

### ARTICLES

“Metacognition Is the Forgotten Secret to Success Insight into our own thoughts, or metacognition, is key to high achievement in all domains” by *Stephen M. Fleming*

<https://www.scientificamerican.com/article/metacognition-is-the-forgotten-secret-to-success/>

“People Don't Actually Know Themselves Very Well” by *Adam Grant*

<https://www.theatlantic.com/health/archive/2018/03/you-dont-know-yourself-as-well-as-you-think-you-do/554612/>

“Before I Could Change the World, I Had to Change Myself” by *Susan Fowler*

<https://www.nytimes.com/2019/05/30/opinion/power-self-improvement.html>

“How to Move from Self-Awareness to Self-Improvement” by *Jennifer Porter*

<https://hr.org/2019/06/how-to-move-from-self-awareness-to-self-improvement>

Impaired Cognition and Cognitive Rehabilitation: Attaining Functional Change Using Process-Based Training by *Sucheta Kamath*

ADHD as Executive Function Impairments by *Thomas E. Brown, Ph.D.*

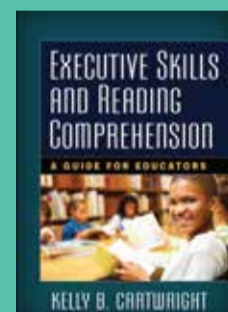
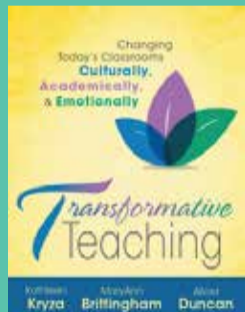
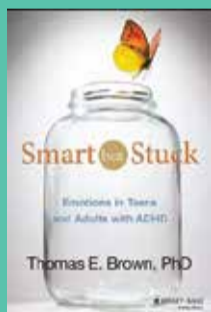
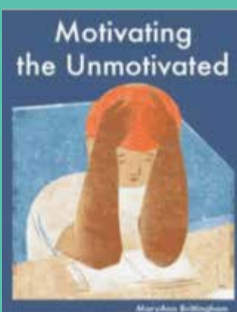
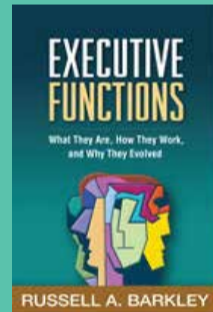
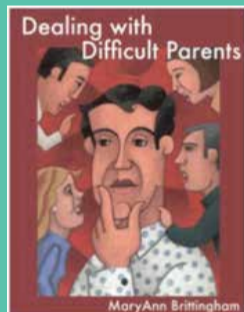
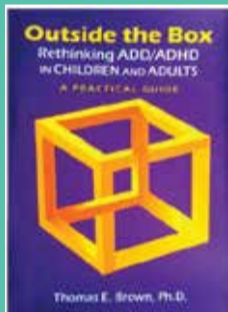
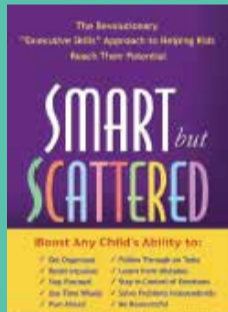
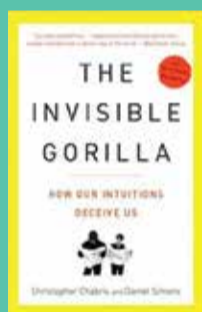
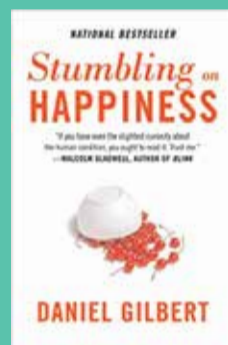
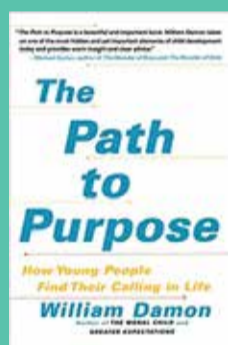
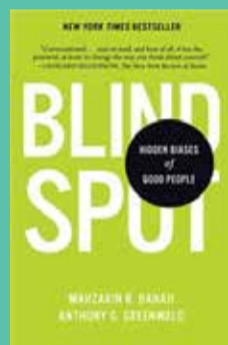
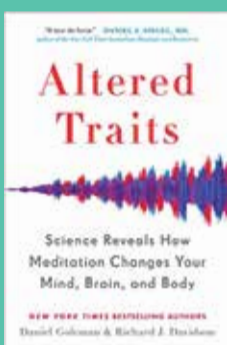
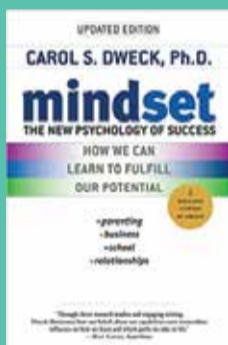
ADHD and Executive Function by *Martin L. Kutscher, M.D.*

Can you train executive function in young children in the preschooler classroom? by *Minds In Play*

What's Wrong With the Teenage Mind? by *Alison Gopnik*

Back to school: How parent involvement affects student achievement by *Center for Public Education*

### BOOKS



### ADDITIONAL RESOURCES

<https://developingchild.harvard.edu/guide/a-guide-to-executive-function/>

<http://dyslexiafoundation.org/tdfc-ucla-2019-dr-kelly-cartwright-classroom-strategies-that-facilitate-executive-functions/>

[www.Understood.org](http://www.Understood.org)

<https://reflectionsociences.com/>

<https://www.researchchild.org/>

<http://adhdlectures.com/>