Where the Rubber Meets the Road
The REAL Reasons Smart Kids Struggle
and What to Do to Help

Blue Valley Parent Advocates for Gifted Education
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Hello
my name is
Executive Functions: The skills we need to get things done

- Self-Regulation
- Time Awareness
- Planning
- Prioritizing
- Working Memory
- Organization
- Task Initiation
- Sustained Attention
- Goal-Directed Persistence
- Flexibility
- Metacognition

We activate our brains with STRENGTHS and INTERESTS

- Creativity
- Curiosity
- Humor
- Teamwork
- Bravery
- Judgement
- Kindness
- Zest
- Leadership
- Hope
- Gratitude
- Perseverance
- Appreciation of excellence
We need to shift our vision.

Two Types of Vision Shifts

Two Types of Vision Shifts

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Systematic Terminating Obstacle Resistance Minimizer

STORM the Problem!
How to use the STORM strategy

• 1. Take a **BREATH**. Then two more. Seriously. Right now.
• 2. **STORM** the problem.
• 3. Get **CURIOUS**: Past successes? Other situations?
• **EXPERIMENT** and **ADJUST**
TIME AWARENESS AND TIME MANAGEMENT

- Practice estimating time.
- Make time visual.
- Use timers.

TASK PLANNING, INITIATION, AND COMPLETION

- Plan backwards.
- Utilize low tech and high tech tools.
- Get the ball rolling.

ORGANIZATION

- Think in categories.
- Start small.
- Leave nothing homeless.
Other Resources

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention." ~ Rachel Naomi Remen

For More Information

To get the STORM tool and other executive function strategies, go to:
https://www.execskills.com/storm

New coaching groups starting soon
*Calming the Storm Parent Coaching Group
*Wired for Success Coaching Groups for Students

Private Facebook group supporting parents of uniquely wired kids
https://www.facebook.com/groups/parentingforreal