The Impact of Executive Function Skills on Reading Ability - 101

1

WELCOME

2

C-PEN READERS

3

GIVEAWAY!

4

AGENDA

Get Ready	Do	Done
		Understanding: • EF Skills and Their Impact on Reading **Exploring:** • EF Challenges in Learners with Disabilities **Learning:** • Differentiated Instruction Strategies **Aligning:** • Structured Literacy with EF Principles **Collaborating:** • Support Teams for Effective Instruction

5

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6

NAME THAT SONG?

Quick Game!

Pair up in groups of 2 to 3

- Think of a song, but don't tell anyone. Tap the song out on the table. Can the other people guess it?
- Take turns being the 'tapper' and 'guesser.'

7

WHAT'S THAT SONG CONTINUED

8

CURSE OF KNOWLEDGE

Overcoming This:

- Patience
- Avoid Assumptions
- Seek Student Perspectives
- Use Analogies and Concrete Examples
- Reflect on Your Teaching

9

WHAT'S THAT SONG CONTINUED

10

EXECUTIVE FUNCTION

What?

- Set of cognitive abilities that help us plan, organize, prioritize, and execute tasks.
  - Working Memory
  - Cognitive Flexibility
  - Inhibition Control

11

EXECUTIVE FUNCTION

Big 10

Planning

12

EXECUTIVE FUNCTION

Big 10

13

EXECUTIVE FUNCTION

Big 10

14

EXECUTIVE FUNCTION

Big 10

15

EXECUTIVE FUNCTION

Big 10

16

EXECUTIVE FUNCTION

Big 10

17

EXECUTIVE FUNCTION

Big 10

18

EXECUTIVE FUNCTION

Big 10

19

EXECUTIVE FUNCTION

Big 10

20

EXECUTIVE FUNCTION

Big 10

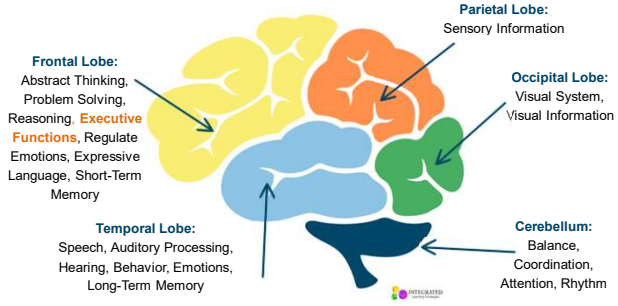
21

LET'S MAKE AN ACROSTIC

Penguins
Often
Try
Wearing
Tan
Mismatched
Socks
And
Playing
Frisbee

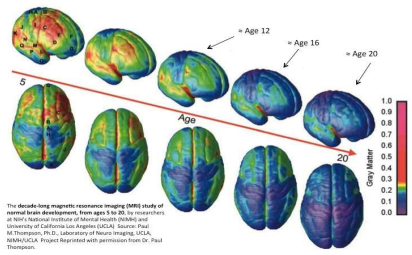
22

BRAIN FUNCTIONS



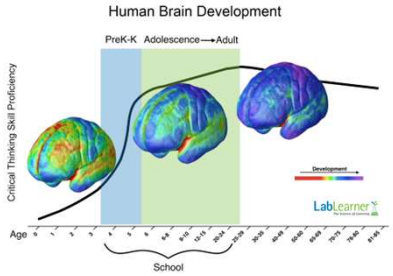
23

DEVELOPMENT



24

DEVELOPMENT



25

FACTORS

Brain Development

Mental Health

Environment

Physical Health

Genetics

Education

26

TAKE 5

27

MANIFEST

Big 10

28

MANIFEST

- Not meeting deadlines
- Losing materials
- Shutting down when a task is challenging
- Unable to self-regulate
- Often distracted
- Unable to follow a routine
- Needs constant reminders to begin working
- Late to classes, work, outside engagements, etc.
- Hard time goal setting
- Trouble problem-solving
- Follow-through (and being consistent)

29

EF + READING

DECODING
(attention, working memory)

COMPREHENSION
(working memory, flexibility, self-control)

ENGAGEMENT
(attention, task-initiation, perseverance)

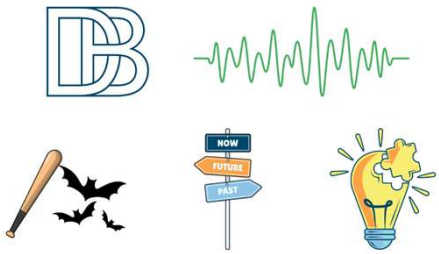
30

EF + READING

- **Attention** – Maintain focus on text
- **Working Memory** – Track of characters, plots, and themes
- **Flexibility** – Switch between aspects of text (literal meaning or connections
- **Self-Control** – Resist distractions and avoid jumping to conclusions
- **Organization** – Making sense of the narrative
- **Planning** – Understanding purpose of reading, completing assignments
- **Metacognition** – Reflection during reading, self-awareness
- **Time Management** – Spending appropriate time on reading tasks
- **Task-Initiation** – Getting started on assignments
- **Perseverance** – Working through harder tasks

31

EF + READING



32

BUT…

33

BUT…

"Reinforcing a skill that isn't there reinforces a skill that isn't there."

-Dr. Ross Greene

34

HOW…

Actually teach the skills and provide strategies for deficits!

Tailoring instruction to meet the needs of your learners:

- Content
- Process
- Product

You must ADAPT to EF Profiles

35

EF PROFILES

- The Executive Function Questionnaire (EFQ)
- Self-Report Executive Function Scale (SREF)
- 13 Executive Functions Assessment
- Executive Functioning Assessment Workbook
- Life Skills Advocate

36

PLANNING AND ORGANIZATION

- Create a Reading Plan
- Implement Visualization Techniques
- Use Checklists
- Organize Reading Materials
- Take Notes

Google Tasks | MyStudyLife | Bookout

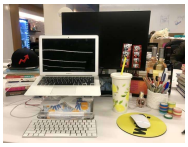
37

PLANNING AND ORGANIZATION

Name: _____
Week of: _____

Monday:
- Goal: _____
- Time: _____
- Tasks:
  - ☐ Highlight key points
  - ☐ Take notes on important concepts
  - ☐ Summarize the main ideas in your own words

Tuesday:
- Goal: _____
- Time: _____
- Tasks:
  - ☐ Identify and write down new vocabulary words
  - ☐ Make predictions about the plot
  - ☐ Discuss the chapters with a classmate or family member



38

TIME MANAGEMENT

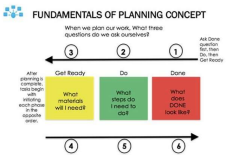
- Prioritize Reading Tasks
- Use a Timer
- Break Down Reading Tasks
- Eliminate Distractions (Or Minimize)
- Track Progress - Reflect and Adjust

ClickUp | RescueTime | Focus Booster

39

TASK INITIATION

- Model Task Initiation
- Use Positive Reinforcement
- Incorporate Choice
- Create a Reading Routine (and Provide Pre-Reading Activities)
- Visual Cues and Reminders



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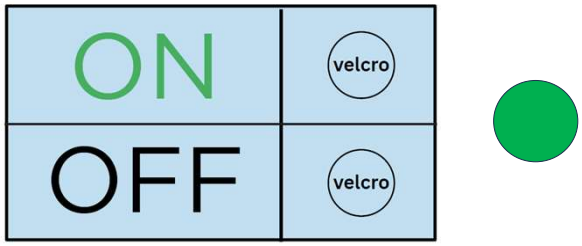
TASK INITIATION



41

WORKING MEMORY

- Active Reading
- Repetition and Rehearsal
- Multisensory Activities
- Memory Games
- Teach Back Method

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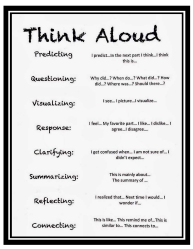
42

METACOGNITION

- Self-Questioning
- Think Alouds
- Summarize
- Monitor Understanding



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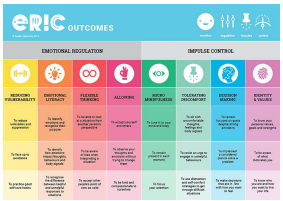
43

SELF-CONTROL

- Teach Mindfulness Techniques
- Use Structured Breaks
- Implement Reward Systems
- Practice Self-Monitoring
- Model Self-Control Strategies



THE ZONES OF REGULATION Calm I-Connect

44

ATTENTION

- Create an Engaging Reading Environment
- Use Pre-Reading Strategies
- Implement Focus Techniques
- Set Short Reading Goals
- Incorporate Movement Breaks

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45

PERSEVERANCE

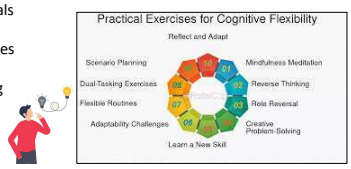
- Use Role Models and Peer Support
- Create a Reading Challenge
- Model Perseverance
- Teach Self-Regulation Techniques
- Celebrate Effort, Not Just Success

focus@will HabitBull coach.me

46

FLEXIBILITY

- Introduce Various Reading Materials
- Practice Different Reading Strategies
- Incorporate Collaborative Learning
- Encourage Questioning
- Model Adaptive Thinking



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47

TAKE 5

48

HOT TOPIC

STRUCTURED LITERACY

49

STRUCTURED LITERACY

- Term coined by International Dyslexia Association.
- It is explicit, systematic, cumulative, and diagnostic.
- Opposite of balanced literacy, whole language, and guided reading.

International DYSLEXIA Association®

50

SL WITH DIFFERENTIATION

Flexible Grouping

Instructional Strategies

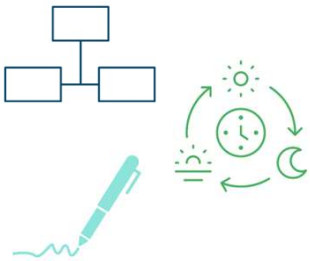
Customized Supports

Ongoing Assessment

51

SL PRACTICES THAT SUPPORT EF AND READING

- **Explicit Phonics Instruction**
- **Multisensory Techniques**
- **Graphic Organizers**
- **Sequential Reading Practice**
- **Frequent Reviews and Practice**
- **Structured Writing Exercises**
- **Predictable Routines**



52

COLLABORATION

Collaboration between educators, parents, caregivers, and support teams is crucial for creating a comprehensive support system for students. This teamwork ensures that:

Consistent Support

Holistic Understanding

Effective Interventions

53

BUILDING A SUPPORTIVE NETWORK

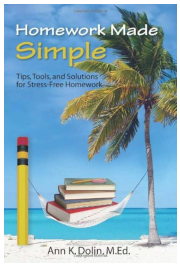
Collaborative Team:
- Identify Key Stakeholders
- Develop Support Plan
- Leverage Community Relationships

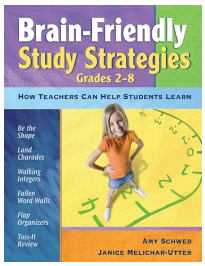
Positive Relationships:
- Build Trust
- Celebrate Success
- Provide Training and Resources

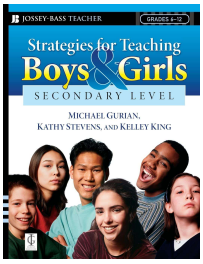
Learning Environment:
- Encourage Involvement
- Support Emotional Well-Being

54

REALLY GREAT READS







55

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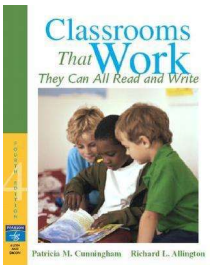

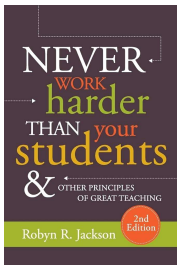

56

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57

CONTACT ME

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58