

# **Executive Functioning Workshop**

Facilitated by: Heather Johanson M.A. & Lydian Academy



*This eight-session workshop brings teens together to find support and new skills in the area of executive functioning. Through group discussion, video, modeling, projects, readings, and reflection each member will develop a set of strategies, skills, and a mindset they can employ to support their own independence from keeping track of their own assignments and appointments to taking charge of their own wellness.*

In the words of past participants:

- *"I have a system for how to handle homework and what to do when I'm overwhelmed." - 16-year-old participant*
- *"My favorite part was talking to other kids with ADHD, to see how they manage it, and getting good ideas to try, like using sprints & stops and movement breaks." - 15-year-old participant*
- *"I liked how I learned how to actually use accommodations and how to talk to my teachers about them." - 15-year-old participant*
- *"I really liked learning about how to put friends, fun, and movement together and being with people who are like me." - 17-year-old participant*

**Course Details:** This workshop is for students who are 14-19-years-old

## **JUNE SESSION (IN-PERSON) - June 13th through June 23rd**

- 8 classes total; 12-hours of instruction
- 90-minutes per day, Monday -Thursday for 2 consecutive weeks
- 3 time-slots to choose from
  - ❑ 11:00am-12:30pm - **Burlingame Campus**
  - ❑ 2:00pm-3:30pm - **Menlo Park Campus**
  - ❑ 4:00pm-5:30pm - **Menlo Park Campus**
- NO CLASSES on Fridays 06/17 or 06/24
- Group minimum of 3; capped at 6 students

## **JULY SESSION (ONLINE) - July 18th through July 28th**

- 8 classes total; 12-hours of instruction
- 90-minutes per day, Monday -Thursday for 2 consecutive weeks
- 3 time-slots to choose from
  - ❑ 10:00am-11:30am
  - ❑ 12:00pm-1:30pm
  - ❑ 2:00pm-3:30pm
- NO CLASSES on Fridays 07/22 or 07/29
- Group minimum of 3; capped at 6 students

Register Here: <https://lydianacademy.com/admissions/summer-at-lydian/>

## Executive Functioning Domains

<u>SELF - REGULATION</u>	<u>ATTENTION</u>	<u>SKILLS</u>
<ul style="list-style-type: none"><li>● Emotional Control</li><li>● Response Inhibition</li><li>● Stress Tolerance</li><li>● Flexibility/ Cognitive Flexibility</li><li>● Metacognition</li></ul>	<ul style="list-style-type: none"><li>● Sustained Attention</li><li>● Task Initiation</li><li>● Goal-Directed Persistence</li></ul>	<ul style="list-style-type: none"><li>● Planning/ Prioritization</li><li>● Time Management</li><li>● Organization</li></ul>

### Working Memory - “ The Executive Assistant”

#### Themes of Week 1

- Understanding my Executive Functioning Strengths and Weaknesses
- Organization & Attention Hacks & Systems
- Procrastination - Friend or Foe?
- Keeping Track of Life
- The Pillars of Wellbeing

#### Skills:

1. Participants will be able to clearly articulate where their strengths and weaknesses are in the area of executive functioning and have the skills to advocate for themselves.
2. Participants will be able to apply organizational strategies and systems for managing their spaces and possessions.
3. Participants will be able to articulate what might be at the heart of their procrastination tendencies and how to avoid the [instant gratification monkey](#).
4. Participants will create a personalized life tracking system and begin to track important appointments, dates, and general “life-stuff”.
5. Participants will explore and define different types of exercise and coping mechanisms that support their personal physical and mental health.

## Themes of Week 2

- AAA (accommodations, advocacy, & assistive technology)
- More Organization Hacks and Systems
- Metacognition and Mindfulness
- Life goals and how to accomplish them
- Reflection and Celebration

### Skills:

- Participants will be able to identify helpful accommodations and assistive technology.
- Participants will be able to advocate for the support, accommodations, & modifications they need.
- Participants will build on the wellness work from the week before and learn more about applying mindfulness to support self-regulation.
- Participants will establish short and long-term goals and learn to use SMART goal methodologies to break them down into manageable chunks.
- Participants will present their learnings, reflections, next steps, concerns, and potential roadblocks to the group and their families.

