

Executive Function/ Study Skill Workshop Series

grades 5 - 9

**FEB 1,
2025**

EF Workshop 1 1:00 - 3:00 pm

- The Seven Habits of Effective Teens by Sean Covey, Intro and First Two Habits
- NOTeS Taking and Grade Strategy from the Strategic Instruction Model (SIM) from University of Kansas
- Individualized Resource Materials and Working Memory Skill Building
- Applied Kinesthetic Approach to Mindfulness and Wellness for EF Health, Organization Step 1

**MAR 1,
2025**

EF Workshop 2 1:00 - 3:00 pm

- The Seven Habits of Effective Teens by Sean Covey, Habits 3 and 4 activities
- Paraphrasing and Summarizing Strategy from the Strategic Instruction Model (SIM) from University of Kansas
- Second Tier of Individualized Resource Materials and Working Memory Skill Building
- Applied Kinesthetic Approach to Mindfulness and Wellness for EF Health, Organization Step 2

**APR 5
2025**

EF Workshop 3 1:00 - 3:00 pm

- The Seven Habits of Effective Teens by Sean Covey, Habits 5 and 6 activities
- NOTeS Taking and Grade Strategy from the Strategic Instruction Model (SIM) from University of Kansas
- Third Tier of Individualized Resource Materials and Working Memory Skill Building
- Applied Kinesthetic Approach to Mindfulness and Wellness for EF Health, Organization Step 3

**MAY 10,
2025**

EF Workshop 4 1:00 - 3:00 pm

- The Seven Habits of Effective Teens by Sean Covey, Habit 7, Wrap-Up, Test-Taking Strategies
- Study Skills Application from Strategic Instruction Model (SIM) from University of Kansas
- Fourth Tier of Individualized Resource Materials and Working Memory Skill Building
- Applied Kinesthetic Approach to Mindfulness and Wellness for EF Health, Organization Step 4



\$75 per workshop or \$250 for all four
current tutoring students save 15%
workshops include all materials, snacks, drinks, and fidgets