

Everyday Executive Function Group: Learning Skills for at Home and at School



Please join us in working towards a more productive you. Our 8 week, Executive Functioning Group will creatively target skills related to:

Planning
Organizing
Prioritizing
Self-Monitoring
Memorizing

Make a change and attend this group. We'll see you there!

Please give us a call at **908-312-3232** to obtain information on the dates and times of our next scheduled group.

AAA Counseling and Consulting Services
935 Park Avenue, Plainfield, NJ 07060

The Executive Functioning Skills Group will focus on building cognitive skills related to flexible attention, working memory, and inhibitory control. Addressing these three cognitive areas will assist students in becoming more organized, initiating tasks, planning, and impulse control.

The students will be encouraged to bring assignments and note taking materials to class. The group will then use the students own assignments to help them learn skills related to strengthening the aforementioned cognitive skills.

The primary goal of the group is to assist students in becoming their most productive selves. By the end of the 8 week session, students should experience more ease in setting goals, and working strategically to get those goals accomplished.

- * Students will have the opportunity to:
- * Create strategies to help them remember important events and create reminders specific to their needs and interests
- * Increasing focus and minimizing distractions
- * Strategies to assist students in improving self control
- * Breaking large projects into smaller parts; creating an action plan with deadlines to get the project done
- * Creating strategies to push students to start tasks in a timely manner

