

## **Executive Function Skills Workshop**

### **Rising 5th-8th Grade \$215**

Executive function skills are the mental processes that enable one to plan, focus attention, remember instructions, and juggle multiple tasks successfully. There are many effective strategies one can use when faced with executive function challenges, including the concepts of:

- \* Managing time
- \* Organizing space and materials
- \* Chunking/regulating school assignments
- \* Basic study skills
- \* Knowing one's learning style
- \* Taking effective notes
- \* Reading actively
- \* Understanding how to take tests with confidence

**Students will walk away with a better understanding of how they learn and what to do to maximize their potential as a learner.**