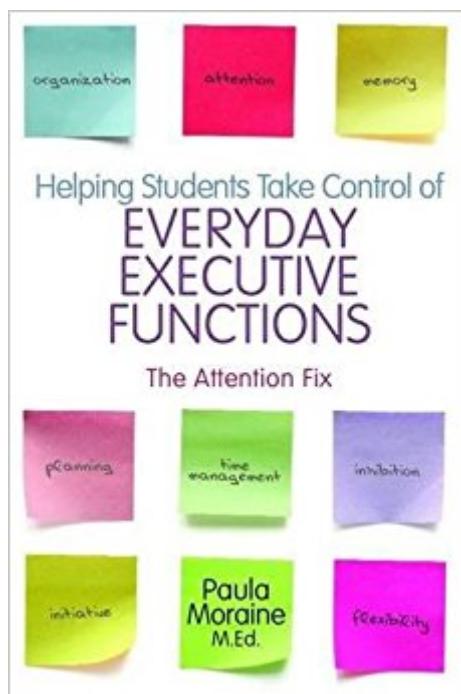


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# Helping Students Take Control Of Everyday Executive Functions: The Attention Fix



## **Synopsis**

This book presents an innovative model for strengthening and developing executive function in any student, including those with attention, memory, organization, planning, inhibition, initiative, and flexibility difficulties. It provides guidance on how to support each student's evolving executive function, and how to encourage those who are ready to develop self-advocacy and become more responsible for the development of his or her own executive function skills. The author advocates a student-centred approach in which educators first explore eight key 'ingredients' with the student: relationships; strengths and weaknesses; self-advocacy and responsibility; review and preview; motivation and incentive; synthesis and analysis; rhythm and routine; and practice and repetition. She provides step-by-step explanations of how the educator and student can then explore and use these 'ingredients' in different ways and in different combinations to successfully address particular areas of difficulty. The approach is clearly explained, and the author provides many useful examples, tried-and-tested practical tips and strategies; suggested conversation starters; sample time management plans; and other tools that can be adapted to meet the particular needs and abilities of each individual student. Original and effective, the approach outlined in this book will be of interest to teachers and other professionals involved in supporting executive function in students of all ages, as well as parents and carers.

## **Book Information**

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## **Customer Reviews**

Through a combination of time management skills, planning and initiative, teachers are given

formulas for success relating specifically to executive function skills, and will find this a powerful teaching tool. -- Midwest Book Review Readers, both teachers and parents, will recognise the situations, the conversations, the misunderstandings and the frustrations, and they will gain a valuable range of techniques and options for helping young people learn to fix their attention. -- Nasen Special Magazine Paula Moraine's goals are to make executive functions more understandable and to guide teachers and parents in helping students learn how they learn. She achieves those goals with clarity and creativity. An excellent book! -- Steven E. Band, Ph.D., Mt. Washington Pediatric Hospital, Baltimore My 10th grade son was discouraged to the point of having shut down educationally and emotionally when we started working with Paula. Using a systematic approach, she has identified his individual learning style and taught him to "tap-in" to strategies that allow him to succeed in any environment. Now he can navigate assignments, tasks, and daily routines achieving outcomes which demonstrate his full potential. Most importantly, he is confident and believes in his abilities again. -- Cindy Glorioso, mother of two children with ADHD and dysgraphia The 'ingredients' are presented with great imagery, making the concepts understandable and relevant. Paula provides a fresh and accessible approach to teaching and executive function that every teacher needs. -- Paula Carmody, M.A.S., Educational Director, The Highlands School This book presents techniques to use with students, both in schools and at home. It is aimed at educators and, to some extent, parents. The author explores 'executive functions', which she defines as attention, memory, planning, organization inhibition, initiative, and flexibility... The book is also American and focuses on the United States school system. There are, however, many concepts, ideas, and interventions which are transferrable to the United Kingdom. Overall this is a useful book which offers a model of working for those based in the education system and perhaps elsewhere. -- Ailsa Gillen, Specialist OT, Child and Adolescent Mental Health Services, NHS Lothian \* British Journal of Occupational Therapy (BJOT) \*

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This book organizes the way we help children process their environments and needs in a novel way. The author describes the importance of relationships in the student's life, because these reflect the student's relationship to learning, to studying, to feeling capable, to feeling successful. It is truly a holistic understanding of the emotional, social and spiritual realities that affect a student's well-being. While we may acknowledge these "ingredients" (the author's way of putting these things in the recipe of success), they are so clearly described and presented to help teachers, parents, educational therapists and others to integrate the strengths and the needs of the person with executive functioning difficulties. Honestly, it seems like a lot to take in without lots of training as a therapist. It is just excellent!

Complex issues delivered in an easy read. It is full of insightful, useful information that can be implemented in daily life. It has helped me as a parent to understand my daughter's actions and her teachers' perspective. I used to get so frustrated with her, and now that the frustration is gone I can help her move forward in a positive way.

Working with a house full of boys, executive function is only an official diagnosis for one. Chapter by chapter, I'm able to implement the very very logical perspective and structure in this book to teach the boys how to design their lifestyles for success. I highly recommend this for anyone living with someone with ADHD or other executive function development delays.

Not so new ideas for me, but great for parents, mainstream teachers and even older adolescents and college students to read to understand the issue of executive function. I did get some new ideas and strategies from this book and I am only half way through.

with a child with ADHD I found this very useful and practical. Definitely one to recommend to teachers and parents alike.

Excellent book - Very helpful for students who struggles with organization.

This is a delightful and helpful guide to bringing out the best in every student. The author's deep compassion, experience, and creativity shine throughout. The style is clear and lively, and the many anecdotes bring the principles alive. The book's utility isn't limited to educators and parents. I found a lot of helpful ideas for myself!

The best advice on executive functioning in teenagers. Clear explanations and sound advice. Paula Moraine provides practical advice for parents dealing with this issue in their kids. She deeply understands what is going on in the heads of her clients and how to help them.

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