



Class Title: ORANGE Executive Functions II

Teacher Name: Candice Braun

Class Day: Monday

Class Size: 18

Class Cost: \$10

Ages or color group served: Orange/ Red

What level is this class: Level 2

Prerequisites: While the Executive Function class that was offered during Spring 2024 semester is preferred, it is not a requirement. However, students will have to take both levels, Executive Function I and II, to cover all of the executive functions tasks.

Graduation Requirements: A final assignment (TBD)

Homework Requirements: There will be required most weeks.

Class Description:

Executive Function skills are learned skill sets. They are mastered through teaching and practice.

This class is a continuation of the Executive Function class offered in the Spring 2024 semester. It will cover the additional (6) executive function tasks of: working memory, metacognition, self-control, attention, flexibility, and perseverance. These functions revolve heavily around self-analyzation, study skills, redirect strategies, and internal self-management skills in general whereas the previous Executive Function class was more about managing external items.

Week 1:

Working Memory

- a. multi-step direction
- b. memorization tricks



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Week 2:

Working Memory

- a. note taking systems
- b. study skills

Week 3:

Metacognition

- a. self-monitoring
- b. performing self-evaluations

Week 4:

Metacognition

- a. analyzation / adjustments
- b. execution of adjustments and redirects

Week 5:

Self-Control

- a. thoughts before actions
- b. emotional management

Week 6:

Self-Control

- a. self-managing behaviors
- b. short term vs long term choice consequences

Week 7:

Attention

- a. distraction factors
- b. re-focus strategies

Week 8:



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Attention

- a. situational awareness
- b. when to ignore vs when to observe

Week 9:

Flexibility

- a. change coping
- b. outside the box thinking

Week 10:

Flexibility

- a. spot problem-solving
- b. flowing and rearranging

Week 11:

Perseverance

- a. working through hardships
- b. completing tasks / goals

Week 12:

Perseverance / Review

- a. perseverance strategies
- b. any review necessary