

From our School Counselor Mrs. Jennifer Cotnoir

Executive Function is a big topic in education and with children. Many people with ADD/ADHD also have issues with Executive Function, but we all have varying degrees of success within the many areas of Executive function which include planning/organization, emotional control and self-monitoring to name a few. If you'd like to learn more, please consider signing up for this free workshop with lunch included on Thursday October 17th. It's part of the Lunch and Learn series at the StudyPro in McLean. I've attended many of their sessions and always leave with great information I can use. Click the link for more information. <https://thestudypro.acemlna.com/lt.php?s=0753529f814983a84b1cbcd6ae7155b3&i=181A344A1A4156>

Podcasts are a wonderful way to pass the time while driving and learn something at the same time. I've been listening to some great ones lately and wanted to share one in particular. It's called *Dear Anxiety*. I haven't listened to them all, but the ones I have listened to have been worthwhile especially for anyone dealing with anxiety or anyone who has an interest in mental health. Check back here as I will continue to share podcasts that I think might be of interest to our parents.

TECHNOLOGY and our healthy use of it is a topic I spend a lot of time thinking about as a counselor and as a parent. How much is too much? When should I let my child have a phone or have access to texting and social media? I wish I had the "right" answers for you, but I don't. I will try to share with you when I learn something new or find out about a resource. There's a resource through the folks who brought us the movie *Screenagers* and it's called *Tech Talk Tuesdays*. If you click the link, you can provide your e-mail address and receive weekly conversation starters that might help you answer some of those questions. <https://www.screenagersmovie.com/tech-talk-tuesdays>

As always, I am here for you as parents and here for your students here at school. If there's anything I can do to assist you, please feel free to contact me at jcotnoir@stlouisschool.org.