



Parent Education Series

Mastering the Process of School: The Pivotal Role of Executive Function in School and Life

Presented by: Debbie Rosen and Kathy Essig, M.Ed.

Co-founders of The StudyPro, a McLean-based study skills and homework center.

The StudyPro's talk will demystify the role of Executive Functioning (EF) in education and will include specific strategies for building a growth mindset and bolstering EF skills within your child.

What is EF? Executive Functioning are skills such as managing time, organizing materials, and planning and completing work, that are critical for student success. EFs include basic cognitive processes such as attentional control, cognitive inhibition, inhibitory control, working memory, and cognitive flexibility. These are the skills that control our impulses, help us stay focused, and/or manage our work. While we aren't born with these skills, we are born with the potential to develop them.

Sept. 27th,
2019 8:30-
10:30 AM
Cafeteria

Schedule
a Tour

Open to parents and visitors



Nysmith School for the Gifted
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