

Annor Benson

Executive Functioning and the Teen Brain

Lesson #6

Executive Function lesson for "R," Class VI

Day 1:

- Reflect (metacognition) When I see Rianna next she will just be coming back from Spring Break, so this term is a clean slate, which is a great time to reflect on last term and what worked well for her and what needs to have more support.
 - We'll talk about organization
 - How to plan ahead
 - What her blocks are to completing work at home and how we can overcome them.
- Organize her backpack (organization) I can work with Rianna to organize her backpack, clearing out what is not needed, making sure there are adequate folders to keep organized for this term, make sure she has the supplies she needs.
- I will also institute that she needs to check canvas with me and write in her paper planner and I'll sign off, just like they did first term. (organization)

For subsequent tutoring sessions (twice a week):

- On Wednesday session, check her backpack and folders for continued organization (organization)
- When we look on Canvas, identify what are short-term and what are long-term assignments (planning and prioritization)
- On Friday sessions, we will come up with a plan for what must be done and what could be done (planning and task initiation) We can also use the last few minutes of the session to do some brainstorming to get started on the task so she has a base to work from.
- Also on Fridays we can review the week and see what is successful and what is not (metacognition)
- Specifically for humanities, I will make her annotate in her literature text so she holds her thinking and has someplace to go to to start her task by having information identified in the book. (task initiation)

