
Executive Function Foundations Program

Program Overview

In the **teacher workshops**, participants will gain an understanding of the development of Executive Function skills. They will learn tools and approaches for supporting students' emerging skills and strategies for better classroom management.

In the **leadership session**, school leaders learn the Executive Function framework and how they can best support staff with implementation.

In the **family and caregiver presentation**, participants will learn how students' developing Executive Function skills can be supported outside of the classroom to ensure they thrive in and beyond the classroom.

Course Pacing and Progress

Workshops are scheduled by school leaders with regard to the school's availability. The program is paced to be completed in one semester allowing for ongoing, personalized implementation support for teachers.

Live Sessions

The two 90-minute facilitator-led live workshops are conducted in Zoom. Teachers are encouraged to work with a partner, or in a small group, to ensure participation with colleagues, as well as the facilitator. The live sessions provide the opportunity for peers to connect, reflect, and grow as a team. The family session is hosted in the evening to accommodate work schedules.

Course Material

Teachers are provided with a digital resource guide, tool templates, and other resources to use while implementing the tools and strategies with students in their classrooms.

Attendance, Participation, Certification

The Foundations Program includes 3 hours of Professional Development. Teachers will receive an official BrainTracks certificate of completion at the culmination of the second workshop in the program.

Supplemental Material

- *Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention* by Michael Delman, M.Ed, founder and CEO of BrainTracks
- *Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential* by Peg Dawson, Ed.D.



Package Add-Ons

Additional workshops, leadership coaching, online modules, and office hours sessions are available for purchase. We can customize training to meet your needs.

WORKSHOP 1: INTRODUCTION TO EXECUTIVE FUNCTION SKILLS

Workshop Description

This 90-minute workshop dives into the critical role of Executive Function (EF) skills in achieving academic success and overall well-being in school. Participants will gain a comprehensive understanding of how EF skills influence learning and behavior and why Self-Regulation is considered the "gatekeeper" that unlocks access to the other EF skills. Effective tools and strategies will be explored and tailored to support the eight EF skills. Through hands-on activities and group discussions, educators will identify and select suitable Executive Function tools for their classrooms.

Objectives

- Explain how Executive Function skills support success in school.
- Understand why Self-Regulation is the "gatekeeper" Executive Function skill.
- Recognize that specific classroom behaviors are the result of Executive Dysfunction.
- Understand how EF tools and strategies can be incorporated into a lesson to establish new and improved habits.
- Modify a lesson to incorporate a suitable Executive Function tool to support a specific classroom management challenge.

WORKSHOP 2: EXECUTIVE FUNCTION SKILLS FOR AUTHENTIC LEARNING

Workshop Description

Explore a variety of tools and strategies for implementing EF skills during direct instruction in this 90-minute workshop. The workshop will also address supporting student self-reflection, implementing independent study skills, and improving assessment outcomes. Educators will explore EF skills such as Self-Regulation, Metacognition, and Memory, and their role in influencing students' ability to self-monitor and assess their own learning.

Objectives

- Recognize the role that Self-Regulation, Metacognition, and Memory play in shaping students' capacity to actively monitor, evaluate, and adjust their own learning process.
- Understand how EF tools and strategies can be incorporated into a lesson to encourage authentic learning.
- Plan to incorporate an Executive Function tool or strategy that supports students before, during, or after an assessment.

INSTRUCTIONAL LEADERS SESSION

Workshop Description

In this 60-minute session, leaders will learn how to guide teachers in lesson planning through an Executive Function lens. They will learn how to support teachers in the implementation process of using tools and strategies to create and strengthen developing EF skills.

Objectives

- Understand how Executive Function skills are fundamental for creating independent learners.
- Explore the framework for utilizing EF skills in classroom instruction.
- Plan for initiating classroom adjustments for better student habits.

FAMILY AND CAREGIVER PRESENTATION

Workshop Description

This 60-minute workshop provides caregivers and families with an understanding of Executive Function (EF) skills and their role in nurturing success at school, home, and beyond. Participants will learn how EF skills and behavior are interconnected. They will learn how to connect specific behaviors with executive dysfunction. Next, participants will explore tools and strategies they can use to support their student at home. The session ends with a Q&A session that equips participants with practical tools and resources to enhance their child's EF skills.

Objectives

- Understand how Executive Function skills are fundamental for success in school, home life, and beyond.
- Connect specific behavior with executive dysfunction.
- Explore tools and strategies that parents and families can use to support and develop their child's Executive Function skills.
- Participate in a Q&A session.