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How To Help Students With Their Executive Functioning At Home

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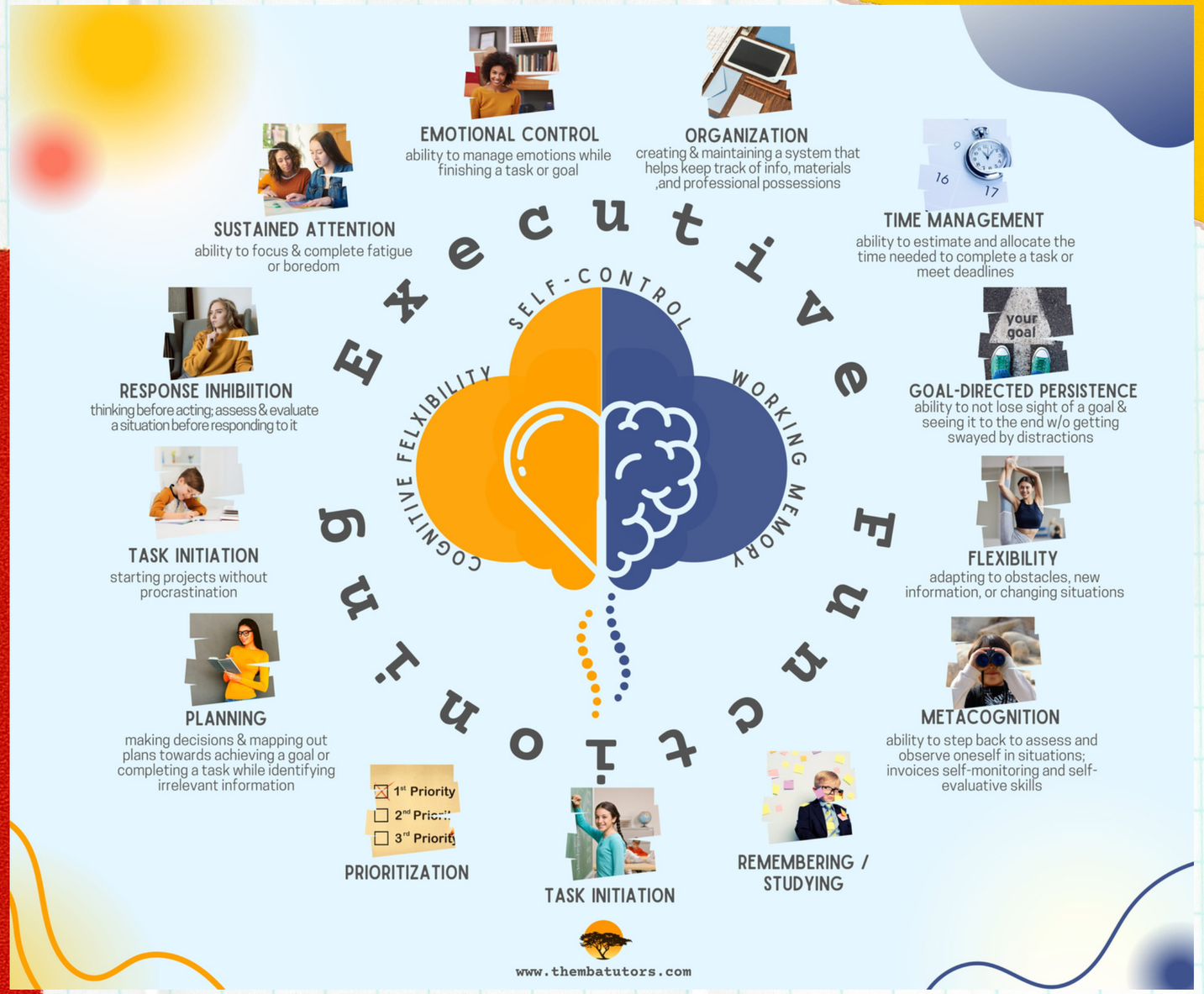
EXECUTIVE FUNCTION SKILLS ARE DEVELOPED WITH THE HELP OF:

- SELF-REGULATION
- WORKING MEMORY
- ORGANIZATION
- COGNITIVE FLEXIBILITY
- TASK INITIATION SKILLS

2 WHAT IS EXECUTIVE FUNCTIONING?

Important Concepts for Families:

- Consistency & Clarity
- Expectations & Responsibilities
  e.g. Routines
- Learning Environment
- Digital Citizenship/Social Media Wellness



3 HOW DOES YOUR FAMILY BUILD A PARTNERSHIP?

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What is SOAR?

SOAR, which stands for Strategic Observation And Reflection, is not a curriculum or a set of instructional strategies. SOAR is the lens teachers look through as they plan, teach, reflect upon, and elevate their teaching practice by engaging in strategic observation and reflection cycles. But as is the case with any learning, not all students progress at the same pace. We have identified stages of awareness and action that learners typically go through as they develop their metacognitive abilities.

Metacognitive Continuum — Students

No Awareness No Action

This student was unaware that she was not reading the words correctly, so she did not take any action.

Awareness No Action No Strategies

She is aware that she is experiencing problems with an assigned task. However, this student cannot take any action to address the issue because she does not know which strategies to use in this situation.

Awareness Limited Action Few Strategies

She developed a higher level of metacognition, evidenced by her ability to use strategies when problems arise. When these students experience a challenge, they have a limited range of methods to overcome these academic obstacles. They struggle if one or two of these techniques do not prove successful.

Awareness Appropriate Action Range of Flexible Strategies

By engaging in reflective processes, students have become aware of what they know and do not know. They can take action to address flaws or gaps in what they know by using a variety of self-regulation strategies flexibly and independently.

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LEARN MORE ABOUT SOAR

4 TEACHING STUDENTS SELF-CONTROL: EVIDENCE-BASED TIPS

Teaching Students Self-control: Evidence-Based Tips

Self-control is all about being able to process a situation and think before acting. It also refers to one's willpower, self- discipline, impulse control, and self-regulation skills. Self- control is a crucial skill to develop in students. Here are some easy and effective ways to do it:

9 Effective Tips for Teaching Self-Control

Decreasing temptations

It's easy for both children and adults to get distracted during tasks. Keep temptations as far away as possible. This means hiding toys, gadgets and phones, or avoiding situations that can prevent you from accomplishing your goal.

Modifying the environment

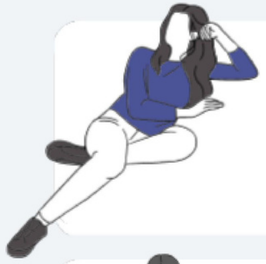
The type of environment you create at home plays a crucial role when teaching self-regulation to students.

Using timely reminders

Students are easily distracted, but nagging them constantly to finish their work is more likely to do harm than good. Instead, stick to using timely reminders.

Practicing games

Games are a great way to coax young children into practicing self-control. Traditional games like "red light, green light" and "the freeze game" teach patience and test children's ability to control their impulses.



Offering breaks

Our ability to self-regulate deteriorates as we go through our day. Instead of plowing through tasks one after another, allow yourself time to relax and recharge.

Breaking down tasks

Finding the motivation to get started on big tasks can be difficult, so break them down into manageable chunks instead. This helps students become self-starters and boosts their confidence as they finish each part of the task.

Praise effort

Praising children for the effort they put into their work and giving constructive feedback is more important than commending them for their natural gifts or talents. It teaches them to approach problems differently, develop better mindset, and shows them the importance of practice and hard work.

Develop working memory

Working memory is like our brain's own notepad. It is where we store and keep information for future use (like trying to remember the directions to the museum or library). It's important to develop one's working memory because poor impulse control has been linked to low working memory capacity.

Emotional support

Children can't always process their emotions as well as adults, so it's important for parents not to be dismissive. Make sure to show empathy and assure them that you are listening.

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