

# Building Executive Functioning Skills to Promote At Home Learning

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## Key Vocabulary

### EXECUTIVE FUNCTION

- Group of processes that allow individuals to self-regulate the way in which they interact with their environment.
- Decision making, planning, generating responses

### TYPES OF LEARNING

- **In Person Learning:** Students attend classes in person in real time
- **Remote Learning:** Students participate in classes online instead of being physically present. Information is relayed through technology such as discussion boards and video conferencing
  - **Synchronous Classes:**  
Learning that happens in real time  
E.g. Zoom calls
  - **Asynchronous Classes:**  
Learning without real time interaction  
E.g. Email, pre-recorded lessons
- **Hybrid (aka Blended) Learning:** Combining traditional classroom experiences and digital course delivery

### OTHER

- **Office Hours:** Time teacher sets aside for questions

## Schedules

Written routine that indicates the time and sequence of each operation

1.

TIME	SUBJECT
8:00-8:30	Breakfast and get Dressed
8:30 - 9:15	English
9:15 -10:00	Science
10:00-10:45	History
10:45-11:00	Break
11:00-11:45	Mathematics
11:45-12:30	Spanish
12:30-1:00	Lunch
1:00-1:45	Physical Education
1:45-2:30	Elective (Art, Engineering)

## Learning Environments

A learning space through which work is produced in an efficient manner.



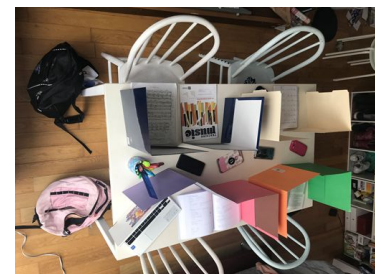
General Study Space



Pop Up Study Space



Standing Desk Study Space



Learning With Families

## Resources

Website:

<https://executivefunctionscholar.blogspot.com/>

Facebook:

<https://www.facebook.com/groups/623592841566002/>

Youtube:

[https://www.youtube.com/channel/UCbp\\_IPi9NlqvxASZxE1AdA?view\\_as=subscriber](https://www.youtube.com/channel/UCbp_IPi9NlqvxASZxE1AdA?view_as=subscriber)