

# Specialized Learning

## MONTHLY

Issue 002

October 10, 2023

### Focus on Executive Functioning

Many of our students have identified executive functioning needs that impact their learning at school and home. In this exclusive extended edition, I hope to explain the different executive functioning skills and describe their role in success at school. While this edition could be a good twenty pages long, I know we don't have time for that! So I will do my best to provide brief insight into each area along with some examples of accommodations that may be used to support a student in school. Lastly, I will provide some helpful links if you would like to find more information. As always, please reach out with any questions!

Special  
Extended  
Edition

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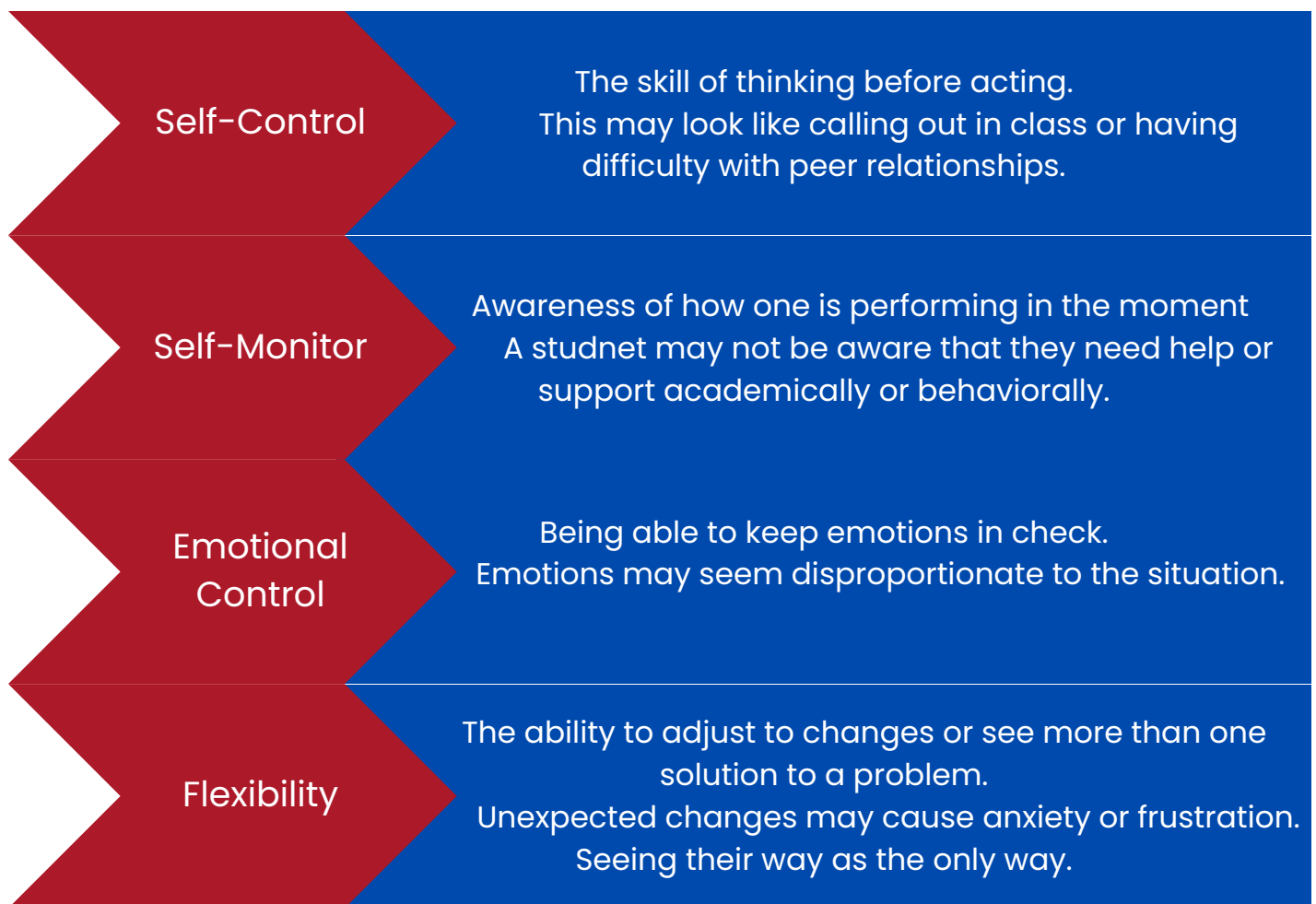
### What is executive functioning?

#### According to *Psychology Today*,

“Executive function describes a set of cognitive processes and mental skills that help an individual plan, monitor, and successfully execute their goals. The “executive functions,” as they’re known, include attentional control, working memory, inhibition, and problem-solving, many of which are thought to originate in the brain’s prefrontal cortex.”

# Executive functioning

*...and related struggles for students*



School accommodations may include:

- modeling and role play to demonstrate appropriate responses
- access to a “calm corner” or use of a “break card”
- frequent check-ins with a teacher
- visual schedules and advance notice of changes
- repeated, guided practice in recognizing emotions and needs

# Executive functioning

*...and related struggles for students*



School accommodations may include:

- checklists to help plan and start assignments
- support in setting up an organization system and checklist for school materials
- graphic organizers to support thinking and planning
- visual, verbal, and physical prompts to support memory
- chunking of lengthy assignments

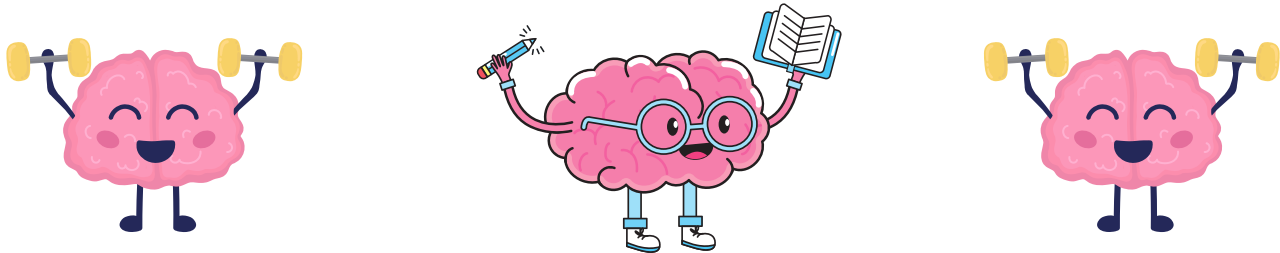
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Well-developed executive functioning skills are critical to a student's success at school and at home. Simple activities like board games, concentration games, and modeling the use of a home calendar to stay organized can help your child develop stronger executive functioning skills. Students with attention concerns (both diagnosed and informally recognized) can benefit from support and even direct instruction related to executive functioning. All students benefit from strong executive functioning skills which can be fostered at school and at home.



## Helpful Links

Please feel free to reach out for support to implement any of the ideas you find below!



- Links to printables and resources - [Executive Function Strategies for Your Child](#)
- Article - [Practical Strategies to Support Executive Functioning at Home](#)
- Activities by Age - [Activities Guide: Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence](#)

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### Staff Spotlight

Mrs. Eby-Runkle is one of our newest Mustang staff members. While this is her first year at MOT Charter, Mrs. Eby-Runkle has 16 years of experience (grades 1, 2, and 4) as a teacher in Delaware with dual certification in regular and special education. She holds a master's degree in curriculum and instruction. When not at MOT, Mrs. Eby-Runkle enjoys spending time with her family, including her husband Jeff, daughter Skylar, son Landon, and 2 dogs Finn and Chewy. Lastly, Mrs. Eby-Runkle is the assistant cheerleading coach to the 9x UCA National Champions - Wilmington University Wildcats! She also teaches cheer and tumbling at New Castle Dance Academy. We are so happy to have Mrs. Eby-Runkle as a kindergarten teacher at MOT!



Stacy Eby-Runkle

Jessica Reed



Mrs. Reed is another fresh face at MOT! Before coming to MOT this year, Mrs. Reed taught in grades 5-8 in Delaware. Mrs. Reed earned her Bachelor's in Elementary Education with a specialization in Middle School Social Studies, as well as a minor in History. She also earned her master's degree as a Teacher of Reading from Wilmington University. During her free time, Mrs. Reed likes to take walks with her husband (a kindergarten teacher) and her 3-year-old son. She enjoys reading and catching up on sleep, as well. She and her family are expecting baby boy #2 in January! Mrs. Reed is excited to be a part of MOT Charter, and we feel very fortunate to have her on our team!