

Executive Function 101



Some Executive Functioning areas

- Motivation
- Getting Organized
- Response Inhibition
- Working Memory
- Sustained Attention
- Emotional Control
- Boosting Flexibility
- And MORE!

THE SUNAPEE SCHOOLS & THE ABBOTT LIBRARY

PRESENT

Introduction to Executive Function SATURDAY – NOVEMBER 12th

9:30 AM – 10:30 AM

Executive Functions are the set of mental tools that allow you to get things done. We'll give an overview of executive functions including the implications of each skill and then take your questions. This program is for students and adults, and will also cover technology approaches to help your family. Bring your device to the program. CALL OR EMAIL THE LIBRARY TO SIGN UP!



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