

School Executive Function Issues

School

- Can't sustain attention to paperwork
 - Use timer - study in short bursts
 - Know your most alert time of day for hardest subjects
 - Quiet, distraction-free study area (library carrels)
- Trouble staying alert, focused in classes or meetings
 - Pencil point to bring you back
 - Rubber band to tweak
 - Worry stone or Velcro
- Poorly organized or able to plan
 - PDA
 - Planning calendar
 - Backwards calendar
 - Organizer notebook for each class
- Forgetful, misplace things often
 - Large colored sign on dorm door to remind about keys
 - Create a specific place for purse/keys
- Poor self-discipline
 - Set timer on PDA or phone for 30 minutes intervals when playing video games or watching TV
- Procrastinate until deadlines are imminent
 - PDA
 - Backwards calendar
- Poor use of time and time management skills
 - Time Blindness - not past, present or future, only now or not now.
 - Stay with a strict schedule for school, work, play
 - PDA or phone with appointment ringer
- Subjective sense of restlessness, fidgety
 - Worry stone or Velcro
- More physically active than others
- Impulsive decision-making
 - Reminder icon
 - Friend's advice
- Less able to follow directions carefully
- Often late for work meetings, appointments
 - Several alarm clocks throughout the room

TAKE MEDICATIONS DAILY, AND AT THE SAME TIME EACH DAY