

How to Teach Executive Function Skills at Home:

As the young executive system matures, essential planning skills emerge so students can estimate time for tasks, sense the passage of time and break down the steps for immediate tasks, nightly homework, and long term projects. Once engaged in tasks, the ability to shift attention, between and among tasks when priorities change is important. Students must also pace themselves to meet expected goals. With repeated experiences, students use their executive skills to create episodic memories, or hindsight, so they have more automatic processes for knowing "how to study", or "how to socially act in certain situations" or "what to expect in novel circumstances based on prior experiences". Students use their hindsight for self mediated talk to persist on tasks, even if the tasks are difficult or boring.

As children mature, the degree to which a student can use their attention to execute a task is highly influenced by their flexibility and purposeful behaviours. One must consider multiple possible solutions to problems, recognize the "gray" in a situation, as well as manage both expected and unexpected changes in plans, routines, rules and novel situations. As the executive system fully matures, individuals fluidly shift between changing task demands and carry out multiple complex goals to meet expected outcomes, whether they are externally driven or self determined.



Questions?

Contact Jeanette Markovich
604-453-8314

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Location:

The Chan Centre at the Child & Family Research Institute is located on the BC Children's and BC Women's site. Enter using the Oak St entrance located south of W. 28th Ave. Stay to the left. CFRI is immediately on the left, the main entrance is located across from the North Entrance of BC Children's. A map can be found at:

<http://www.cfri.ca/aboutus/contactus.asp>

Please note that no foods or drinks are allowed in the auditorium

Suggestions for Nearby Hotels:

- Park Inn and Suites, 898 W. Broadway
- Plaza 500, 500 W. 12th Avenue
- Holiday Inn Vancouver Centre, 711 W. Broadway

*Net proceeds from this conference will be used in the support and education of Speech-Language Pathologists employed at BC Children's Hospital, BC Women's and Sunny Hill Health Centre for Children.



The Speech-Language Pathology Department
at BC Children's Hospital, BC Women's and
Sunny Hill Health Centre for Children

Presents:

How to Teach Executive Function Skills at Home and School: Fostering Independent Task Completion

A Practical Strategies Seminar for Professionals and Parents

With:

Sarah Ward, M.S., CCC/SLP

November 15-16, 2010

8:30 am - 3:30 pm
(First day registration at 8:00)

The Chan Centre
Child and Family Research Institute
(CFRI)
at BC Children's Hospital
950 W. 28th Ave
Vancouver, BC



About the Presenter:

Sarah Ward, M.S., CCC/SLP

Sarah has over 15 years experience in diagnostic evaluations, treatment and case management of children, adolescents and adults with a wide range of brain based learning difficulties and behavioral problems. A popular speaker, Sarah regularly presents on the topic of executive functions to a variety of professional and parent organizations. Her innovative and effective treatment approaches have been featured on National Public Radio and she is the recipient of multiple awards, including the Massachusetts General Hospital Expertise in Clinical Practice Award. In addition to working directly with students in her private practice, she has presented to and consulted with more than 200 public and private schools in Massachusetts and across the United States on how to implement executive function based strategies into the classroom setting.

About the Presentation:

This comprehensive two day workshop will provide participants with a theoretical overview of executive functioning and its development across the K - grade 12 age range. Executive Functioning and its relationship to language development and other clinical diagnostic categories such as Autism and ADHD will also be addressed in this practical strategies seminar.

To see immediate improvement in the Executive Function skills, Sarah Ward will provide participants with everyday strategies to help students of all ages to have improved awareness and to effectively access and use forethought and hindsight. Participants will learn how to teach students to sense the passage of time and change or maintain their pace to carry out routines. Strategies will be provided to improve initiation, management of tasks and homework and independent organization and management of space and personal materials.

***A certificate of attendance will be provided for CE hours.**

Outcomes:

Participants will understand the implications of the following terms for learning:

- **Awareness:** to "Tune in" to what is happening around them so they can understand how information, events, and their actions will impact their goals and objectives, both now and in the near future
- **Forethought:** to predict the successful outcome of tasks and to know what a 'stop spot' looks like
- **to Wait:** to control a reaction long enough to contemplate the outcomes of their choices
- **Planning Skills:** to estimate how long tasks will take, to be able to sense the passage of time and to know how to break down the steps for immediate tasks, nightly homework and long term projects
- **The Ability to Shift:** to fluidly transition from one mental mindset to another and to be able to stop doing one activity and then move on to and start new tasks
- **to Pace:** to speed up or slow down within a given time frame and to persist on tasks even if the tasks are difficult, boring or non preferred
- **Flexibility:** to consider multiple possible solutions to problems, to see the "gray" in a situation and to avoid having black and white or rigid thinking
- **Tolerance:** to manage both expected and unexpected changes in plans, routines and rules, and uncertain and or novel situations
- **Processes:** for creating and maintaining systems to have clean personal and shared spaces, to organize their personal belongings and school materials
- **Methods:** for "*how* to study" for tests and to retain information

Who Should Attend?

Speech-Language pathologists, psychologists, occupational therapists, teachers and parents who want to learn functional strategies for working with children who struggle to initiate, to be flexible in their thinking, to execute and to complete tasks successfully, and who want to foster the development of executive function skills in their students.

Executive Function Skills Seminar

Advanced Registration is Required

Deadline: November 1, 2010

TO REGISTER, COMPLETE & RETURN THIS FORM WITH PAYMENT TO:

Attn: Jeanette Markovich
Communication Development Department
Sunny Hill Health Centre for Children
3644 Slocan Street
Vancouver, BC V5M 3E8

Confirmation will be sent via e-mail upon receipt of completed registration form and payment.

Name _____

Address _____

City/Prov _____

Postal code _____

Phone _____

Email _____

Title _____

Workplace _____

Cost of Registration

Early Bird, before Sept. 15, 2010: \$350

After Sept. 15, 2010: \$395

Includes lunch and refreshments.

Please indicate your preference:

meat or *vegetarian*

Cheque (made payable to PHSA)

For MasterCard or Visa payment please complete the following information and use billing address above:

Visa **M/C Amount:** _____

Card holder's name:

Card# _____

Expiration Date: _____

Signature: _____

Cancellation/Refund Policy:

\$25cancellation fee will apply after October 15, 2010.

No refunds after November 8, 2010.