



Total Communication
Changing Lives. Touching Futures.

EXECUTIVE FUNCTION PROGRAMME

Executive function skills helps us with our everyday life by helping us organize, plan and manage life tasks. These skills are essential to carry out tasks. Executive functions include: planning/organizing, self-monitoring, regulating emotions, motivating, perceiving time, goal-setting and much more

(Yakel, 2010)

Adapted from Executive Functions Training by Gottschall and Rozendaal

For Adolescent Students

- Weekly frequency
- 25 sessions (for the entire programme)
- Contains 6 modules
- Minimum of 4 students per group
- Includes parent/teacher guidance for behavioural and attention support

MODULE 1: SELF-TALK & SELF-MONITORING

INCLUDES:

GUIDED REFLECTIONS

STRATEGIES TAUGHT USING:

- CALCULATIONS
- SEQUENCE DETECTION
- ALPHABETIZING
- WORD RECALL- CALCULATIONS

MODULE 2: PLANNING

INCLUDES:

GUIDED REFLECTIONS

STRATEGIES TAUGHT USING:

- CROSSWORD
- CIRCLE EVEN, SQUARE ODD
- PLAN FOR THE DAY
- WORD SEARCH
- ALPHABET LIST

MODULE 3: SETTING GOALS & SELF- EVALUATING

INCLUDES:

GUIDED REFLECTIONS

STRATEGIES TAUGHT USING:

- RAPID CALCULATIONS
- RAPID SEQUENCE DETECTION
- CATEGORIES
- PERSONAL GOALS

MODULE 4: ATTENTION & LISTENING AWARENESS

INCLUDES:

GUIDED REFLECTIONS

STRATEGIES TAUGHT:

- SUSTAINED ATTENTION
- ALTERNATING ATTENTION
- DIVIDED ATTENTION
- LISTENING PASSAGES
- SUPRASEGMENTAL CUES (INFLECTION,
RATE, STRESS, PAUSES) TO ASSIST
COMPREHENSION
- ACTIVITIES INVOLVING LOOKING,
LISTENING, READING AND WRITING

MODULE 5: ORGANIZATION

INCLUDES:

GUIDED REFLECTIONS

STRATEGIES TAUGHT:

- ORGANIZE TIME
- ORGANIZE THINGS
- ORGANIZE ACTIONS

MODULE 6: INITIATION

INCLUDES:

GUIDED REFLECTIONS

- LEARN WAYS TO USE INITIATION AT:

SCHOOL

HOME

SOCIALLY

-INITIATE ACTION PLANS

REGISTRATION FORM

Name of child: _____

Age: _____ Birth date: _____

Gender: M F

Name of school: _____

What grade is your child in: _____

Please let us know your child's availability (day and preferred timing):

Cost: \$2,250/ 25 sessions

Name of parent : _____

Contact no. : _____

Email address: _____



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