## Outline

### **Executive Skills**

Underlying theory

Executive skills in the context of brain function and child development

Limitations of the research and potential risks

#### Assessment of Executive Skills

- Parent/teacher/student interviews
- Behavior rating scales
- Observations
- Informal assessment

## Formal assessment

### Intervention Strategies

Environmental modifications to reduce the impact of weak executive skills Teaching strategies to help children develop/improve executive functioning

Using incentives to help practice or use skills that are difficult

### **Keys to Effective Intervention Design**

- Match the child's developmental level Use the child's innate drive for mastery and control
- Begin with environmental modifications Effortful tasks and ways to make them less difficult

Use incentives to augment instruction Provide the minimum support necessary

## **Objectives**

- Determine the neurological processes involved with executive skill development in both neurotypical children and those with executive dysfunction, such as ADHD.
- Differentiate between a variety of formal and informal executive function assessments.
- Develop environmental modifications to support weak executive skills at home and school. -3
- Design student-centered interventions that target problem scenarios associated with executive skills deficits.
- 5 Utilize coaching methods that support executive skills development to improve school performance.
- Construct effective protocols for teaching specific executive skills, including working memory, cognitive flexibility, and inhibitory control.

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#### Apply supports and interventions until the child achieves mastery or success Gradually fade supports, supervision and incentives **Coaching: An Effective Strategy for**

**Building Executive Skills** Description of 2-stage process Coaching with younger children Clinical case examples Research studies supporting the efficacy of coaching

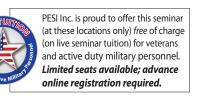
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(Times listed in Eastern)

7:30 Registration/Morning Coffee & Tea 8:00 Program begins

11:50-1:00 Lunch (on your own) 4:00 Program ends

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- Get organized
- Resist impulses
- Use time wiselv
- Manage emotions
- Persist with tasks
- Improve memory

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- Co-author of the best-selling books, Executive Skills in Children and Adolescents. 3rd Ed., Smart but Scattered and Smart but Scattered Teens

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hildren who have deficient executive skills often have trouble getting started on tasks, get distracted easily, lose papers or assignments and forget to hand in homework. They make careless mistakes, put off work until the last minute and have no sense of time urgency. Workspaces are disorganized and teachers often refer to their backpacks or lockers as "black holes." Often considered chronic underachievers, these children are at risk for academic failure as well as emotional and behavioral difficulties.

Dr. Dawson, co-author of the best-selling books Executive Skills in Children and Adolescents, 2nd Ed.

(Guilford, 2010), Smart but Scattered (Guilford, 2009) and Smart but Scattered Teens (Guilford, 2013), uses case examples along with interactive discussion to demonstrate how the

**EXECUTIVE DYSFUNCTION** 

AT HOME AND AT SCHOOL

Dr. Dawson

developed a

widely used

assessment

strategies for

executive skill

and intervention

deficits in children

and adolescents.

Smart

executive skills manifest in daily home and school activities. Learn how to assess these skills and take home evidence-based strategies to help children and adolescents overcome executive skills weaknesses.

Leave this seminar with a set of tools that includes strategies for task/ environmental modifications, skill development through cognitive/behavioral techniques and creation of incentive systems. You will be able to give teachers and parents a means for developing and improving the following:

- Organization
- Time management
- Impulse control
- Goal-directed persistence
- Executive skills critical for independent functioning
- Speaker -

Peg Dawson, Ed.D., NCSP, is a school psychologist and for over 20 years has worked at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she specializes in the assessment of children and adults with learning and attention disorders. She is co-author of the best-selling books on executive dysfunction, Executive Skills in Children and Adolescents: 2nd Edition (Guilford, 2010), Smart but Scattered (Guilford, 2009) and Smart but Scattered Teens (Guilford, 2013).

Peg is a past editor of Communiqué, the newsletter of the National Association of School Psychologists, and has published numerous articles and book chapters on a variety of topics, including retention, ability grouping, reading disorders, attention disorders, the sleep problems of adolescents, the use of interviews in the assessment process and homework.

Peg has many years of organizational experience at the state, national and international levels and served in many capacities, including president of the New Hampshire Association of School Psychologists, the National Association of School Psychologists (NASP) and the International School Psychology Association. She has also participated in many of NASP's leadership initiatives, including the Futures Conference and the development of both the second and third Blueprint for the Training and Practice of School Psychology. She is the 2006 recipient of NASP's Lifetime Achievement Award. Peg received her doctorate in school/child clinical psychology from the University of Virginia.

#### Speaker Disclosures:

Financial: Margaret (Peg) Dawson is an author for Guilford Press and receives royalties. She is an author for Amacon publishers and receives royalties. She receives a speaking honorarium from PESI, Inc.

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#### Smart but Scattered

Executive Skills

in Children and

Adolescents

A Practical Guid to Accessment a Intervention

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SCATTERE

TEENS

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By Peg Dawson, Ed.D., NCSP, Your Presenter and Richard Guare, Ph.D., D-BCBA

inart But Scattered provides ways to assess children's strengths and weaknesses and offers guidance on day-to-day issues like following instructions in the classroom, doing homework, completing chores, reducing performance anxiety, and staying cool under pressure. Smal steps add up to big improvements, enabling these kids to build the skills they need to live up to their full potential. More than 40 reproducibles are included

#### **Smart But Scattered Teens**

The "Executive Skills" Program for Helping Teens Reach Their Potential

#### By Peq Dawson, Ed.D., NCSP, Your Presenter, Richard Guare, Ph.D., D-BCBA & Colin Guare

Many tens of thousands of parents have used the bestselling Smart but Scattered to teach young kids vital skills for living up to their potential Now Drs. Richard Guare and Peg Dawson apply their groundbreaking approach to the unique challenges of adolescence. Despite high intelligence, teens with executive skills deficits can be frustratingly disorganized, distractible, forgetful, and moody-leaving worried parents torn between micromanaging and throwing up their hands. This positive guide gives parents step-by-step strategies for promoting teens'

independence by helping them get organized, stay focused, and control their impulses. Drs. Guare and Dawson-joined by Colin Guare, a young adult who has successfully faced these issues himself—present proven tools, vivid stories, and insightful tips for reducing parent–teen conflicts

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