



# Executive Functioning and Organizational Skills Workshop

Setting your Student up for Academic Success!

Presented by the **ADHD Center for Success**

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## ***What Are Executive Functions?***

Executive Function refers to a variety of brain functions that contribute to a student's academic success. Deficits in executive function skills may include difficulties with: *organization, getting started and finishing work, memorizing facts, writing essays or reports, working complex math problems, remembering what is read, completing long-term projects, being on time, controlling emotions, and planning for the future.*

**This 6-week workshop is designed for students who experience challenges with Executive Functioning and overall academic organization. Great for students with ADHD, and/or learning challenges. This workshop will integrate student needs based on their individual learning styles, and help students apply strategies to current schoolwork.**

## **New Fall Groups Begin 9/19 & 9/21**

### **Topics include:**

- Self-Understanding
- Organizing Materials/Organizational Skills
- Time Management/Planning Tasks
- Emotional Control
- Behavioral Control
- Initiating work
- Attention
- Boosting your Working Memory
- Formulating goals

**\$595 for 6 week session**

**5th – 8th Grade Begins Tuesday 9/19 @ 5-6:30pm**  
**9th – 12th Grade Begins Thursday 9/21 @ 5-6:30pm**

**\*Individual Sessions Available**

Space is Limited. For more information please email Dr. Lori Rappaport:  
sandieoadhdcenter@gmail.com

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