

## Help Your Child Tackle School Projects:

Tools, Tips & Strategies for  
Strengthening Executive Function

document	Program Resource	Description
1.	<a href="#">Help Your Child Tackle School Projects</a>	Workshop description flyer
2.	<a href="#">Executive Function Questionnaire</a>	<b>Informal questions</b> to help identify child's specific EF thinking & behavior regulation skills that are strong & those needing more development
3.	<a href="#">5 Steps for Achieving Goals</a>	Chart <b>linking steps for achieving goals to the specific EF thinking skills &amp; behavior regulation skills</b> needed to successfully do the steps
4.	<a href="#">Student Project Planning Tool</a>	Includes: <ul style="list-style-type: none"> <li>- <b>steps</b> to plan, organize, schedule &amp; support working memory for a school project</li> <li>- tips for developing EF <b>habits</b> that support research &amp; development</li> <li>- <b>guidelines</b> for group project development</li> <li>- sample <b>rubric</b> defining specifically how individuals engaged in a group project need to <b>collaborate</b></li> </ul>
5.	<a href="#">10 Growth Mindset Statements: What to Say to Myself</a> - chart	Examples of <b>Fixed Mindset</b> (self-limiting putdowns) & how they can be transformed into affirming, positive statements that support a <b>Growth Mindset</b>
6.	<a href="#">Flexible Thinking</a> - chart	Samples of <b>flexible thinking self-talk</b> that can help soften negative thoughts & maintain an openness to alternatives, options ... other ways of thinking, feeling & acting
7.	<a href="#">Resources for Specific EF Skills</a>	<b>Books and online resources</b> are provided for learning more about the specific EF skills that need to work together to accomplish goals <p><b>Thinking Skills</b></p> <ul style="list-style-type: none"> <li>- Planning</li> <li>- Organization</li> <li>- Time Management</li> <li>- Working Memory</li> <li>- Metacognition</li> </ul> <p><b>Behavior Regulation Skills</b></p> <ul style="list-style-type: none"> <li>- Response Inhibition</li> <li>- Emotion Regulation</li> <li>- Task Initiation</li> <li>- Flexibility</li> <li>- Goal-directed Persistence</li> </ul>