



Title: Development of Executive Functioning Skills: What YOU Can Do to Make Them Better

Description: Executive functioning (EF) skills are the thinking skills that direct, regulate and monitor your thoughts, actions and emotions. Good executive skills allow you to navigate through life successfully by helping you set goals for yourself, organize your behavior to meet these goals as well as focus and monitor your performance to ensure that you are on track to meet your goals. This talk presents a comprehensive overview of executive functioning, including the impact EF skills, or lack thereof, had during the pandemic and in a remote schooling environment. Additionally, ways to improve EF skills across the lifespan, from preschool to senior living will be discussed.

Presenter: Dr. Ilyse O'Desky received her doctorate in Clinical Psychology from Yeshiva University in 1992. After receiving her degree, she worked in the department of neuropharmacology as a Senior Research Associate at Western Psychiatric Institute and Clinic, which is part of the University of Pittsburgh Medical Center. She later returned to New Jersey to complete a post-doctoral training position in neuropsychology at the Institute for Basic Research in Developmental Disabilities in Staten Island. Dr. O'Desky is actively engaged in research related to improving executive functioning in undergraduate students and she is a test reviewer for Buros Mental Measurement Yearbook. She also wrote 2 textbooks related to her field and she is currently a Professor in the School of Psychology at Kean University. In addition, Dr. O'Desky is the Section Chief of Psychology at Saint Barnabas Medical Center, and director of the Neuropsychological Testing Center in Springfield, New Jersey.

Date: Saturday, October 22, 2022
8:30 am Check-in and breakfast provided
9:00 am – 1:00 pm Presentation

Place: Summit Speech School, 705 Central Ave., New Providence, NJ 07974

Credit: 4 Hours Towards Licensure
NJ Dept. of Ed. Registered Development Provider, ID# 1617

Questions: Contact carolazimm@verizon.net
Please RSVP by October 15, 2022

Note: We must receive notice 48 hours before the program for cancellations. Sorry-no refunds after the 48-hour deadline.
Tear Off Below and Send with Remittance

UCSHA Registration Form
Return by: October 15, 2022
Checks Payable to: UCSHA

Return form with check to:
Carol Zimmerman
23 Glenwood Road
Fanwood, NJ 07023

Conference Fee: (\$25 per participant)

Name: _____

Home/Cell Phone: _____ **Email:** _____