



**Parent Training:
Strategies to Strengthen Executive
Function**

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Webinar #1

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Outcomes

- ✓ Understand the role of executive functions as a foundation for succeeding in the home, classroom, and community settings
- ✓ Learn specific strategies for supporting individuals with executive function deficits in all environments

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Components of EF

FLIPP

Based on material from:
Wilkins, Sheri & Burmeister, Carol. *FLIPP the Switch:
Strengthen Executive Function Skills*. © 2015, AAPC Publishing.

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Flexibility

- The ability to change your mind and make changes to your plans as needed

Leveled Emotionality

- The ability to emotionally self-regulate and avoid drastic mood swings

Impulse Control

- The ability to control your impulses, such as waiting to speak until called upon

Planning

- The ability to make plans and keep track of time so that work is finished on time

Problem Solving

- The ability to know when there is a problem that needs to be solved, generate solutions, select one, and evaluate the outcome

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What do EF Challenges Look Like?

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graph TD
    A[Adapting to change] --> C((EF Challenges))
    B[Seeking more info if needed] --> C
    D[Task Completion] --> C
    E[Storage & Retrieval of info from memory] --> C
    F[Planning & Prioritizing] --> C
  
```

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How are EF Challenges Manifested?

Flexibility

- ✓ Resistant to change in routine
- ✓ Difficulty making transitions
- ✓ Difficulty shifting topic/activity
- ✓ Concrete thought processes
- ✓ Ability to see only one solution to a problem
- ✓ Difficulty coping with unseen events

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How are EF Challenges Manifested?

Leveled Emotionality

- ✓ Extreme reactions to seemingly minor events
- ✓ Struggle with managing frustration and modulating emotions
- ✓ Behavioral outbursts
- ✓ Poor coping strategies
- ✓ Difficulty tolerating mistakes

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How are EF Challenges Manifested?

Impulse Control

- ✓ Lack of self-monitoring
- ✓ Blurts out answers in class
- ✓ Interrupts others
- ✓ Does not consider consequences before acting
- ✓ Unaware of how his/her actions affect others
- ✓ Easily distracted by internal and external stimuli

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How are EF Challenges Manifested?

Planning

- ✓ Challenges with organizing and prioritizing
- ✓ Difficulty completing long-term projects
 - ✓ Inability to break down long-term assignments into parts
 - ✓ Difficulty estimating time needed for task completion
- ✓ Gets caught up in details without seeing the big picture
- ✓ Challenges with organizing binder/backpack/locker
- ✓ Does not turn in completed homework

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How are EF Challenges Manifested?

Problem Solving

- ✓ Difficulty identifying that there is a problem that needs to be solved
- ✓ Tendency to focus on one aspect of a problem, to the exclusion of other components
- ✓ Resistant to seeking help, when needed
- ✓ Tendency to become "stuck" on one solution and won't try other possible strategies

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Disabilities Exhibiting EF Deficits

Attention Deficit Disorders	Anxiety	Autism
Depression	Fetal Alcohol Syndrome Disorder	Intellectual Disability
Obsessive Compulsive Disorder	Schizophrenia	Social Communication Disorder
Specific Learning Disability	Tourette's Syndrome	Traumatic Brain Injury

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The Demands of Today's Classrooms . . .

- ✓ Could be less structure
- ✓ Many more opportunities to work in groups and with other students
- ✓ Longer term projects and papers
- ✓ Opportunities to make presentations and listen to others present
- ✓ More chances to solve problems and think critically
- ✓ Other ideas??

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The Good News...

- ✓ There are several ways that we can support students with EF deficits in the classroom and other school environments as well as in the home, community, and vocational settings
 - ✓ Environmental modifications
 - ✓ Metacognitive strategies
- ✓ Remember to:
 - ✓ Keep it VISUAL
 - ✓ Keep it POSITIVE
 - ✓ Keep it FUN

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Questions?

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Next Week

- ✓ Learn how using visual scales, teaching wait time behaviors, using a countdown timer, developing a power card, and utilizing a process called SOARR can increase flexibility



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