

# Strategic Connections™

## Executive Function (AD/HD) Skills Training

DISCOVERING STRENGTHS, ACHIEVING RESULTS™



**On-Track**  
Tutoring & Family Support Services™



*Strategies to build connections between learning, remembering, & executing.*

### How can On-Track's Executive Function (AD/HD) Skills Training help my child & our family?

Our program **empowers kids and teens** to:

- enhance organizational & time-management systems
- learn to prioritize
- learn essential self-advocacy skills
- maximize their strengths
- increase self-esteem
- discover strengths & achieve results!

Our training enables **parents** to:

- remove themselves from the "nagging" role
- get (or keep!) your relationship with your child on the right track
- entrust your child with greater responsibility & accountability
- empower your child with critical life skills

"The brain continues to mature and develop connections well into adulthood, and a person's executive function abilities are shaped by both physical changes in the brain and by life experiences, in the classroom and in the world at large. Early attention to developing efficient skills in this area can be very helpful, and as a rule, direct instruction, frequent reassurance and explicit feedback are strongly recommended."

—NCLD.org

Our one-on-one, individualized program **works**. On-Track's Strategic Connections: Executive Function (AD/HD) Skills Training can prepare your child for success not only academically, but for **life**. *Contact us today to get started!*



**On-Track**

Tutoring & Family Support Services™



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*Discovering Strengths. Achieving Results*



## Strategic Connections™: Executive Function (AD/HD) Skills Training

**Strategies to build connections between learning, remembering, & executing.** Essential for children with AD/HD, learning disabilities, or who just lack instruction in these critical skills. Our program teaches kids and teens to plan, prioritize and organize efficiently and effectively. *Prepare your children for success not only academically, but for life.*



Signs that your child may have problems with executive function:

- chronic **disorganization**
- challenges in **reading comprehension** and/or **math**
- difficulty with **note-taking** (including hearing and/or identifying main idea & important details)
- difficulty with **multi-step directions**
- often **losing track of time**
- trouble with **generating ideas** independently
- ongoing problems with **writing** (including organizing thoughts, developing sentences/ paragraphs, creating a cohesive paper inclusive of important facts & details)
- challenges with **estimating the amount of time a task will take** (such as daily homework or a long-term project)
- difficulty with **memorizing facts**
- struggling with **retelling a story or event**; may not be able to communicate details in an organized, sequential manner
- experiencing frustration with **recalling information**
- trouble with **initiating activities or tasks**
- difficulty **retaining information** while doing something with it (remembering instructions during an exam, for example)
- habitually **losing or misplacing belongings**, forgetting to bring necessary books, etc. home from school, or forgetting to turn in homework
- becoming agitated when forced to **"switch gears"** to another subject or activity

### What is executive function? And how does it affect learning?

According to the National Center for Learning Disabilities (NCLD), "executive function (EF) is a term used to describe a set of mental processes that helps us connect past experience with present action." Every day, each of us uses executive function skills in activities such as planning, decision making, strategizing, troubleshooting, managing our emotions, paying attention, keeping "on-task" and remembering details. Additionally, executive function skills are what enable students to:



- keep track of time during exams
- engage in group discussions
- finish their work on time
- ask for help when needed
- maintain focus on their schoolwork
- wait to speak until called on
- think critically, and to make corrections while reading & writing

### How do I know if my child has difficulties with executive function?

Many children with AD/HD or learning disabilities have executive function deficits. However, people without an attention or learning disability can have executive dysfunction. Although there is no single test or assessment that can identify a deficit, an evaluation with a knowledgeable neuropsychologist or developmental pediatrician can determine if your child has executive function challenges. Identification can lead to remediation and set your child on a more successful academic and life path.

On-Track Tutoring & Family Support Services is not a subsidiary of, or otherwise affiliated with, the NCLD. Definitions and website are provided for informational purposes.



Contact Us for more information, or to get started!

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