WHAT IS EXECUTIVE FUNCTION (EF), HOW DO I SUPPORT MY CHILD WITH EF CHALLENGES, AND WHAT TECHNOLOGICAL TOOLS SUPPORT THE EF CHALLENGED STUDENT?

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To provide quality professional learning and ongoing support so that educators have the skills and tools they need to help their students become fluent, independent readers, who are ready to explore the endless possibilities the world of reading has to offer.
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WHAT IS EXECUTIVE FUNCTION (EF)?

- Executive function is a set of mental processes that helps connect past experience with present action. People use it to perform activities such as planning, organizing, strategizing, paying attention to and remembering details, and managing time and space. (ciaid.org)
- Connected to Working Memory
TOOLBELT THEORY

TOOLBELT CONTINUED...

- So, the Toolbelt is designed to:
  - Break the dependence cycle
  - Develop lifespan technology skills
  - Limit limitations
  - Empower student decision making
  - Prepare students for life beyond school

Ira Soof"
HERE'S THE DIFFERENCE

A PERSON WITH INTACT EXECUTIVE FUNCTION CAN...

- Demonstrate situational awareness- Read the Room
- Predict possible outcomes and recall past experiences
- Generate a plan to achieve that outcome (even if it is a novel event)
- Initiate appropriate actions and/or responses to achieve this outcome
- Monitor in an ongoing manner the success or failure of one's behavior (planned vs. actual)
- Modify performance based on self-monitoring and situational awareness of expected and unexpected outcomes
- Shift flexibly between activities
- Visualize what they must do
- All while being aware of time
HOW DO YOU DESCRIBE A CHILD WHO STRUGGLES WITH EF?

- Adjectives

AREAS OF DIFFICULTY

- Keeping track of time and finishing work on time
- Keeping track of more than one thing at once
- Meaningfully including past knowledge in discussions
- Evaluating ideas and reflecting on work
- Changing our minds and making mid-course corrections while thinking, reading, and writing
AREAS OF DIFFICULTY

- Asking for help or seeking more information when we need it
- Engaging in group dynamics
- Waiting to speak until called on
- Making plans
- Visualizing

AREAS OF DIFFICULTY

- Planning projects
- Estimating how much time a project will take to complete
- Telling stories (verbally or in writing)
- Memorizing information
- Initiating activities or tasks
- Retaining information while doing something with it (for example, remembering a phone number while dialing)
BUZZWORDS

- Cognition
- Emotional Control
- Flexible Thinking
- Organization
- Self-Monitoring
- Task Initiation
- Working Memory
- Visual Spatial Working Memory
- Auditory Working Memory

BASED ON WHAT WE HAVE COVERED...

- What do you think the most important activity young children do that fosters sound EF skills?
WAYS TO SUPPORT THE STUDENT WITH EF CHALLENGES

- Do not do the work for the child...gradually release the responsibility over to the child
- I Do It/You Watch Me
- I Do It/You Help Me
- We Do It Together/I Help You
- You Do It/I Watch You

IMPORTANTANCE OF VISUALIZING

- Time Blindness: digital clocks...we must model the use of time
- Motor Memory: consistent use of the space
- Creation of Zones in the classroom and at home
- Use of Visuals
TIME BLINDNESS

- More digital than analog exposure impacts the student's ability to conceptualize time
- Use of an analog clock and an Expo marker
- Draw out the next hour

MOTOR MEMORY

- Some students will need to walk the efficient path several times before he/she can efficiently navigate a dynamic classroom or pack and unpack the backpack by zones before a routine can be established.
CREATING ZONES

- In the classroom: Tools Zone, Assignment Turn in Zone, Collaboration Zone, Quiet Zone, Listening Zone
- Backpack Zones: Binders, Textbooks, Notebooks, Personal items
- Luggage tag

SET UP FOR FONDUE: THIS IS WHAT "DONE" LOOKS LIKE?

1. tablecloth
2. napkins
3. plates
4. fondue pot
5. Sterno
6. cut up meat
7. flame thrower
8. sauces
9. fondue forks
OR IS THIS WHAT "DONE" LOOKS LIKE?
CHECKLISTS AND THE USE OF VISUALS

THE IMPORTANCE OF VISUALS

• Students with Executive Function challenges need to be trained to imagine or visualize the end product

• Use language such as: see, imagine, look like, picture, visualize

• For younger students, you can use the phrase: “Put on your future glasses.”

• LABEL, LABEL, LABEL

(Source: Wilt)
S.T.O.P STRATEGY

- Space: Read the room
- Time: Get on a timeline
- Organization/Objects: Sense the organization
- People: Read the person

D.D.G. STRATEGY

- Done
- Do
- Get Ready

- What will it look like when it's Done?
- What steps will I take to do the task? Set the Clock & Timer
- What materials do I need to get ready?
SKETCH OUT LONG-TERM ASSIGNMENTS

- Sketch the assignment
- Cut it up or put onto "stickies"
- Put on the calendar
- Models 2 things: procrastination and efficiency

TOOLS THAT SUPPORT TASK MANAGEMENT/ORGANIZATION

- Backwards Planning: iCal or online calendar
- Remember the Milk: www.rememberthemilk.com
- Progress Bar Timer: https://chrome.google.com/webstore/detail/progress-bar-timer/lmnlbapfmmoahepmgkbkgfcgpdihbko

• Text to Speech
• Flesh-Kincaid Readability level
• Color: Erasable highlighters
• Editing phone
• Online Tools
TEXT TO SPEECH ON A MAC

TEXT TO SPEECH ON A PC

- Video for Windows 10: https://www.youtube.com/watch?v=U25vhhE50kI
- Best bet is to add an extension or app
**ADDING EXTENSIONS/APPS**

- When in the Google Chrome browser, click on the Apps icon.

- Click on the Web Store, which can be in different locations on your screen. It depends on the computer.

- In the search box type in Text to Speech and click on Extensions.

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**TEXT TO SPEECH APPS CONTINUED...**

- **Selection Reader (Text to Speech)**
  - Description: Instant translation of text into speech. Suitable for reading aloud in public or private places.
  - Rating: 4.5 stars

- **Instant Translate: Select and Translate**
  - Description: Available online and as an add-on for Chrome.
  - Rating: 3.5 stars

- **TTSReader X In-Page Text to Speech**
  - Description: Read all text in any page, including tables within the page.
  - Rating: 5 stars

- **Read Aloud A Text to Speech Voice Reader**
  - Description: Read any text in any language with one click. Supports 40 languages.
  - Rating: 4 stars

- **Voice Reader**
  - Description: Read any text in any language with one click. Supports 40 languages.
  - Rating: 4.5 stars

- **Text-to-Speech**
  - Description: Read any text aloud.

- **Talkie: FREE text-to-speech, many languages**
  - Description: Available online and as an add-on for Chrome.
  - Rating: 4.5 stars

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TEXT TO SPEECH CONTINUED...

- Once you choose the extension, you will see it in your toolbar at the top left side of your screen once you click on the Apps icon.

- You will see all of the Extensions/Apps you have downloaded. Click on the App and then cut & paste what you want read out loud.

FLESH-KINCAID

1. OPEN A NEW WORD DOCUMENT
2. CLICK ON THE WORD “FILE” IN THE UPPER LEFT-HAND CORNER
3. CLICK ON THE WORD “OPTIONS”
4. CLICK ON THE WORD “PROOFING”
THE USE OF COLOR

- Erasable Highlighters
- Flaggers
- Highlighting in Word
- Highlighting in Google Docs

PHONICS PHONE

- Editing Phone:  http://collinsed.com/product/editing-phone/
- Whisper Phone:  http://www.eaieducation.com
- Make Your Own  http://blog.maketaketeach.com/how-to-make-a-phonics-phone/
ONLINE TOOLS

- **Webspiration**: http://www.mywebspiration.com
- **Grammarly**: https://www.grammarly.com/
- **No Red Ink**: https://www.noredink.com/
- **Whitesmoke**: http://www.whitesmoke.com/
- **Writable**: https://www.writable.com/

ARTICLES

- https://www.gse.harvard.edu/news/uk/14/10/art-control
- https://www.eschoolnews.com/2017/12/06/apps-executive-functioning-skills/2/
HELPFUL LINKS

- https://www.commonsensemedia.org/
- https://www.ctd institute.org/sites/default/files/file_attachments/Wearables%26ExecFunction-Perez_0.pdf
- https://sites.google.com/view/ freudltecht oolkit/home
- https://www.youtube.com/channel/UCsUOV6oRYOH316Wd8eOdeNw

QUESTIONS

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