

Welcome to the ExQ® Know How (To Learn More) Webinar Guide

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Let's say hello...

Sucheta Kamath, MA, MA, BC-ANCDS, CCC-SLP



- Founder & Creator of ExQ® (an EF training tool for 6th grade-college)
- Podcast Host of Full PreFrontal: Exposing the Mysteries of Executive Function
- Host of Webinar Series for educators and parents
- TEDx Speaker, trainer, and instructor
- Happily married parent of 2 young men!

www.ExQInfiniteKnowHow.com



THE BACK TO SCHOOL BRAIN

*Developing Executive Function
Skills To Shape a Successful School Year*

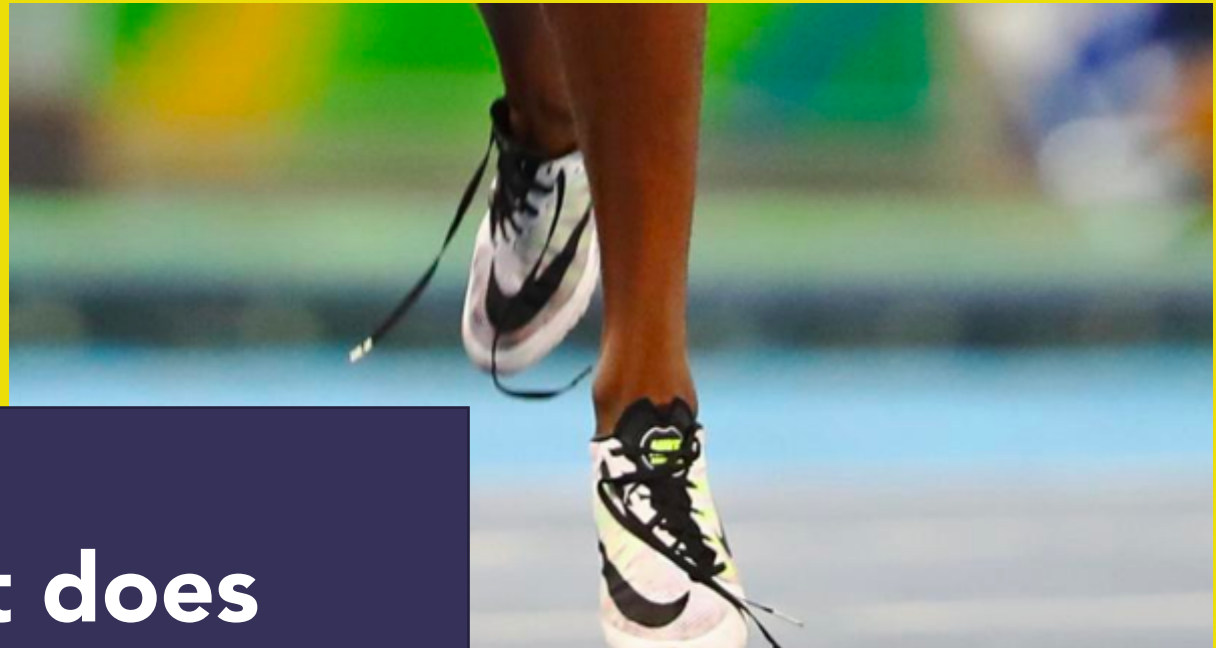
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Infinite know how
for school



**What does
getting back to
school look like?**



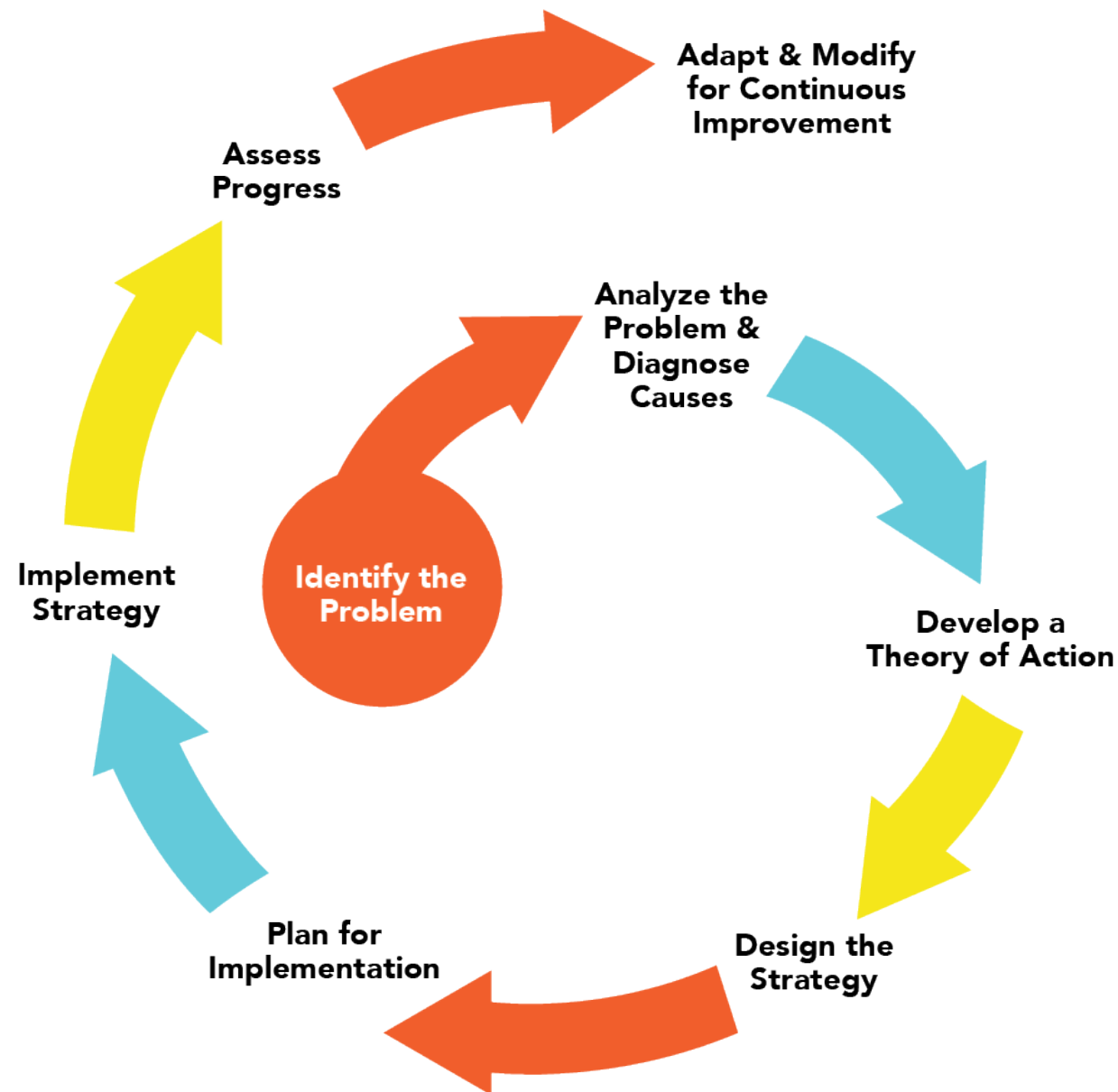


Executive Function
is a set of mental skills
used to manage our
thoughts, feelings, and
behaviors to achieve
goals – for SELF.



Executive Function is: how efficiently you do what you decide to do

- Neglieri & Goldstein, 2012





The Air Traffic Controller of The Brain

**Supervising
Inhibiting &
Directing**



<http://www.fullprefrontal.com/podcast/episode-4/>



<http://www.fullprefrontal.com/podcast/episode-23/>

THE "SELF" NATURE OF EF



To Serve Self (Goals)

Done All By Yourself

By Managing Self



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**Doing it by
yourself... if you
can't, then asking
for help – by
yourself**





- Goals for Self

- Done All By Self

- By Managing Self

SIMPLE RULE
PROFOUNDLY
IMPORTANT PRINCIPLE

If it is the
PARENTS' idea,
parents **EF** skills
were used

If it is the
TEACHER'S idea,
teacher's **EF** skills
were used



If it is the
CHILD'S
idea,
CHILD'S EF
skills are
being used

What school-related
Executive Function skills
do you think matter the
most?



School-Ready Brain:

- Knows WHAT to do, WHEN to do it and HOW to do it
- Focuses when needed
- Controls self when needed
- Gets started when needed
- Stops when needed
- Gets things done on time
- Asks for help if needed
- Knows why things are important
- Keeps emotions under control
- Solves personal problems

Distracted **IMPATIENT**
Unmotivated **FORGETFUL**
Unthoughtful **RUDE**
LONELY Stressed
IMPULSIVE **OBLIVIOUS**
RAPID CHANGES IN
EMOTIONS Takes too long
to adjust **LOST** **SLUGGISH**
Uncooperative **Work is**
often incomplete





Does back to
school look
like this for
your kids?

The most important EF
skill is the ability to
ADAPT & SHIFT FLEXIBLY



But why do you
think transitions
are so hard?

Four Types of Transitions!

From
this...

...to
that!



1. Leisure to Leisure



2. Leisure to Work



3. Work to Leisure



4. Work to Work







Sustaining
attention and
maintaining a
mental-set

Disengaging
and then
Reengaging





Summer to School Transition

BUILD AN EF CULTURE

- Expectations match level of skill-readiness
- Reflection is Essential
- Mistakes are Okay
- Take time to be mindful
- We know who we are!

WORKSHEET:

This is WHO we are!

We Do This:

We Don't Do This:



1

Use timers to warn about upcoming transitions & provide visual reminders

2

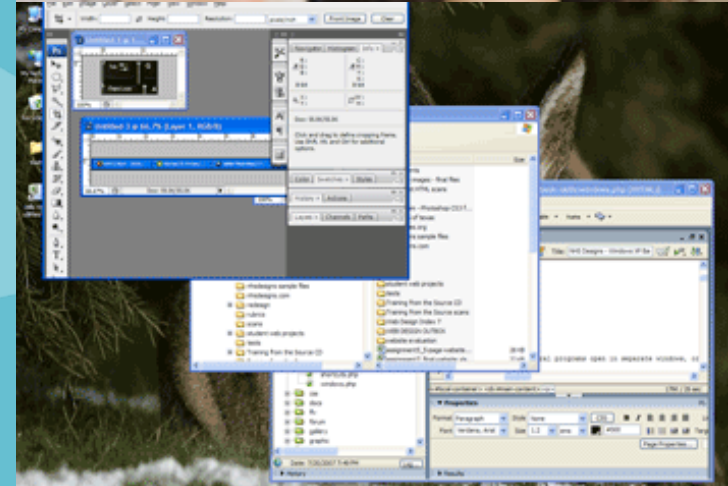
Facilitate 'fun to challenge' transitions with social emotional coaching

3

Facilitate 'challenge to challenge' transitions with puzzles, games and scavenger hunts

IMPULSE CONTROL

But what's
the impulse?



**Help endure
boredom!**





1

Avoid entertaining kids with smartphones/iPads

2

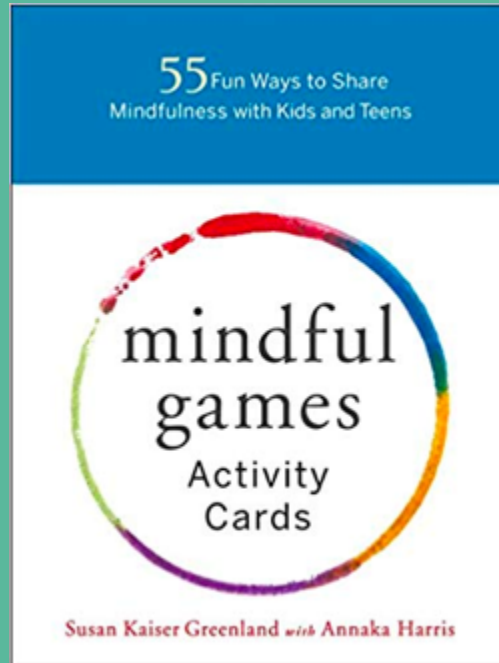
Establish downtime without tools & gadgets

3

Explore the world with 5 senses



<https://www.amazon.com/Alphabreaths-Breathing-Christopher-Willard-PsyD/dp/1683641973>



<https://www.amazon.com/Mindful-Games-Activity-Cards-Mindfulness/dp/1611804094>

4

Introduce Mindfulness

5

Engage in Mindful Meditation

6

Play Mindful Games/Activity cards



<http://www.fullprefrontal.com/podcast/episode-71/>



<http://www.fullprefrontal.com/podcast/episode-68/>



<http://www.fullprefrontal.com/podcast/episode-44/>



How would you
define a routine?



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Habits

Regular and intentional
practices

Routines

Predetermined sequence of
events that repeats itself





1

Say

2

See

3

Think



<http://www.fullprefrontal.com/podcast/episode-49/>



<http://www.fullprefrontal.com/podcast/episode-10-prospective-memory-your-memory-for-the-future/>



<http://www.fullprefrontal.com/podcast/episode-62/>

5-EASY ONCE-A-DAY HABITS (1)



1

Establish Distraction-Free Zone
(Time & Space)

2

Reorganize using a Circle of Zorro

3

Build a shared visual calendar for the
BIG-PICTURE

What's Your Circle of Zorro?



5-EASY ONCE-A-DAY HABITS (2)



4

Journal mistakes & personal challenges then discuss weekly

5

Expect converting To-Do into a PLAN



What does purpose
mean to you?



- Discovered by self
- That purpose entails a long-term commitment
- That purpose has meaning or value beyond oneself



“Purpose endows a person with joy in good times and resilience in hard times, and this holds true all throughout life.”

-William Damon
(The Path to Purpose, 2008)



<http://www.fullprefrontal.com/podcast/episode-73/> <http://www.fullprefrontal.com/podcast/episode-70/>



Collective Purpose:

Meaningful Goals rooted in

- Long-term outcomes
- Cultural context

Individual Purpose:

Meaningful Goals rooted in

- Understanding of strengths & challenges
- Self-Awareness





1

Model a dedication to a purposeful goal

2

Craft opportunities to observe people with purpose

3

DO NOT directly tell kids to seek purpose

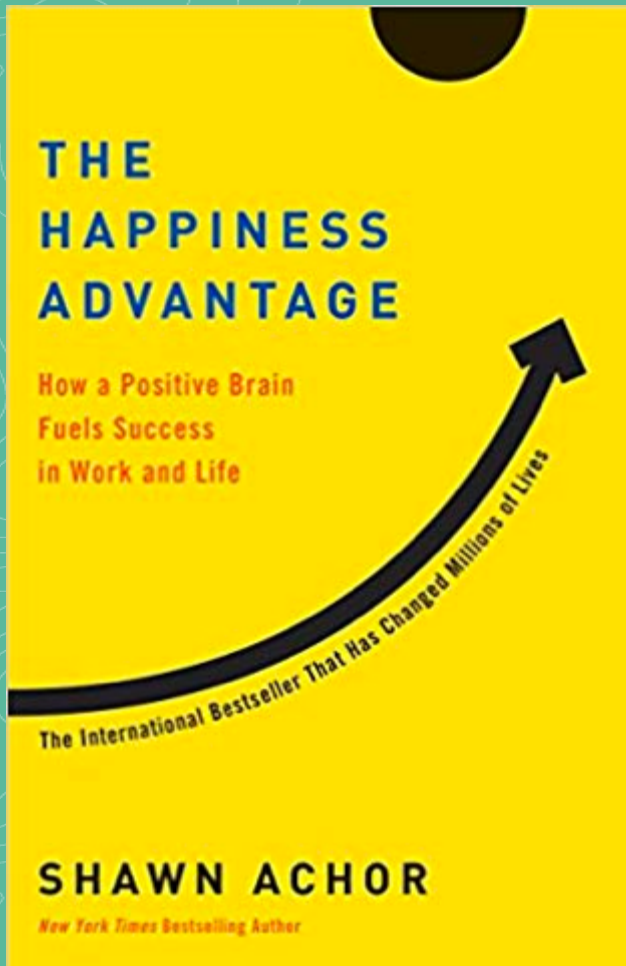
What are some
takeaways that will help
you in facilitating
school success?



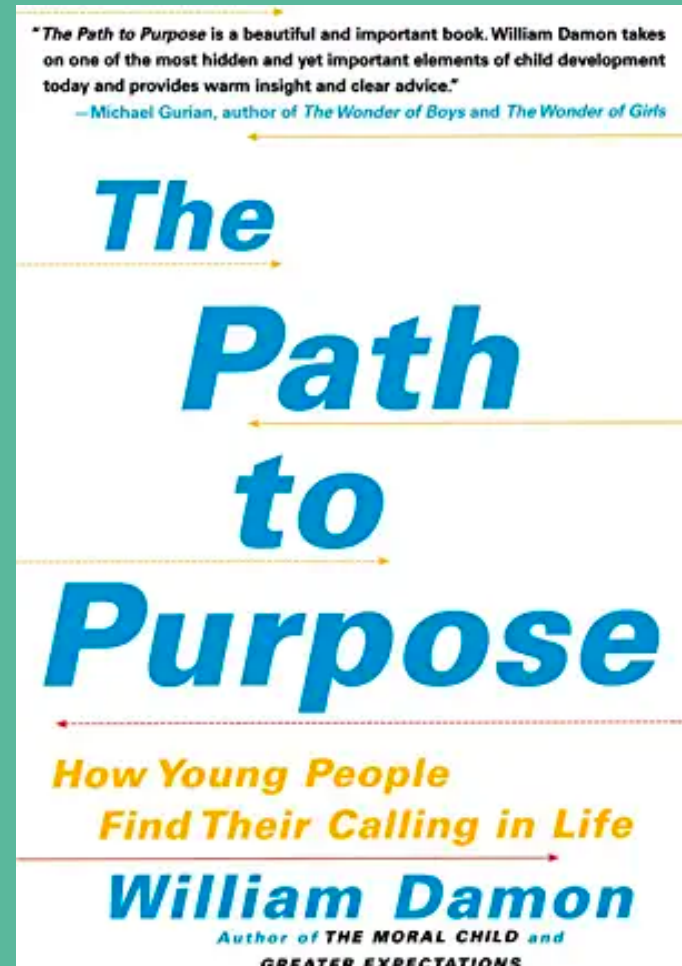
CONCLUSION



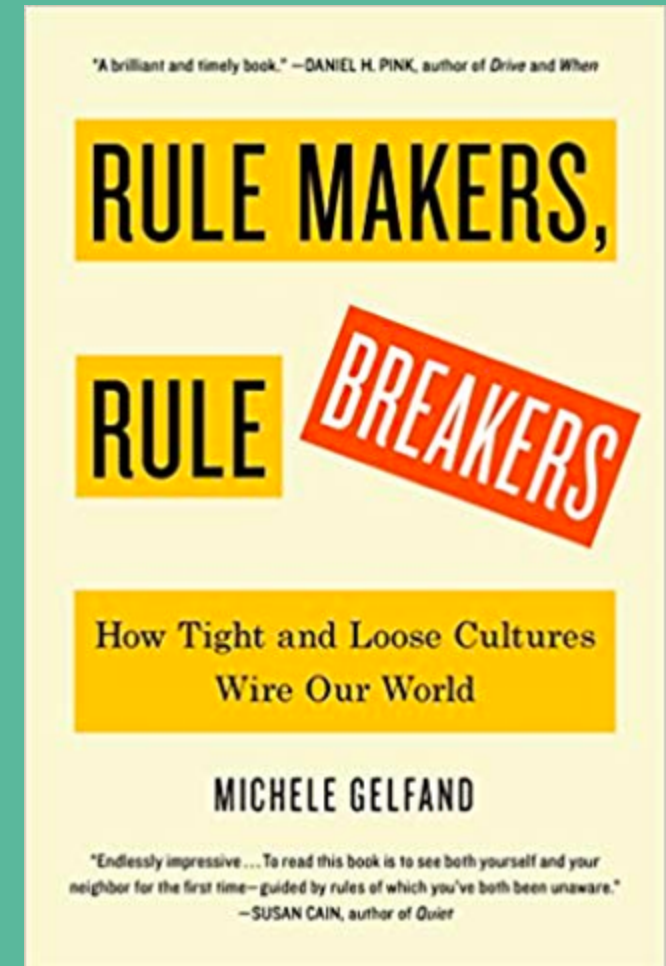
- Start Small
- Set realistic expectations
- Be consistent and bring consistency
- Keep your emotions in check
- Prompt frequently to Pause & Reflect
- Have FUN!!!



https://www.amazon.com/dp/0307591557/ref=cm_sw_em_r_mt_dp_U_eVxzDbQXSENY2



https://www.amazon.com/dp/1416537244/ref=cm_sw_em_r_mt_dp_U_xWxzDb171TR49



https://www.amazon.com/dp/1501152939/ref=cm_sw_em_r_mt_dp_U_SWxzDbY569FDB



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Thank You!

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