



Sights on September

Executive Function Skills for Grades 1-4

Sunday, July 15th

2 – 4:30 pm

Upper West Side, Manhattan

An interactive and practical workshop for parents and educators to learn about executive function skills and how they impact a successful transition to the new school year.

Executive function skills are coming to be recognized more and more as a vital component to academic and social success. Each year the expectations rise for children to be organized and independent learners and to draw on higher order thinking skills. Executive functions underlie a student's ability to focus and engage, complete tasks independently, integrate information to see the big picture, develop inferential thinking, increase their pace and automaticity, and problem solve.



In this interactive workshop, led by experienced executive function coaches, parents and educators will learn creative brain-based strategies to boost organization for a strong start to the new school year. The 2.5-hour event will provide practical strategies for supporting success in young learners entering 1st – 4th grade.

- Focus exercises for self regulation and awareness
- Use of graphic organizers for planning and monitoring progress toward goals
- Sequencing games for ordering steps to complete a task
- Working memory and logic brain puzzles
- Fast-paced sorting and shifting tasks to boost cognitive flexibility

Presentations and Q and A sessions by top specialists on our early elementary team will focus on tailored interventions for building common aspects of executive function that impact academic success in the face of rising expectations for independence and self-direction, including organization across home and school environments, attention/focus, and literacy skill development.

\$300 attendance. **\$500** attendance option for parents includes **one in-home follow-up summer session** with one of our experienced early elementary organizational tutors. Time will be allotted for sign up at conference and additional sessions can be arranged.

Please contact Julia.niego@organizationaltutors.com to learn more and register.



Sights on September: Building Executive Functions for a Strong Transition

Julia Niego, MS, holds a BA in Behavioral Neuroscience from Colgate University and an MS in Neuroscience and Education from Columbia University Teacher's College. Over the last decade she has worked as an early childhood educator, organizational tutor and consultant, supporting children ages two to ten in building executive functions, a growth mindset, and strong academic selves. She will be completing certification as an Educational Therapist through University of California Riverside in 2018. Her work aims to build new bridges between neuropsychological assessment and highly specialized curriculum and to establish a common language between students, parents and schools.

The Organized Student: Strategies that Work at Home and School

Zoe Chiel, Ed.M, is a Ph.D. candidate in School Psychology at Teachers College, Columbia University, where she has also earned a Master's of Education in Applied Developmental and Learning Psychology, as well as a Master's of Arts in Educational Psychology. Zoe's aims to successfully integrate students' academic, organizational, behavioral, social, and emotional needs, as well as their school and home environments, to build confidence and interest in learning. Drawing from current research and methodology, she will collaboratively identify students' learning needs and develop a personalized plan to help students cultivate long-term strategies for success and well-being.

Fall in Focus: Executive Functions and Willful Control of Attention

Maya Godbole is a doctoral student in the Basic and Applied Social Psychology program at the Graduate Center, CUNY. She implements current research within the psychology and education literature directly to her work with students. Her work as an organizational tutor over the last years has focused on strategies for supporting students with ADD/ADHD and attentional issues. Maya utilizes unique strategies in her work such as development of a growth mindset to help students build academic confidence and mindfulness techniques to help students manage attention, emotions and stress at school. She aims to help each student develop a cognitive and socio-emotional skillset to contribute to school readiness and social functioning as well as to build healthy lifelong habits.

The Role of Executive Functions in Strong Writing Skills

Samantha Fair, MA, has an MA in Early Childhood Education from Teachers College, Columbia University where she studied successful education programs such as Sounds in Motion, Big Math for Little Kids and the TC Reading & Writing Project. She has over a decade of experience crafting progressive educational approaches and practices in a wide variety of educational settings in NYC. Her work as an organizational tutor has focused on blending current research in cognitive development with her extensive pedagogical experience to help her students build their literacy skills, bolster executive functions, develop a growth mindset and maintain their love of learning by feeling more confident at school.