

# EXECUTIVE FUNCTION BOOT CAMP

This Fall at PEAK  
Exceptional Services

Poor organization skills? Trouble remembering to turn in homework? Difficulties with motivation and follow through?

## Middle Schoolers Can Learn Skills for Success

October 14, 21, & 28, 2017

Saturdays  
10:30am – noon each day

### What is Executive Function?

Executive functions (EF) of the brain are cognitive abilities that activate, integrate, and control other functions of the mind. Think of the conductor of the orchestra. The conductor has to be able to get each musician of the orchestra to play together, in harmony, on beat to make beautiful music. Students need the skills for the conductor in their brain to successfully bring together all of the pieces to complete tasks and achieve their goals. EF thinking skills “allow us to create a picture of a goal, a path to that goal, and the resources we need along with way.

- *Executive Skills in Children and Adolescents*, Dawson & Guare, 2010

## Students Will Practice Strategies For:

- Learning Style Preferences - Know yourself as a learner and how you enjoy learning best.
- Motivation - Learn what motivates you and how to accomplish something even when you don't want to.
- STOP (Situational Awareness and Intelligence in the Classroom) - Learn how to “read” a situation using the STOP method to be successful in any situation.
- Task Planning (Get Ready, Do, Done) - Learn this 3-step method of successful task completion.
- Long Term Project Planning - Learn how to plan for success when you have weeks to complete a project.
- Time Management (Time Robbers) - Learn how to manage time, hold time, and figure out what steals your time.
- Organization - Learn how to manage materials and plan for success.

Space is Limited. Sign Up Today!

Email: [info@peakgifted2e.com](mailto:info@peakgifted2e.com)

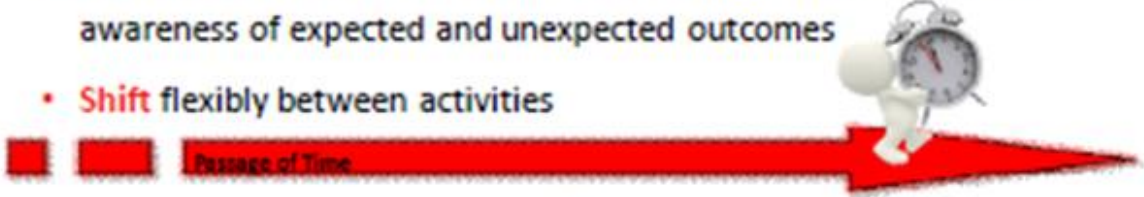


## More About Executive Functions...

**Operational Definition  
of the Executive Function Skills**

Brain functions/skills that allows us to . . .

- **Demonstrate** situational awareness – Read the Room
- **Predict** possible outcomes and **Recall** past experiences
- **Generate** a plan to achieve that outcome (even if it is a novel event)
- **Initiate** appropriate actions and or responses to achieve this outcome
- **Monitor** in an ongoing manner the success or failure of one's behavior (planned vs. actual)
- **Modify** performance based on self monitoring and situational awareness of expected and unexpected outcomes
- **Shift** flexibly between activities



By Sarah Ward

### About the facilitator:

I am Elizabeth Morarie: a wife, a mother of 2 toddlers, and a passionate advocate for gifted students. I stumbled into teaching gifted students after attending Western State College to earn my degree in Secondary English Education and earning a Generalist endorsement in Special Education. I was pretty sure I would teach in a special education classroom after graduation; however, I began my career at a Gifted and Talented middle school in 2005. I knew right away that working with gifted students was where I needed to be. I taught middle school literacy for 4 years, then moved to 4<sup>th</sup> grade, and became a Teacher Leader for my school. I then had the opportunity to become the Special Education teacher for a Gifted and Talented K-8 magnet school. Somewhere along the way I added an Elementary Education endorsement, attended Regis University to complete my ELA endorsement, and added a GT endorsement after working with gifted students for 12 years. After having my babies and wanting to work part-time, I am now the MTSS (Multi-Tiered System of Supports) Coordinator, 504 Coordinator, and ELA Teacher Leader. This is where I found my niche. I am so passionate about Twice-Exceptional students and supporting them to be successful in the classroom and beyond. I love working with teachers, parents, and students to implement academic and behavior interventions for students to be successful. I truly enjoy learning and educating students about Executive Functioning. I love to learn, share what I know, and share a lot of joy and laughter along the way.

# Executive Function Boot Camp Registration

October 14, 21, & 28, 2017 10:30am–noon each day

Facilitator: Elizabeth Morarie, B.A., Gifted/2e Specialist

Fee: \$250 – must be paid in full by October 12th

Student 1 Full Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade for 2017-2018 School Year: 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup>

School for 2017-2018 Year: \_\_\_\_\_

Student 1 Email: \_\_\_\_\_

Student 2 Full Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade for 2017-2018 School Year: 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup>

School for 2017-2018 Year: \_\_\_\_\_

Student 2 Email: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_ (W) \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Please Initial Your Acknowledgement of the Following:

\_\_\_\_ Parent understands that a deposit of \$50 is required to hold a student's spot in the Executive Function Boot Camp. **Deposit is Non-Refundable.**

\_\_\_\_ Balance must be paid in full by October 12<sup>th</sup>, 2017, or your student may lose his/her spot to someone on the wait list. **No refunds will be made after October 13th, 2017.**

\_\_\_\_ Student must be signed in and signed out by a parent/guardian each day.

Signature of Parent \_\_\_\_\_ Date: \_\_\_\_\_

Please return this form with payment via email ([info@peakgifted2e.com](mailto:info@peakgifted2e.com)), fax (720) 356-0172, or mail: PEAK Exceptional Services, Attn: Terri Lucero, P.O. Box 53, Eastlake, CO 80614-0053