


Building Executive Function Skills in Struggling Students

Tucker High School Parent Workshop
By Sucheta Kamath, Founder/CEO of ExQ®
January 14, 2020



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A little about me...

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



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

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What is Executive Function?

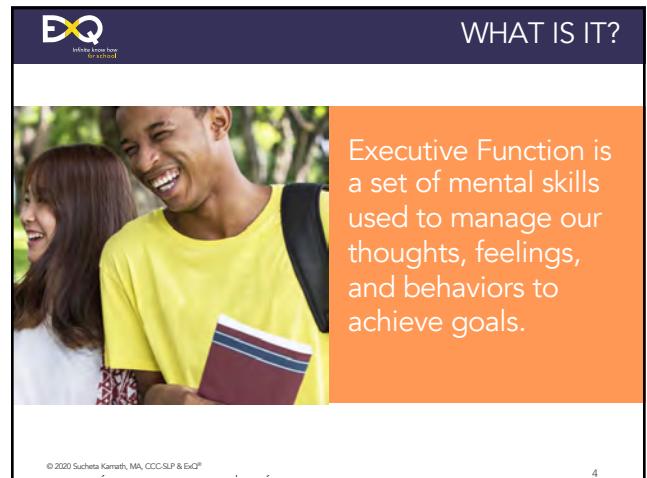


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WHAT IS IT?



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



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ExQ
Executive Function

- Figuring out goals for self
- Directing effort and attention towards it
- Applying knowledge flexibly

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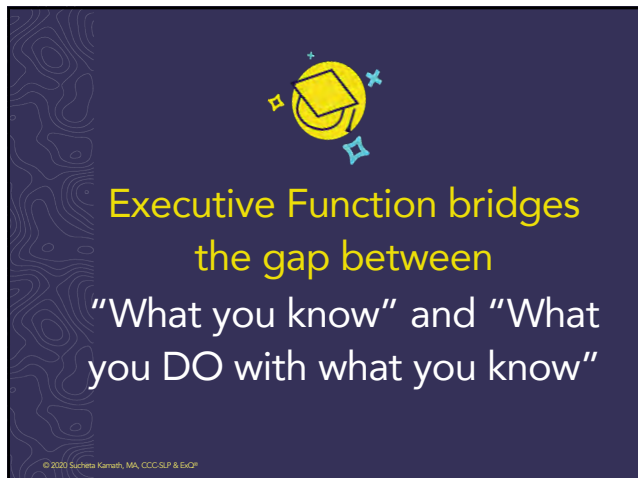
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By Self, For Self

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Executive Function bridges the gap between "What you know" and "What you DO with what you know"

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ExQ
Executive Function

EF In the World!

6:55 AM

7:25 AM

7:25 AM

7:40 AM

7:40 AM

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The Gap!

What Axl KNOWS 	What Axl DOES 
--	---

A BIG Gap!!

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Even in adults, a gap exists!

What mom KNOWS 	What mom DOES 
---	---

A BIG Gap!!

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Failure to Launch!



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Knowing **Doing**

Failure to launch

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EF & Failure to Meet Expectations

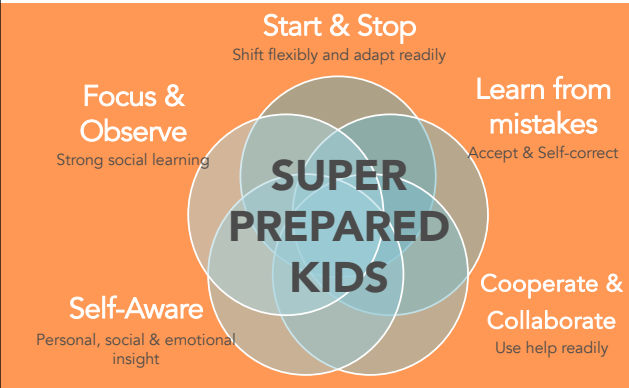


- Inability to focus and engage
- Poor initiative or motivation
- Poor daily decisions
- Not remembering future tasks or goals
- Inconsistent in thinking critically
- Not swift enough when solving personal problems
- Unable to recognize inner feelings or regulate emotions
- Failing to take perspective of the other
- Unable to collaborate, compromise, or negotiate

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Proficiency in EF Looks Like this



Start & Stop
Shift flexibly and adapt readily

Focus & Observe
Strong social learning

Learn from mistakes
Accept & Self-correct

Self-Aware
Personal, social & emotional insight


Cooperate & Collaborate
Use help readily

SUPER PREPARED KIDS

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Lifelong Implications of Strong EF




- School-readiness
- Academic success
- Physical health
- Mental health
- Marital harmony
- Job success
- Public safety
- Quality of life

Crescioni et al. 2011, Miller et al. 2011, Riggs et al. 2010

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EF is Essential for Shared Success



CENTRAL

Learning

Application

Connectivity

Caring

Morality

Contentment


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Parents offer **structure and organization**, **explicit** advice, and **hands-on** support.

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EF Training can fill the gap!

Parents **HELP YOU**
= Parents take the lead & they nudge the student

THE GAP!

You **HELP YOU**
= In addition, Students take the lead and they nudge themselves

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What can you do?
Tips and Strategies that can Make a Difference

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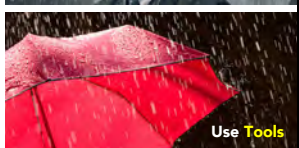
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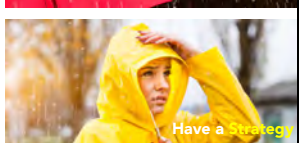
Anticipatory Problem Solving



Be Self **Aware**



Use **Tools**



Have a **Strategy**

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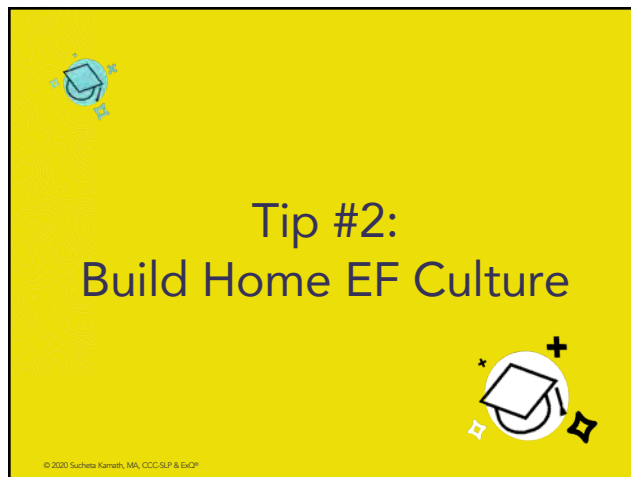
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Tip #1:
Work on Yourself First

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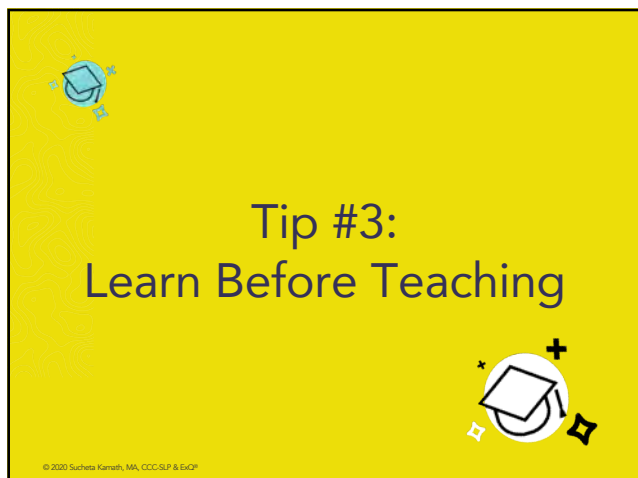
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Tip #2:
Build Home EF Culture

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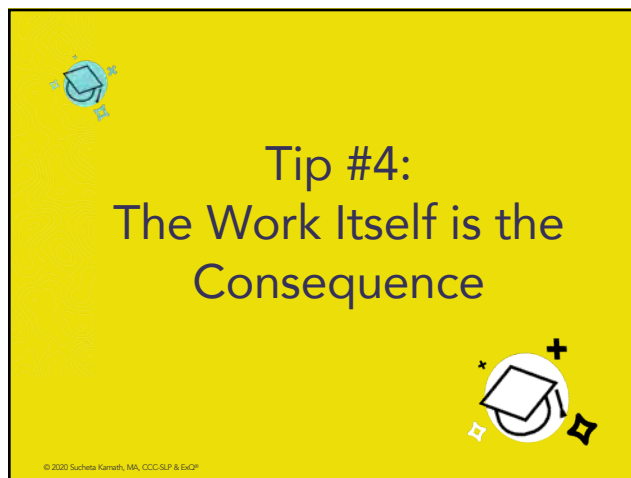
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Tip #3:
Learn Before Teaching

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Tip #4:
The Work Itself is the
Consequence

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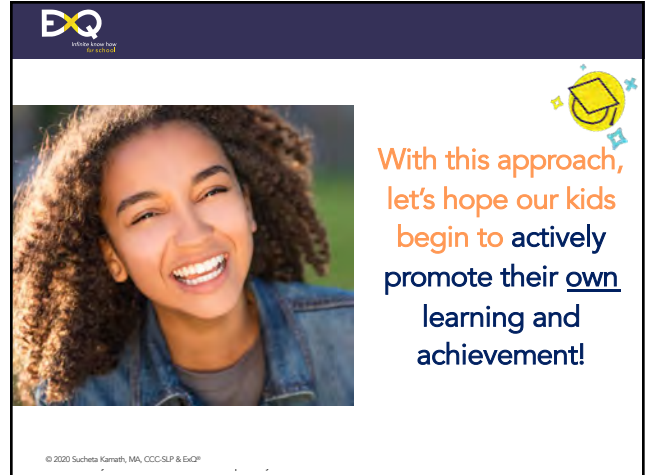


Tip #5:
Make Better Decisions
Than Your Children

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This slide features a bright yellow background. In the top left corner, there is a small icon of a blue graduation cap with a white tassel. In the bottom right corner, there is a larger icon of a white graduation cap with a tassel, surrounded by small black plus signs and asterisks. The text is centered in a dark blue, sans-serif font.

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With this approach,
let's hope our kids
begin to actively
promote their own
learning and
achievement!

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This slide has a dark blue header with the 'ExQ' logo. Below the header is a photograph of a young woman with curly hair, smiling. To the right of the photo is the main text in orange and blue. In the top right corner, there is a small icon of a yellow graduation cap with a white tassel and a plus sign.

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Thank you.
Let's change the world,
one student at a time!

Contact:
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This slide has a green background with a subtle pattern of white lines. The text is in white. In the bottom right corner, there is the 'ExQ' logo with the tagline 'Infinite know how for school'.

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Full PreFrontal
A Podcast About Exposing the Mysteries of Executive Function with Sucheta Kamath

Sucheta Kamath
Introduction to the Full PreFrontal Podcast

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This slide has a green background. At the top, there are two buttons for 'Listen on Apple Podcasts' and 'Listen on Tunein'. Below these is a dark purple section with the 'Full PreFrontal' logo and a description of the podcast. At the bottom, there is a small photo of Sucheta Kamath and the title 'Introduction to the Full PreFrontal Podcast'.

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