

# Working Smarter: Academic Coaching at Cannon (ACC)

*Motivation gets you going, and habit gets you there. -Zig Ziglar*

Academic Coaching at Cannon (ACC) supports *student growth* and the *development of executive functioning skills* through intentional, focused programming that improves overall academic standing.

## Executive Functioning Skills

 <p><b>Planning</b> is the ability to figure out how to accomplish our goals.</p>	 <p><b>Organization</b> is the ability to develop and maintain a system that keeps materials and plans orderly.</p>
 <p><b>Time Management</b> is having an accurate understanding of how long tasks will take and using time wisely and effectively to accomplish tasks.</p>	 <p><b>Task Initiation</b> is the ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to.</p>
 <p><b>Working Memory</b> is the mental processes that allow us to hold information in our minds while working with it.</p>	 <p><b>Metacognition</b> is being aware of what you know and using that information to help you learn.</p>
 <p><b>Self-Control</b> is the ability to regulate yourself, including your thoughts, actions, and emotions.</p>	 <p><b>Attention</b> is being able to focus on a person or task for a period of time and shifting that attention when needed.</p>
 <p><b>Perseverance</b> is the ability to stick with a task and not give up, even when it becomes challenging.</p>	 <p><b>Flexibility</b> is the ability to adapt to new situations and deal with change.</p>

[www.thepathway2success.com](http://www.thepathway2success.com)

Academic Coaching helps students with:

- Goal-setting
- Organization
- Time Management
- Task Initiation
- Follow Through
- Study Skills
- Classroom Habits
- Attention/Focus
- Assessment Anxiety
- Metacognition
- Setting up an academic recovery plan following:
  - Long-term illnesses
  - Concussions
  - Trimester incompletes



Look for the QR codes posted around the Upper School building next school year to make an appointment!

Questions about ACC?

- Contact Jessica Kulp, US Student Support Coordinator, ([jkulp@cannonschool.org](mailto:jkulp@cannonschool.org))
- ACC Informational Video - <https://bit.ly/AcademicCoachingvideo>

### Additional Resources about EF Skills:

- “Executive Function & Self-Regulation”, Center for the Developing Child - Harvard University  
(<https://developingchild.harvard.edu/science/key-concepts/executive-function/>)
- “What is Executive Functioning?”, Understood  
(<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/executive-functioning-issues/what-is-executive-function>)
- “What’s Executive Function - And Why Does It Matter?”, Edutopia  
(<https://www.edutopia.org/video/whats-executive-function-and-why-does-it-matter>)
- “Executive Function in High School Students”, Beyond BookSmart  
(<https://www.beyondbooksmart.com/executive-function-in-high-school-students>)
- *Smart but Scattered Teens: The “Executive Skills” Program for Helping Teens Reach Their Potential*, Richard Guare, PhD; Peg Dawson, EdD; Colin Guare
- *Thinking Differently: An Inspiring Guide for Children with Learning Differences*, David Flink