

2020-2021 Fall S.E.P.A.C. Meeting

Supporting Your Child in the Remote Environment



November 17, 2020
11:30-12:30

What is: Executive Function

Students struggle to organize and regulate their behavior in ways that will help them accomplish long-term goals

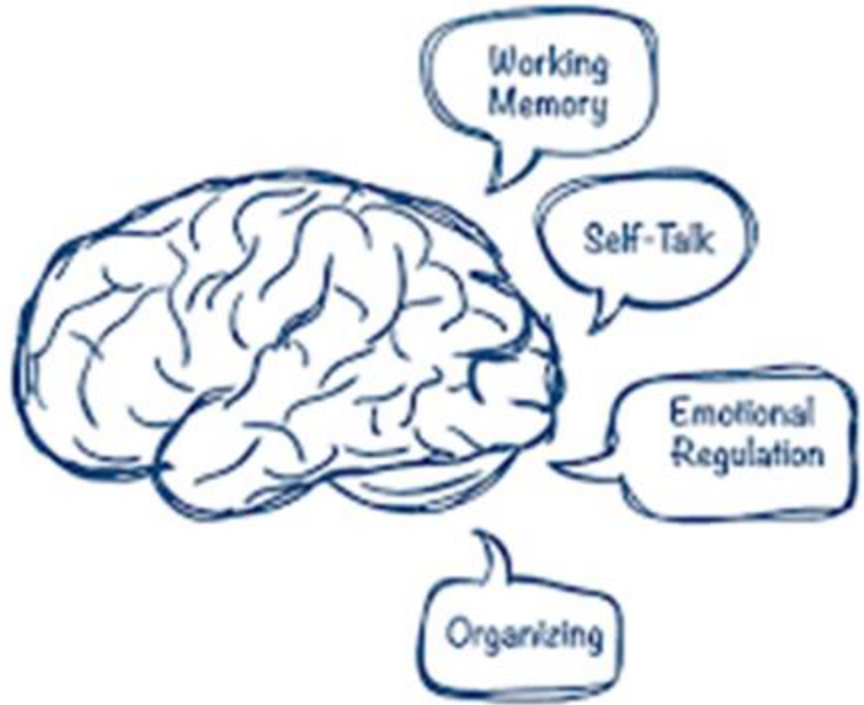
Fails to get things done

Impact:

- Grades suffer
- Hurts relationships with teachers, aides and parents
- Avoidance
- Emotional and mindset impacts
- Reduces energy for completion of work

What Causes Executive Function Difficulties?

- Brain develops from the back to the front.
- Many teens do not have fully developed frontal lobes of their brain.



What Do You See?

- Lateness
- Incomplete work
- Failures
- Don't study
- Incomplete chores
- Lack of organization
- No/low focus
- Difficulty gathering ideas to put on paper
- Don't like planning
- Low grades that don't reflect ability
- Unorganized
- Unrealistic perception of time available
- No attention to details
- Unprepared
- Never ask for help even when unsure of what to do
- Overwhelmed

The Importance Of Executive Function

What do they need to be able to do to complete tasks:

- Plan
- Organize
- Manage time
- Prioritize
- Self-start
- Follow through

Struggling in these areas means they are struggling with Executive Function

The Biggest Problem: Resistance

What does this resistance look like?

- I don't want to.
- Why do I have to do this?
- This is dumb.
- I can't do this.
- This is boring.
- I don't feel like it.
- Can I do it later on?

Leads to:

- Adult inflicted shame
- Helplessness
- Defeat

This has nothing to do with the student being willfully defiant

How to Positively Push Your Child

If your child does not figure out or learn how to push themselves, they are limiting their opportunities for success.

Goal: increase self-advocacy by increasing their comfort zone

- What skills, habits and mindsets does my child need to be successful in life?



Things to Avoid Saying to Your Child

- You aren't trying your best.
- You have so much potential.
- I know you're smart, you just need to care more about school.
- Motivate yourself.
- You need to be more disciplined.
- Just focus.
- You're making bad choices.

Supporting Executive Function

What do these students need?

- need strategies that are *tailored to their unique personalities*
- Encouragement/motivation
- Teach self-starter skills
- Discuss with teens how you can help them when they don't want to help themselves
- Learn more about your students
- Make a connection with them
- Avoid any tactics that elicit shame

REMEMBER!

The part of the brain that deals with executive function is **STILL DEVELOPING!**

Supporting Executive Function

**PROCRASTINATION
+ EXECUTIVE FUNCTION**

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Executive Function



<https://www.youtube.com/watch?v=dds5PjfnGb4&t=200s>

How Parents Can Help

- Be a positive source of hope even when it is difficult.
- Log onto your child's Google Classrooms to familiarize yourself with the layout and to what is expected.
- Discuss what you see with your child.
- Make interactions surrounding learning positive

How Parents Can Help

- Review the Present Levels of Academic Achievement & Functional Performance (PLAAFP) and the Modification sections in your child's IEP
- This will give you information of **who your child is as a learner** and show you **what is needed to help them.**

Common Problems with Work Completion

Not knowing
or remembering that
there is homework
or classwork to do

Show students how
to set alarms on their
phone
Have students set up
a routine (check To
Do List)

Remembering
but putting it off

Chunk work
with students
Show students how
to create a
work completion
schedule
Include breaks on
the schedule

Doing part of it
but not all of it

Get students used
to using the timer
on their phone to
increase their task
stamina

Doing it but forgetting
to turn it in

Show students how
to make a checklist
for Before, During &
After doing an
assignment
Have students check
the missed work
section under the TO
DO list before starting
work each day and at
the end of each day

Remember: Your child's grades don't always reflect their ability when executive functioning is a major issue.

Supporting Executive Function

How to make a difference:

- Follow the 3:1 Rule
- Motivate and inspire
- Praise behaviors you want your child to continue
- Avoid dwelling on compliments given
- Acknowledge all effort shown
- Be consistent



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Executive Function

<https://www.youtube.com/watch?v=QSuJaMfsp54>

Be Consistent

Build a Strong Foundation

Restful sleep, food that nourishes the body, adequate exercise.

Build Routines

Discuss with teachers how to break work into manageable parts.

Work on the Systems

Help student with things that will help them be more organized.

How can you help them become more accountable

Work Completion Through Honesty & Accountability

Easiest
Hardest
Most Important
Identify support persons

Where to Start With Your Child

Homework

TURN F'S INTO A'S

Grade
B+
A
A
B+
B++

FINAL GRADE

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Watch this video with your child: <https://www.youtube.com/watch?v=3CT--SzJaAI>

How to Fix Your Situation

1. Be honest with yourself and with others. Lose the excuses.
2. Log onto your Genesis account. Print or screenshot your missing assignments. Highlight assignments
3. Email your teachers. Give them your honest intentions of improvement. Ask for a virtual meeting.
4. Hold yourself accountable to meeting with each teacher during office hours.
5. Get organized. Dump all of your school things and put them in the middle of the floor. Sort into piles: trash, file into folders, hand in /urgent items
6. Start fresh. Remove all old pages from last marking period. Use a planner to map out when you will do things.
7. Create a master plan. List everything that needs to be done. Put them in order that you want to do them. (easiest, shortest, longest, hardest, most important, etc.) Pick what fits YOUR STYLE.) Cross items off the list as you do them. You won't get through them all.

How to Fix Your Situation

8. Be realistic and find someone to help hold yourself accountable. Person is willing to be supportive and check in on you.
9. Get started on your master plan. Plan is concrete. Use a digital timer to help you along. Create a sacred study place. Quiet and free of distractions.
10. Start again. You will become distracted.
11. Get started again. Assume that you will be distracted multiple times.
12. Repeat this process every weekend.
13. Be proactive with what important assignments are coming up. Add these things to your list and plan to work on them a little at a time. Start early.

Additional Resources

Weill Cornell Medicine-Psychiatry: <https://psychiatry.weill.cornell.edu/pocat-webinars>

Growth Mindset, Praise and Feedback Parent Guide:

<http://s3-us-west-1.amazonaws.com/mindset-net-site/FileCenter/Growth-Mindset-Parent-Language.pdf>

Growth Mindset Works Parent Resources: <https://www.mindsetworks.com/free-resources/#ParentsDiv>

BHPRSD Special Education Parent Resource:

Portal: <https://sites.google.com/bhprsd.org/special-ed-resource-portal/home>



Additional Resources

Google Keep Tutorial: <https://www.youtube.com/watch?v=KwoS2HTND3I>

Growth Mindset, Praise and Feedback Parent Guide:

<http://s3-us-west-1.amazonaws.com/mindset-net-site/FileCenter/Growth-Mindset-Parent-Language.pdf>

Growth Mindset Works Parent Resources: <https://www.mindsetworks.com/free-resources/#ParentsDiv>

BHPRSD Special Education Parent Resource:

Portal: <https://sites.google.com/bhprsd.org/special-ed-resource-portal/home>



Where do you go for Help?

Child Study Team Case Manager

- [Highland CST Website](#)
- [Timber Creek CST Website](#)
- [Triton CST Website](#)

- School Counselor



Questions? More Information?



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Timber Creek
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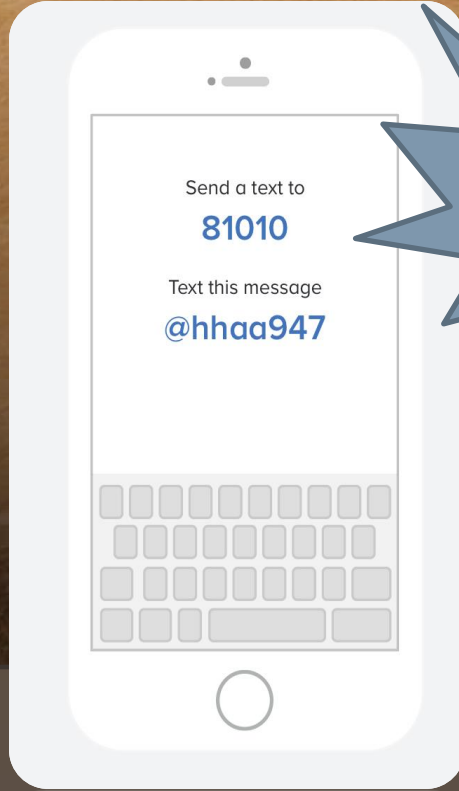
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Plese Sign up for Our Remind Account!



Thank you for attending!