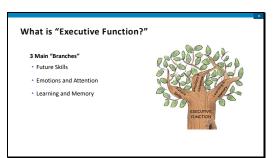


# Slide 2

#### Perspectives...

Fault & Responsibility

Speed & Skill-Building



### Where do I start? (without adding to my plate?)

- Make a "Should List"
   Think in terms of triage
   One skill at a time

And if your brain is really tired one day, you can (Quick & Easy)

- Turn directions into questions
  Ask the Magic 6
  Think aloud of your own EF process

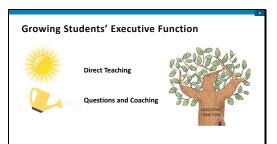
# Slide 5

### **Revisiting the Executive Function Tree**

#### Roots of EF Development:

- Self-Awareness
- Strategies
- Practice
- Reflection







# Slide 8

#### Embedding EF Support: Opportunities to teach skills with a simple twist

- Add it to Socail-Emotional Learning time
- Turn directions into questions
- Focus on EF during project introductions
- Add small bits to your opening/closing routines
- Create a living "Strategies Anchor Chart" or bulletin board
- Use the Calendar to pick skills, make monthly themes

# Slide 9

#### Directions → Questions (that develop EF!)

"Please take out your book"  $\,\Rightarrow\,$  "What do you need to be ready for reading?"

"Get ready for math"  $\Rightarrow$  "What do you picture on your desk during this time?"

"Stop clicking your pen" → "Sounds like your brain wants some activity. How could you get movement without making a distracting sound?" (Taps leg instead)

# Mini Lessons for Strategies

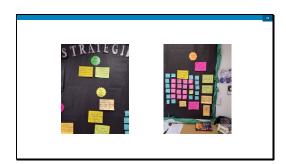
Connect: Engage students with a story that illustrates the need

Teach: "Today I want to teach you that..."

Active Engagement: Invite students to practice/discuss with your help

 $\pmb{\text{Link:}}$  Invite students to practice the strategy and remind them when they will know they need it.

# Slide 11





### The Magic 7 (questions that develop EF skills)

- 1."What do you notice?"
- 2."What parts do you understand?"
- 3."What do you think you might need right now?"
- 4."How can you tell?"
- 5."Where could you look for that information?"
- $6.\mbox{\ensuremath{\it 6}}\mbox{\ensuremath{\it 6}}\mbox{\ensuremath{$
- 7."What's your plan for..."

# Slide 14

#### **Question-Coaching techniques**

#### Hear Responses without Judgement

EF Skill-building questions are designed to be open-ended.

# Remove Your Instructor Hat You are simply seeking information, opinions, and reflections.

They ask students to problem-solve and create their own solutions and systems.

If you teach and preach, it won't be lasting learning.

# Slide 15

### Question-Coaching Techniques, continued

Start broad and narrow until the student is selfidentifying the first step or a strategy to try.

What homework did you bring today?

Which assignment seems the easiest? Which one seems the hardest?

What would make the most sense to work on while you have help?

Tell me what you understand on/about this assignment... What's your first step?



### Coaching stems to consider

Some people like to...

Have you considered...

Tell me more about...

What's your plan for....

How will you be sure to...

What's your strategy for... Let's practice what ---- will look like...

## Slide 17

# Try to Avoid...

Closed
Yes/no, one-word answers give you little information and stall momentum.

**Leading**Let your students swim around a bit in thought. Don't lead them with your words—it will result only in short-term learning.

**Solution-Oriented** "Should you, Could you, Will you" have direction implied. They're often suggestions or directives in disguise and take thinking away from the student.

# Slide 18

### Try to Avoid...continued

**Why?**Why often puts people on the defensive. Instead, try to state it as "tell me more about..." or, "You were saying..."

Rhetorical or Sarcastic Avoid using emotional or judgmental questions or sarcasm, no matter how "duh!" the moment becomes.

**Step-Skipping**Try to avoid taking anything for granted as you walk your student through decision-making. Don't rush or skip steps that may be crucial to skill development.

# The Magic 7 (questions that develop EF skills)

- 1."What do you notice?"
- 2."What parts do you understand?"
- 3."What do you think you might need right now?"
- 4."How can you tell?"
- 5."Where could you look for that information?"
- 6. "How will you remember to... (use that strategy or take that action?)"
- 7."What's your plan for..."

# Slide 20

#### Time to practice!

I'm a 6th grader who's sat for 10 minutes looking semi-busy with everything but the written work you've assigned.

What are you assuming?

What are you wondering

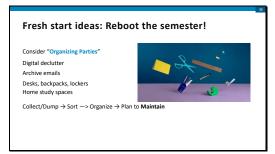
What questions can you ask?



# Slide 21

#### Let's Calendar some EF Skills Themes

January	February	March	April	May	June
Self- regulation (sit, manage attention) Goal-setting	Goal monitoring Project: Chunking Time Est Planning Sleep and health Social and love	IEP empowerment EF at home Stress management, emotional regulation Projects	State testing Catch up plans (spring break)	Energy deficits, mental stamina low Hail Mary (last min grade- savers) Calendar management (backwards plan)	Grad check lists Reflections on what went RIGHT



# Slide 23



