

Executive Function Strategies: Optimizing Student Performance and Reducing Stress

Date: April 12, 2019

Sponsored by
The Division of Speech-Language Pathology
Cincinnati Children's Hospital Medical Center

Course Description:

In our technologically-oriented society, academic success is dependent on students' self-understanding, as well as their ability to set goals, plan time, organize and prioritize ideas, shift approaches flexibly, and monitor progress. These executive function processes affect students' performance in most academic areas and in particular, reading comprehension, writing, math problem-solving, studying, and test-taking. Stress and anxiety can significantly impact students' ability to "execute tasks."

Dr. Meltzer will provide an overview of the important role of executive function processes in academic performance across grade levels and content areas. Practical approaches will be discussed for promoting metacognitive awareness, flexible thinking, and executive function strategies as part of the classroom curriculum. Discussion will address the cyclical relationship that connects students' use of executive function strategies with their self-concept, effort and persistence, all attributes that build resilience and life success.

Ms. Kincaid will discuss the interrelation between executive function and anxiety, as well as concrete strategies that support children's learning. In addition, she will provide practical and efficient strategies for teaching students how to study and how to learn from their mistakes. These hands-on sessions will emphasize strategies that are directly applicable for middle and high school students, and can be used in modified form for elementary students.

Learner Outcomes:

Upon completion of this seminar, the participants will be able to:

- Participants will recognize the impact of Executive Function processes on academic success across the curriculum.
- Participants will [explain how](#) knowledge of EF processes [help](#) students [to](#) build resilience to support academic and life success.
- Participants will [discuss](#) the interrelationship between EF and anxiety.
- Participants will [list](#) practical EF strategies that support student academic success.

About the Presenter(s):

Lynn Meltzer, Ph.D., is the Director of the Institute for Learning and Development (ResearchILD & ILD) in Lexington, MA. She is a Fellow and Past-President of the International Academy for Research in Learning Disabilities. She is the Founder and Program Chair of the Annual Learning Differences Conference, which she has chaired for the past 34 years. Her 40 years of clinical work, research, publications, and presentations have focused on understanding the complexity of learning and attention problems.

Donna Kincaid, M.Ed., is the Assistant Director of the Institute for Learning and Development (ILD) and the Director of Outreach and Training for ILD and ResearchILD in Lexington, MA. She is an Educational Specialist and senior instructor for the Master your Mind the SMARTS Way, executive function courses for high school and college age students. Donna is a contributing author to a ResearchILD book entitled, *Promoting Executive Function in the Classroom* (Guilford Press, 2010).

Program Schedule:

7:45 - 8:25 a.m.	Registration and Sign In
8:25 - 8:30 a.m.	Introduction of Speakers
8:30 - 8:45 a.m.	Welcome and Conference Overview Participants will gain an understanding of our executive functions in everyday goal setting/attainment.
8:45 - 10:15 a.m.	Mind over Matter: Executive Function Strategies to Ignite Success and Reduce Stress Participants will recognize the impact of Executive Function processes on academic success across the curriculum. Lynn Meltzer, Ph.D. Part 1
10:15 - 10:30 a.m.	Break
10:30 - 11:30 a.m.	Mind over Matter: Executive Function Strategies to Ignite Success and Reduce Stress Participants will be able to use their knowledge of EF processes to help students build resilience and self-concept to support academic and life success. Lynn Meltzer, Ph.D. Part 2
11:30 - 12:15 p.m.	Lunch
12:15 - 1:00 p.m.	Executive Function and Anxiety: Strategies that Support Children's Learning Donna Kincaid, M.Ed. Participants will understand the inter relationship between EF and anxiety.
1:00 - 2:05 p.m.	SMARTS Strategies that Work: Preparing for Tests and Learning from Mistakes Donna Kincaid, M.Ed. Participants will identify strategies that teach students how to efficiently learn from their mistakes.
2:05 - 2:15 p.m.	Turn and Talk Working Break
2:15 - 2:50 p.m.	Practical Strategies for Use on Monday Morning Participants will learn practical EF strategies that support student academic success.
2:50 - 3:30 p.m.	Wrap-Up: Key Points/Q&A Participants will apply practical EF strategies that support student academic success.

General Information:


Location:

Sharonville Convention Center
11355 Chester Road
Cincinnati, OH 45246

Contact information:

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Course Accreditation:

 <p>APPROVED PROVIDER ASHA CONTINUING EDUCATION AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>Cincinnati Children's Hospital Medical Center, Division of Speech-Language Pathology is approved by the Continuing Education Board of the American Speech-Language- Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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This program is offered for 0.55 ASHA CEUs (Intermediate level, professional area), 3010
Developmental Language Disorders

Conflict of Interest and Disclosures:

All presenters have been provided with, and agreed to the Division of Speech-Language Pathology's
Continuing Education [Conflict of Interest Policy](#).

Disclosure information follows:

Lynn Meltzer, Ph.D.

Financial — Employed by Institute for Learning and Development, Founder and Chair Annual Learning
Difference Conference

Nonfinancial — Nothing to disclose.

Donna Kincaid

Financial — Employed by Institute for Learning and Development, Direction of Outreach and Training,

Nonfinancial — Nothing to disclose