

PARENT TEACHER TRAINING



EXECUTIVE FUNCTIONING

Thursday, January 27
Lower Campus Auditorium
3:30-5:00



Child Care Available (RSVP) and Light Refreshments Served

"Executive Functioning" skills receive a great deal of attention in education and child development. But, what are these skills? This workshop will unpack what executive functioning skills are, how to recognize when they're off track, and what to do to improve them at home and at school. This workshop will be helpful for parents and teachers with students grades Kindergarten through Middle School.

We are excited about our speaker- Dr. Elena Patten. Here is a sneak peak on who she is and on what Executive Functioning is:

Dr. Patten is a Navy-brat, born in California. Her undergraduate degree is from the University of California, Riverside. She has a master's degree in Communication Sciences and Disorders from Old Dominion University in Virginia. Her Ph.D. is from



the University of North Carolina at Chapel Hill, where she studied early manifestations of ASD. Other research includes ADHD, other neuro-developmental disorders, parent-child interaction, and sensory processing. She resigned her faculty appointment at the University of Tennessee, Knoxville to return to her first professional love - empowering individuals across the life-span to reach their highest desired potential. Most importantly, she is a Christ-follower and seeks to be a vessel through which His Kingdom

comes to this earth. In fact, she believes He has a lot to say about executive functioning in His Word!

Dr. Patten brings insight through research and practice to unpack an age-old question in child development: how do I help this child perform to his or her own personal best? Perhaps the most impactful element that can be easily taught and improved is called Executive Functioning. She calls it the "get it done" constellation of skills.

Get it done without a meltdown (emotion regulation)

Get it done without procrastination (task initiation)

Get it done on time, staying off distractions (sustained attention and inhibition)

Get it done correctly (self-monitoring)

The truth is, nearly everyone can benefit from improvements in executive functioning. When we get things done well and on time, stress levels decrease, peace increases, and self-esteem rises.

Executive functioning skills emerge in the first year of life and continue to develop through adolescence and young adulthood. The life-outcomes of weak executive functioning are well-studied and disturbing while strong executive functioning skills predict health in all areas of life such as physical health, education, vocation, and interpersonal relationships. The great news is that executive functioning skills are malleable and Dr. Patten offers both theoretical and practical applications to help individuals perform to their personal best.

For More Information, to RSVP, and to sign up for child care, please contact Liz Palmer at lizpalmer@berean.me.