

Slide 1

**Charting the Cs**  
Cooperation, Communication, Collaboration  
Helping children, adolescents & young adults succeed in school & life beyond school walls.

**Trauma and Learning: The Impact on Executive Functioning**

Cara McGlynn, MSW, LICSW  
January 2023

Slide 2

**Session Overview:**

- Trauma and Traumatic Stress
- Early Development of Executive Functioning and Impact of Trauma
- Executive Functioning, Education, and Supporting Traumatized Youth
- Trauma Informed Practices to Support Student's Executive Functioning Skills

Slide 3

**The 3 E's of Trauma**

- Event (or series of Events)
- Experience
- Effect

The Substance Abuse and Mental Health Services Administration (SAMHSA)

Slide 4

Toxic Stress

**TOO MUCH, FOR TOO LONG**

Slide 5

**Early Development of Executive Functioning**

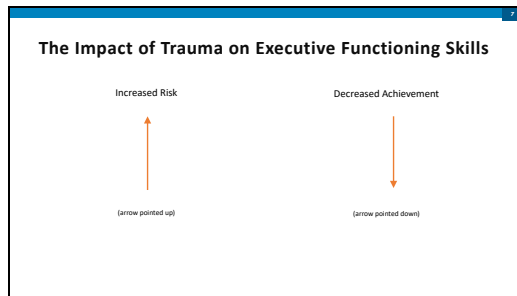
- Working Memory: Governs our ability to retain and manipulate distinct pieces of information over short periods of time.
- Mental flexibility: Helps us to sustain or shift attention in response to different demands or to apply different rules in different settings.
- Self-control: Enables us to set priorities and resist impulsive actions or responses.

Slide 6

**Foundation for School Readiness & Academic Success**

- Working Memory = storing crucial task information, ability to follow instructions, & task completion
- Mental flexibility = Switch between task demands, navigate stimuli, & creativity
- Self-control = Determination, perseverance, & impulse control

Slide 7



Slide 8

What Can We Do?

**Relationships**

Slide 9

- Trauma Informed Strategies to Develop Skills
- Working Memory
  - Mental flexibility
  - Self-control
- PLAY

Slide 10

10

**Special Situations**

- Head Injury
- Dissociation

Slide 11

11

**Charting the Cs**  
Crisis • Connection • Collaboration  
Helping Middle Schoolers by Supporting Their Schools, Communities and Families

**Thank you!**

Cara McGlynn, MSW, LICSW  
[cmglynn@916schools.org](mailto:cmglynn@916schools.org)  
651-415-5426