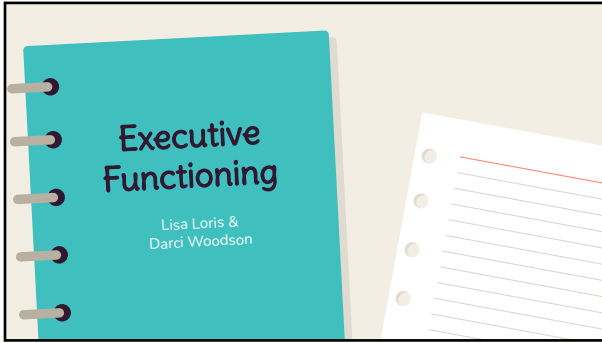
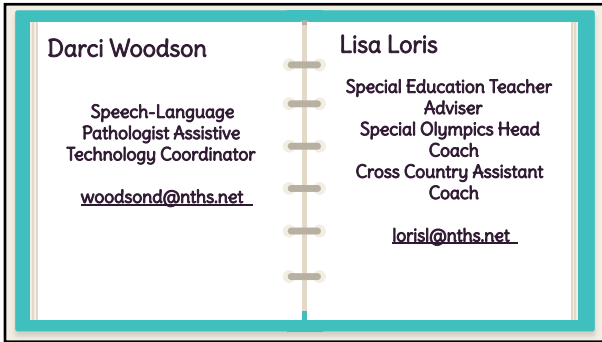
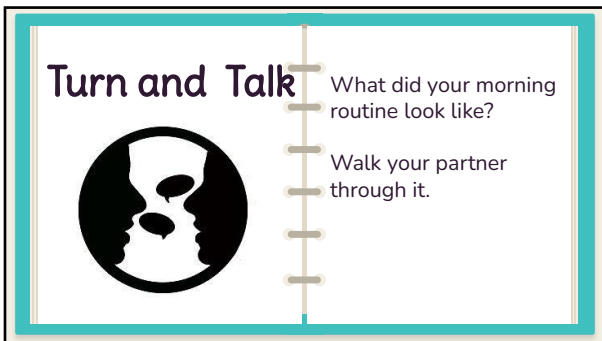








Executive Functions in Daily Tasks

Preparing for School: Unravelling the Role of Executive Functions

Planning and Organizing: To ensure that you are ready for school, you must plan and organize your tasks such as getting dressed, preparing breakfast, and packing a lunch in a particular sequence.

Time Management: You have a limited amount of time to complete your morning routine, so you must allocate the right amount of time to each task, ensuring that you leave the house on time.

Working Memory: You must remember where you put your keys/bag, what you need to pack for the day, and what appointments or activities are scheduled.

Inhibition: You must resist distractions or temptations that may disrupt your morning routine, such as checking your phone or watching TV.

Cognitive Flexibility: You need to adjust and adapt your plan if something unexpected happens, such as spilling coffee.

Initiation and Motivation: You must motivate yourself to start each task, even when you may feel tired or would rather stay in bed.

Self-monitoring: You need to continually assess your progress in daily routines, making sure you're on track to leave on time and have all your belongings. If you notice that you're falling behind, you might need to alter your routine.

Emotional Control: You need to manage any frustration or stress that may arise during your morning routine, ensuring that your emotions don't interfere with your tasks.

<https://uwo.ca/files/wm/teaching/dld2023-24/DaSilva-DLD22023.pdf>

Hand Model of the Brain



Strategy: Tying Emotion

This is how I will **feel** when I am "Done"....



Support Future Thinking: Prompt students to self-assess in the moment how they feel when they are "Done"

MIME IT

People Think in Time Markers

Time Calculator

How much time do I need?

- What do I need to do?
 - (Task)
- How many different things do I need to do?
 - (Count the Tasks)
- How many of each task?
 - (Count the # of Items)
- How hard will it be?
 - (Rate Difficulty)

=Estimate Time in Minutes
.....Reflect

Algebra 2 Unit 5

Exponential & Logarithmic Functions Quiz Review Guide

1. Simplify each exponential expression:

$(6^3)^{4x-2}$
 $5^{x+3} \cdot 5^{2x+1}$
 $9^{x+10} \cdot 3^{2x+3}$

$(7b^{1/2})^3$
 $(4^2)^{3x-5} \cdot 4^{7x+8}$
 $(m^{2x+3})^{1/2}$

2. Solve each equation:

$7^{2x+3} = 7^{4x-1}$
 $(2^3)^{3-2x} = 8^{2x-9}$
 $(5^2)^{3x+5} = (5^3)^{x+4}$

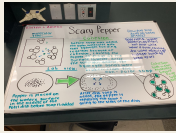
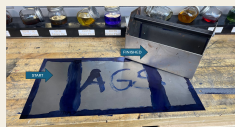
$4^{2x+3} = 16^{x-1}$
 $3^{5-x} = 27^{2x}$
 $5^{3x+1} = 25^{x+4}$

The Time Calculator

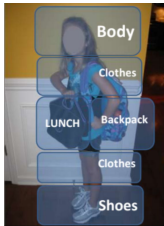
1. Calculate the Time

Task 1	Task 2
<u>Simplify</u> Number of Items: <u>6</u> Difficulty: <u>1</u> X <u>2</u> 3 Other: <u>None</u> Total Estimated Time in minutes: <u>6</u> Estimated, round up or down to the next 5: <u>5</u>	<u>Solve</u> Number of Items: <u>6</u> Difficulty: <u>1</u> X <u>2</u> 3 Other: <u>None</u> Total Estimated Time in minutes: <u>12</u> Estimated, round up or down to the next 5: <u>15</u>

Need to do something quickly? Show a done!



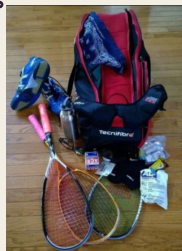
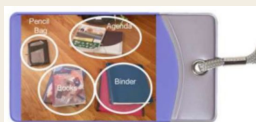
Generalize the Routine



How will you look the "Same" but "Different"?

- Cold Day
- Going to Bed
- Rainy Day

Backpack Tag & Activity Bags



Summer Reading - June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Read Background Information	8	9 Ch. 1-2 / Annotations	10	11	12
13	14 Ch. 3-5 / Annotations	15	16 Summarize Annotations	17	18	19
20	21 Ch. 6-8 / Annotations	22	23 Ch. 9-10 / Annotations	24	25	26
27	28 Summarize Annotations	29	30 Outline Key Information	1st Basic Assignment = 20-30 min	Requires more Energy & Focus	Difficult Project, Assessment, or I Need Help

Audiobook Options			
Options	Providers	Who Can Use	What to know
 	Your public library Find your library using this map	- You must have a current public library card - Winnetka-Northfield Library - Glenview Public Library - Wilmette Public Library	- Hoopla - Register for a Hoopla Account using your public library card and personal email. - There are no age restrictions for the content - Libby - Register for a Libby Account using your public library card and personal email.
	New Trier H.S. Library	- Any current student or staff member from New Trier can use SORA to access e-audiobooks and ebooks owned by New Trier H.S. - Connect SORA to the public library's collection using	- Follow the steps to set up SORA here - Request a title through a New Trier librarian - Not all audiobooks are available for purchase by New Trier H.S. - If New Trier doesn't have a specific book, look at the public library materials in SORA.
	Grant funding	Students with a documented Reading/print disability, visual impairment or physical impairment.	A limited number of students can get access. A student must have one of these qualifying disabilities
	Grant funding	Student with a reading deficit in decoding, fluency or comprehension, a visual impairment or a physical impairment.	A limited number of students can get access. A student must have a qualifying disability.

Notebook LM: Turn Notes into a podcast, and more



Parent Presentation on Executive Functioning

Sources

+ Add

Qz Discover

Select all sources

☒

Parent EF Presentation

Chat



Parent Presentation on Executive Functioning

1 source

This collection of slides appears to be from a presentation on Executive Functioning, delivered by Lisa Lark & Dawn Westmore, a Spanish-language Pathologist and Audiologist. [Jump to bottom](#) presentation covers various aspects of executive functioning and how they relate to daily life.

Start typing...

1 source

What are the different components of executive functioning?

Studio

Audio Overview

Create an Audio Overview in more languages [Learn more](#)

Generating conversation based on 1 source...
This may take a few minutes. No need to stick around!

Notes

+ Add note

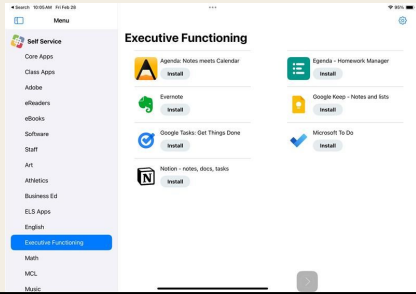
Study guide

Briefing doc

FAQ

Timeline

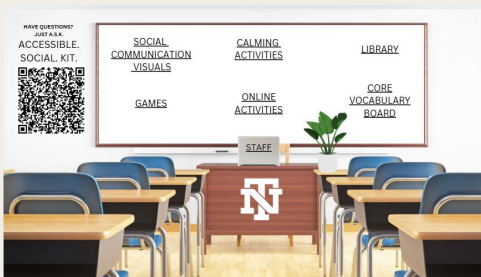
Digital Organization Apps



Academic Assistance Center EF Resources



Accessible Social Kit



Questions?

Thank you!
