



# Executive Function:

## Skills for Success in the Classroom and in Life

An introductory program focused on the critical executive function skills that are needed to be a successful life-long learner.

Research has shown that students who acquire strong executive function skills become successful students who consistently complete their assignments, retain what they learn, participate in class, and improve their self-management skills. These skills are learned and can be honed and developed!

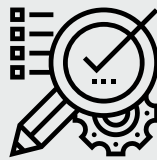
In this program, students will work one-on-one with an expert tutor over ten impactful sessions that are focused on the most important executive function skills to build across these **three key executive function areas**:



1

### Working Memory

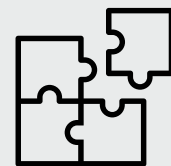
- Learn effective approaches to building study skills
- Develop techniques to improving content comprehension
- Understand the steps to being highly productive with content retention



2

### Self-Regulation

- Develop the skills to adapt to challenges and stress
- Learn how to form successful thinking patterns for easier learning
- Understand personal emotional responses and how to navigate them



3


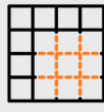








### Cognitive Flexibility

- Learn techniques to build strong organizational habits
- Develop critical reasoning and problem-solving skills
- Improve time management
- by avoiding procrastination and distraction

To learn more, contact: [Joe Twohig](#) | (619) 550-4193 | [joe.twohig@revolutionprep.com](mailto:joe.twohig@revolutionprep.com)

## Program sessions

Incorporating the student's personal areas of growth, each session is individualized to maximize effectiveness and provide a rewarding experience.

	 Session 1	 Session 2	 Session 3	 Session 4	 Session 5
<b>High School</b>		Eisenhower Matrix for Managing/Prioritizing Tasks	Procrastination – Identifying Causes & Solutions	Effective Retention Techniques	ABCs of Self-Regulation (Affect, Behavior, and Cognition)
<b>Middle School</b>	Intro to EF and Exploring Basics of Organization	Active Listening Techniques to Maximize Retention	Techniques for Effective Note-Taking	ABCs for Building Good Study Habits	
<b>Elementary School</b>		Active Listening Techniques to Maximize Retention	Techniques for Effective Note-Taking	ABCs for Building Good Study Habits	
	 Session 6	 Session 7	 Session 8	 Session 9	 Session 10
<b>High School</b>	Four Factors Leading to Greater Self-Efficacy	Reading for What You Seek	Recognizing Your Efficiency Modes	Accepting Feedback: Developing Appropriate Emotional Responses in the Classroom	Techniques for Effective Note-taking
<b>Middle School</b>	Techniques to Avoid Distraction		How to Take Charge of Boredom		Using the Emotional Response Keyboard
<b>Elementary School</b>					



### What's included:

- 10 weekly sessions to review and learn tips, strategies, and techniques with an executive function tutor
- Weekly parent update videos including student achievements, areas for growth, and assignments plus parent guidance for reinforcement at home
- Access to a suite of support resources and tools to enable students to practice good habits in everyday life

### Available for:

**Elementary School (Grades K-5)** - Build self-regulation, attention, task initiation, and creative thinking habits during this critical time for the development of foundational executive function skills.

**Middle School (Grades 6-8)** - Build the organizational, planning, and stress-response skills needed to thrive in a time of increasing independence and responsibility.

**High School (Grades 9-12)** - Build and maintain the study, time management, and communication skills needed as academic rigor increases and preparation for high-stakes exams begins.

**College Transition (College Freshmen and Sophomores)** - Help students effectively balance the opportunities of college with the need to maintain academic performance and build skills for independent living.