

Discussion Cognitive Script Strategy

Directions: Print pages back-to-back on paper or card stock. After printing, trim the edges and use this 2-sided card as a practical tool to support leveled emotionality. Laminate for durability and multiple use.

Discussion Cognitive Script	
Be Prepared	<ul style="list-style-type: none">• Study topic of discussion
Follow Discussion Expectations	<ul style="list-style-type: none">• Show respect• Listen to others• One voice at a time• Stay on topic
Ask Questions	<ul style="list-style-type: none">• Check understanding• Link comments

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This resource can be found in:

FLIPP the Switch 2.0: Mastering Executive Function Skills from School to Adult Life, by Carol Burmeister, Sheri Wilkins, and Rebecca Silva. Published in 2021, by AAPC Publishing, Shawnee, KS.

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Directions for Learners

When and How to Use Discussion Cognitive Script

Participating in a discussion with one or more other people can be a rewarding experience. It can help you learn more effectively when you get to hear the views of other individuals, as well as share your own thoughts and ideas.

The *Discussion Cognitive Script* can help you by giving you some guidelines about the best way to participate in discussion. Practice saying the steps on the script until you can say them without looking:

- Be Prepared
- Follow Discussion Expectations
- Ask Questions

After you have had a chance to practice these steps in a comfortable environment, with people you know well, try having conversations with new people in different places.

Collect data on how you did in the discussion, by answering the questions in each section of the Cognitive Script. After the discussion is over, reflect on areas of strength, and areas that need more work.

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