

# Back to School 2020: The Importance of Executive Functioning Skills

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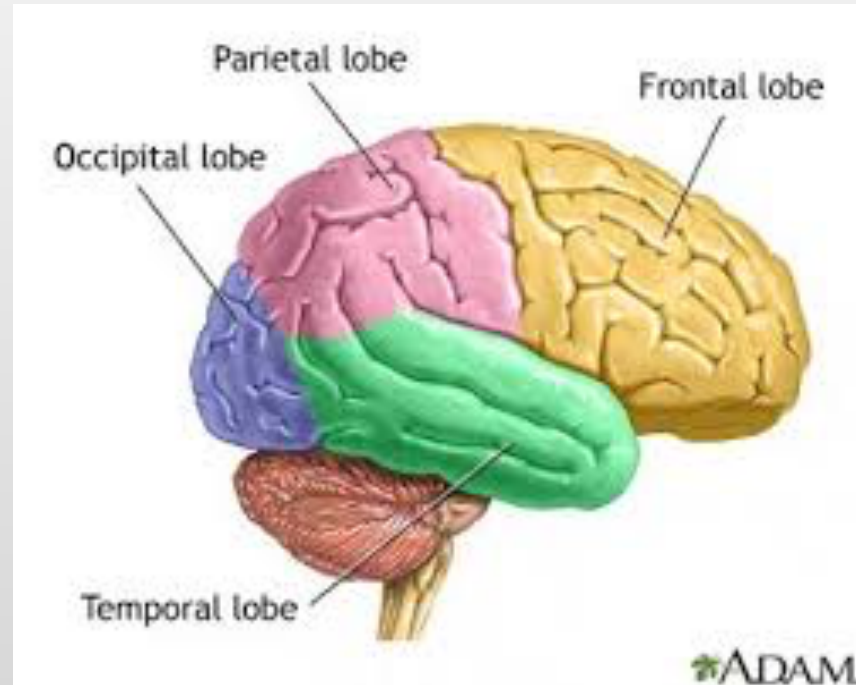
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# Executive Functions: Skills for Success

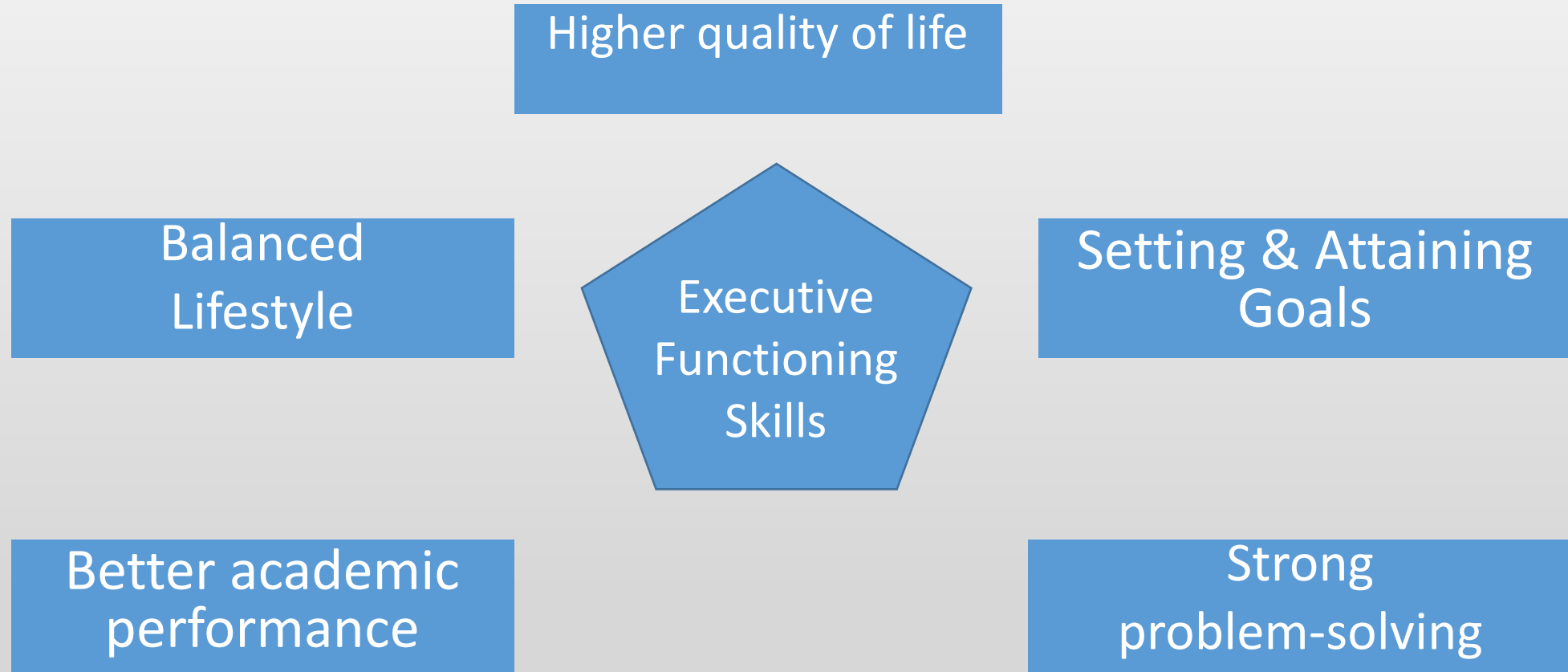


- Planning
- Time Management

- Prioritizing
- Self-Regulating

- Self-monitoring
- Evaluating
- Revising

# Why do we need EF skills?



# Quick Tips to Start the Year Strong

- Organization
- Planning & Time Management
- Set routines
- Setting goals

# Get organized!

What differences do you notice in the images below?



# Managing Your Time

- Study schedules – Use your 168 hours wisely!
- Working efficiently, not harder

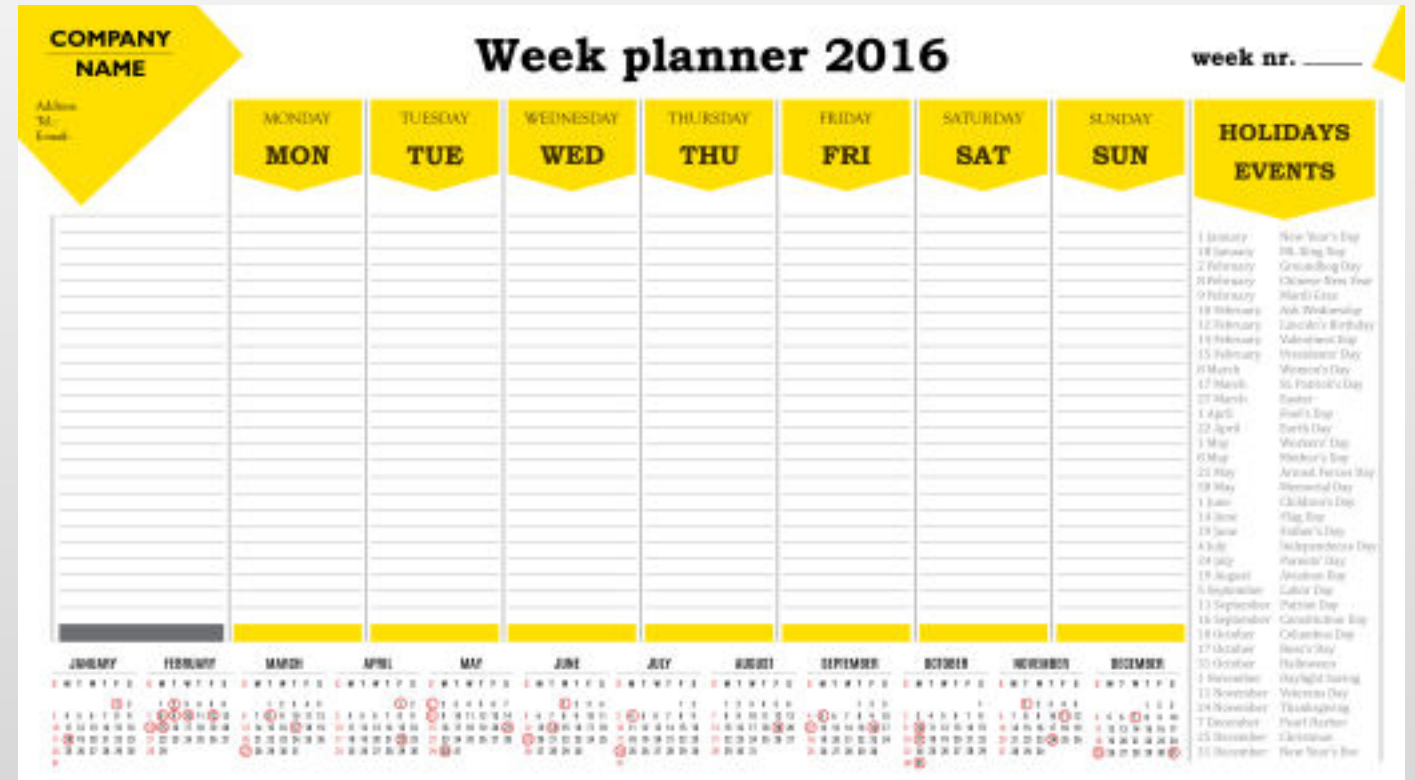
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# Make a plan

- Break down large tasks into smaller ones
- Set timelines
- Make a list of tasks, materials, etc.
- Schedule your work time

# Keeping Track

- iCal/Google Calendar
  - – Syncing your life
- Agenda
- Wall Calendar





# Routine, routine, routine...

- Create cues for yourself
- Same time, same place
- Creating habits

# Set personal goals

- Specific
- **M**easureable
- **A**ttainable
- **R**elevant
- **T**ime-bound

# Resources

## The Six Habits of Highly Organized People

<https://www.youtube.com/watch?v=88MjoZalHpM>

# More Resources to Come...

- Executive Functioning Skills & learning strategies
- Test prep & taking strategies
- Mental health & well-being
  
- QUESTIONS?
  - Please contact me at [j.dintino@lbpearson.ca](mailto:j.dintino@lbpearson.ca)

Have a great year!