Where the Rubber Meets the Road
The REAL Reasons Smart Kids Struggle
and What to Do to Help
Blue Valley Parent Advocates for Gifted Education
January 15, 2020
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ADHD and Executive Functions
www.execskills.com
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1

Hello
my name is
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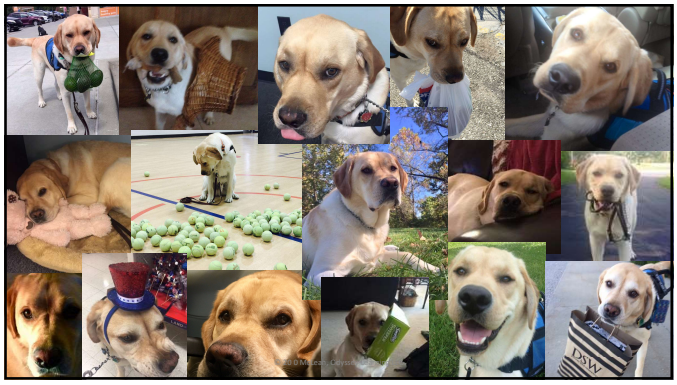
2



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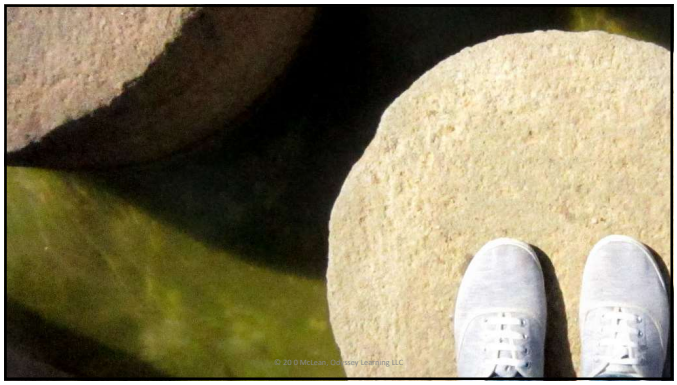

4

Executive Functions:

The skills we need to get things done

- Self-Regulation
- Time Awareness
- Planning
- Prioritizing
- Working Memory
- Organization
- Task Initiation
- Sustained Attention
- Goal-Directed Persistence
- Flexibility
- Metacognition

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5

We activate our brains with STRENGTHS and INTERESTS

Creativity
Curiosity
Humor
Teamwork
Bravery
Judgement
Kindness
Zest
Leadership
Hope
Gratitude
Perseverance
Appreciation of excellence

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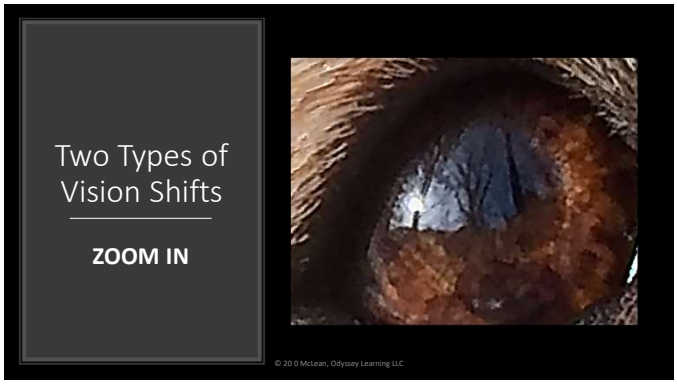
6

10

11



12

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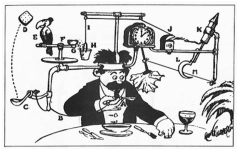
Systematic Terminating Obstacle Resistance Minimizer



13

14

STORM the Problem!

easy	1	2	3	4	5	6	7	8	9	10	hard
short	1	2	3	4	5	6	7	8	9	10	long
simple	1	2	3	4	5	6	7	8	9	10	complex
know what to start on	1	2	3	4	5	6	7	8	9	10	don't know what to start on
know what to do	1	2	3	4	5	6	7	8	9	10	don't know what to do
don't need help	1	2	3	4	5	6	7	8	9	10	need help
interesting	1	2	3	4	5	6	7	8	9	10	boring
important to me	1	2	3	4	5	6	7	8	9	10	not important to me
Important to others	1	2	3	4	5	6	7	8	9	10	not important to others
willing to do	1	2	3	4	5	6	7	8	9	10	not willing to do
urgent	1	2	3	4	5	6	7	8	9	10	not urgent
nothing but this to do	1	2	3	4	5	6	7	8	9	10	many other things to do
I know I will do a good job	1	2	3	4	5	6	7	8	9	10	I know I won't do a good job

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15

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How to use the STORM strategy

- 1. Take a **BREATH**. Then two more. Seriously. Right now.
- 2. **STORM** the problem.
- 3. Get **CURIOUS**: Past successes? Other situations?
- 4. Try a **HACK**: Strengths you can use? Research strategies? Brainstorm what you might try.
- **EXPERIMENT** and **ADJUST**

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16

Executive Function Hacks

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17

SELF-REGULATION AND FOCUS

- **Determine your optimum environment.**
- **Do a brain dump.**
- **Do just one thing.**
- **BREATHE!**

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18

TIME AWARENESS AND TIME MANAGEMENT

- Practice estimating time.
- Make time visual.
- Use timers.

19

TASK PLANNING, INITIATION, AND COMPLETION

- Plan backwards.
- Utilize low tech and high tech tools.
- Get the ball rolling.

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20

ORGANIZATION

- Think in categories.
- Start small.
- Leave nothing homeless.

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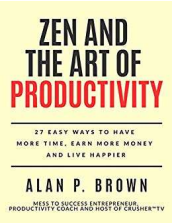
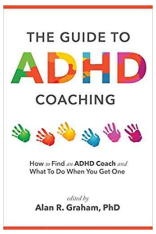
21

Other Resources



Understood
www.understood.org

ADDITUDE
www.additudemag.com



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22

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention." ~ Rachel Naomi Remen

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23

For More Information

To get the STORM tool and other executive function strategies, go to:
https://www.execskills.com/storm

New coaching groups starting soon
*Calming the Storm Parent Coaching Group
*Wired for Success Coaching Groups for Students

Private Facebook group supporting parents of uniquely wired kids
https://www.facebook.com/groups/parentingforreal

PARENTING FOR REAL

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24