

# the Real-Life Skills of Executive Function

[a *growth mindset* approach]

June 12, 2023 | 8:30 am - 2:30 pm | Virtual



***Let's talk about the real-life skills your students need—not vocational skills but life skills your students need to be a productive member of their household and community.***

These essential processes are executive functioning skills, and they are critical for building independent adults. Planning, organization, shifting and sustaining attention, impulse control, and more are key to everything from making friends to having a job to completing a math test.

Participants will learn what executive functioning skills are, how they develop, and possible causes of executive functioning deficits. They will also learn ways to assess executive functioning and how to create plans to strengthen executive functioning skills.

If you are a school counselor, social worker, mental health professional, special education teacher, administrator, early childhood teacher, instructional coach, or simply an interested educator, this course is for you!

5 CPDU/CEU hours | The cost of the presenter is being paid by the SEL Hub grant. | Presenter: Sasha Long



*Presenter Sasha Long, BCBA, M.A., is the founder and president of The Autism Helper, Inc. She is a board certified behavior analyst and former special education teacher. Sasha shares strategies and best practices through her blog, podcast, membership, and online courses. Sasha travels internationally as a speaker and consultant providing individualized training and feedback to parents, educators, therapists and administrators in the world of autism. She is a former adjunct professor at The Chicago School of Professional Psychology. Sasha received her undergraduate degree in Special Education from Miami University and has a Masters Degree in Applied Behavior Analysis from The Chicago School of Professional Psychology.*



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