



Coaching Life Skills in Students with Executive Function Disorder

In 20+ years of teaching, I have noticed one thing that can impede student progress more than any learning disability and that is Executive Function Disorder. Noting the frustration of these students and the parents and teachers who work with them, has led me to help students develop the specific systems necessary to overcome their unique challenges. My goal with all students is to get them to a point where they no longer need my services, because they can work independently and navigate their own educational and life experiences. What is Executive Function Disorder? In short, Executive Function is like the CEO of your brain.

The Three Areas Effected by Executive Function Disorder Are:

- Working Memory (being able to keep information in mind for future reference, such as reading a passage and then answering questions about that passage).
- Cognitive Flexibility (also known as Flexible Thinking. Being able to come up and think of multiple ways of doing something).
- Inhibitory Control (or self-control, being able to ignore distractions and resist temptations).

The Three Categories Above Involve:

- Working Memory
- Flexible Thinking
- Organization
- Task Initiation
- Impulse Control
- Emotional Control
- Self-Monitoring
- Planning and Prioritization

How Do I know If My Child Needs Your Services?

Your child needs help in developing life systems if he or she has problems with executing the following areas:

- Organizational issues:

- Losing or forgetting important items on a regular basis
- Being unable to visualize and maintain a clean room, desk, or locker
- Interrupting tasks to gather necessary items

-Time management difficulties:

- Struggling to be on time due to disorganization or poor planning



Blueberry House Tutoring

- Difficulty moving from one task to the next in a timely manner
- Finding it difficult to figure out how to get started on and complete a task in an allotted time frame
- Struggling to interpret multi-step directions
- Focusing on small details or the overall picture, but not on both at the same time
- Having trouble figuring out how much time a task realistically requires
- Doing things either quickly, messily, and often incorrectly, or slowly and incompletely

- Struggling to perform in school:

- Difficulty memorizing facts, digesting important information, organizing thoughts in writing, solving multi-step problems, and completing and turning in homework in a timely fashion
- Finding it difficult to incorporate feedback into work or an activity
- Difficulty transitioning to a new plan, even when it's clear that the current plan isn't working
- Having trouble paying attention and being easily distracted
- Losing a train of thought when interrupted
- Needing to be told the directions numerous times
- Having trouble making decisions
- Lacking the words to explain something in detail
- Needing help processing what something feels/sounds/looks like
- Having trouble with higher order thinking

What Your Student Will Learn: Students learn exactly how to tailor all the systems they need for success. This includes:

- How to work with the resistance that holds your child back.
- Planning effectively so they can manage the school workload.
- Organizing and managing schoolwork effectively.
- Study skills – How to study, write papers, complete homework realistically.
- Advocating for oneself pro-actively with teachers.
- Being forthcoming and honest with parents.
- Overcoming procrastination.
- Dealing with challenging social circumstances.
- Regulating emotional overwhelm.
- Learning the right mindsets, unlearning excuses.
- Creating habits and routines for school success.
- Parents learn how to support their child more effectively



COST OF PROGRAM

Total Cost of Modules

26 Hour Module - \$3,126.00
52 Hour Module - \$6,600.00

Your Module will be individually designed to fit the needs of your child. Days and times for the sessions will be determined upon enrollment into the program.

Payment Plan

You may pay the entire module upfront or make payments in two installments. If paid in two installments the payment plan is as follows:

26 Hour Module
\$2,084.00 – Paid Before First Session
\$1,042.00 – Paid After the First 13 Hours

43 Hour Module
\$3,360.00 – Paid Before First Session
\$1,680.00 – Paid After the First 21 Hours

These packages include Parent and Student Intake Assessments. Parents will be required to fill out a questionnaire on their child. They will then meet with me to go over the questionnaire and help to decide the best plan of action for the student. The student will also receive an assessment before coaching proceeds.

Parent must understand that these coaching sessions do not **FIX** your child. Instead, they give your child the skills they need to function and to be successful in all areas of their life. The results depend largely on student cooperation and parent involvement. By signing up for a module, parents are committing to do follow up exercises at home with the understanding that their child’s success lies in using the tools gleaned and modeled in this program, in his or her everyday environment.

Parents must also understand that each Module contains at least one home visit.

sethperler.com

I understand and agree to the above terms.

Signature of Parent: _____

Date: _____

Signature of Coach: _____

Date: _____