



Pearl River School District

Parent University

Education and Information to Support Parenting

Strengthening Executive Functions at Home: Creating a Practical Toolbox for Elementary & Middle School Students

Presented by
Organizational Tutors

Strengthening Executive Functions at Home is a comprehensive workshop offering an overview of Executive Functioning (EF), the role EF plays in learning, and how to strengthen EF skills at home. Parents will walk away with a better understanding of what is happening during their child's brain development and the practical tools they can use to support their students.

We will discuss key neuropsychological processes involved in learning, as well as evidence-based strategies and tools that can be used to improve planning, organization and time management.

The workshop will go over popular topics on parent's minds, such as the morning routine, screen time, emotional regulation and more.

The goal of the workshop is to help the audience gain an understanding of how students can develop positive habits and lifelong organizational skills to excel in their academic and personal lives. All questions welcome!

Tuesday • March 7, 2023 • 7:00 p.m.

Evans Park Elementary School's

Multi-Purpose Room

40 Marion Place

Parent University is a program sponsored by the Pearl River School District.
All Parent University sessions are free of charge and open to all parents everywhere.
No registration required. For additional information, call 620-3921

Pearl River School District

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