Health Disorders such as depression and anxiety

Slide 13

Update Your Tree

Roots of EF Development:

- Self-Awareness
- Strategies
- Practice
- Reflection

A simple illustration of a tree trunk, showing the bark texture and a hollowed-out section in the middle. It is positioned to the right of the text on slide 13.

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The Biggest Idea

Detective Perspective

When your child struggles, ask yourself:

- * What **skills** could they be **missing**?
- * What **strategies** do they need?
- * What can we **change** in the **environment**?

A magnifying glass with a wooden handle is placed over a surface with horizontal stripes in red, yellow, green, and blue. The lens is focused on the center of the stripes. This is the illustration for slide 14.

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Key Phrases to Indicate Missing Skills

“Should”	“Just”
You know that when you come into class, you should set up your device...	Just study more.
You’re in 6 th grade, you should ...	Just sit down and focus.
	Just ask for help.

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So. Much. Hope.




Student with her teacher

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Tomorrow at our conference:



- Roots
- Water
- Sunlight

All without adding to your plate!

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Charting the Cs
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Thank you!

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The Executive Function Podcast