Executive Functions for Every Classroom

Provided by



Just as we cannot expect students
to automatically know how to read,
we cannot expect students to
automatically develop executive
functioning skills like
organization, time management,
etc.

@mindfulteacherrachel



Takeaways

- 1. Predictable routines create safer learning spaces.
- 2. Executive Functions lay the foundation for success.
- 3. EFs are best learned with daily or routine practice.
- 4. Shared routines don't infringe on academic freedom.
- 5. Students with engaged families are more successful.



Caveat #1

For the sake of clarity and modeling, Organized Binder student samples are shown throughout this session.

EXECUTIVE FUNCTIONS FOR EVERY **CLASSROOM**

CREATING SAFE AND PREDICTABLE LEARNING **ENVIRONMENTS**

GRADES 3-12

MITCH WEATHERS

FOREWORD BY PATRICE BAIN

CORWIN

"...improving executive function seems like a potentially promising vehicle for narrowing the achievement gap between poor kids and middle-class kids...if we can improve a child's environment in the specific ways that lead to better executive functioning, we can increase his prospects for success in a particularly efficient way."

Paul Tough - How Children Succeed



Executive functioning skills are not *taught*!!



They are best *learned* when students clearly see them modeled while getting daily practice employing them by engaging in the predictable daily learning routine!

l Die man Fairle CACHV CHIN Capilar COMMISSION Valaa: BREMA 1242 SW AVA Pin. Vaia PEGV Churtaiam Mangan SIAN. Zaca L bedom PA!



"With training and practice, children can learn to master memory, organizational, and other strategies that will serve to make them more independent learners and also help to level their academic playing field."

Mark Katz - Classroom Strategies for Improving Working Memory



Why EFs Have Not Been Taught?

1. Time Crunch.

2. Zone of Genius.





3 Keys for Teaching EFs

Clarity
Routine
Modeling

Clarity

"Ambiguity is the enemy. Any successful change requires a translation of ambiguous goals into concrete behavior. In short to make a switch, you must script the critical moves."

Chip Heath and Dan Heath, Switch: How to Change Things When Change is Hard



Organized Binder



A: Goals



B: Weekly Lifelines



C: Agendas



D: Binder Check



E: Syllabus



F: Academic Toolkit



G: Table of Contents



H: Passes (optional)



Routine

"One of the biggest ironies...is that many of the tools likely to yield the strongest classroom results remain essentially beneath the notice of our theories and theorists in education. Consider one unmistakable driver of students' achievement: Carefully built and practiced routines..."

Doug Lemov, Teach Like A Champion



Daily Routine Time & Task Management Table of Contents: **Regioning Poutine:** Organization **Working Memory** Concluding Poutine: Appendix: Teach **Working Memory** Organization Your **Class**

Repetition

"The importance of repetition cannot be understated. In fact, it should be repeated that repetition is an essential learning aid. It allows a conscious skill to transfer into one's subconscious, freeing up working memory and allowing for further skills learning."

The Power of Repetition



Influence	Impact on Student Achievement	# of Meta Analyses	# of Studies	# of Students	# of Effects	Weighted Mean Effect Size
Collective teacher efficacy	Potential to considerably accelerate	3	85	3,490	85	1.34
Teacher estimates of achievement	Potential to considerably accelerate	4	151	38,878	224	1.29
<u>Piagetian levels</u>	Potential to considerably accelerate	1	51	6,000	65	1.28
Jigsaw method	Potential to considerably accelerate	1	37	0	37	1.20
Teacher credibility	Potential to considerably accelerate	1	51	14,378	51	1.09
	Potential to					

Collective teacher efficacy is the belief that teachers can more positively impact the learning of their students if they work as a team.

Shared Routine

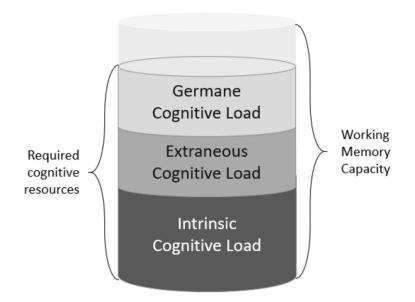
"Cognitive load" relates to the amount of information that working memory can hold at one time...since working memory has a limited capacity, instructional methods should avoid overloading it with additional activities that don't directly contribute to learning.

Cognitive Load Theory John Sweller, Paul Ayres, Slava Kalyuga



Extraneous Load Overloading & Unnecessary Germane Load Intrinsic Load Linking New **New Information** Information







Modeling

"In moving to college and career readiness for all, we must now teach some skills formerly learned by students on their own. All students need lessons and modeling of study and work skills like time and task management, note taking, and assignment completion strategies..."

Robert Belfanz, Putting Middle Grades Students on The Graduation Path



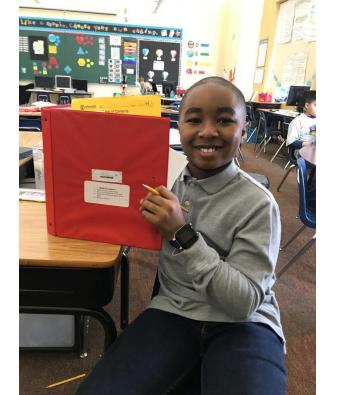




"Binders beat notebooks when it comes to making sure papers stay put. Kids with EF issues should have a dedicated binder for each subject, so they won't have to rifle madly through everything to find their math homework."

The Child Mind Institute



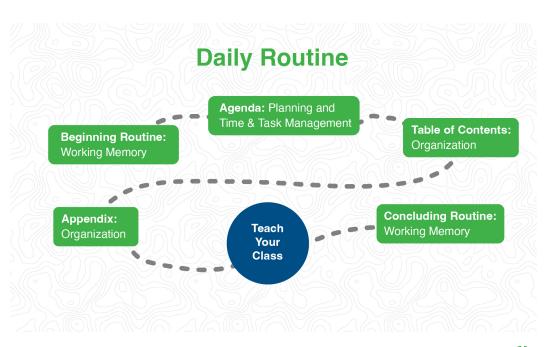


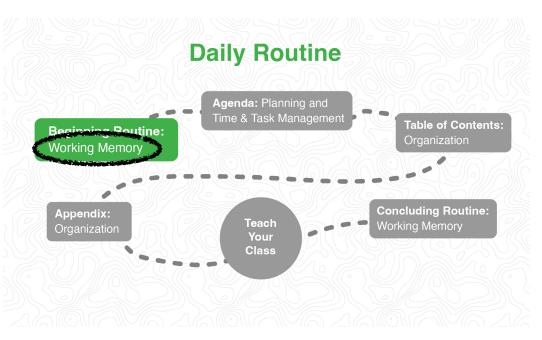


A Universal Tier 1 Intervention





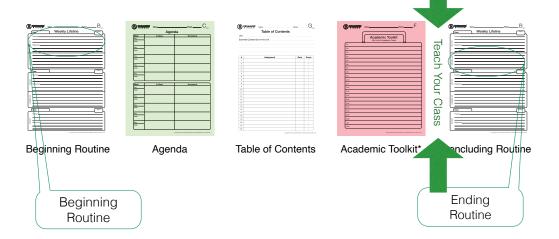




Working Memory can be described as the ability to utilize information held in memory to solve a problem or task. Students with weak working memories have more difficulties in the classroom.



Daily Routine: B (Kick-Off), C, G, F*, and B (Learning Log)



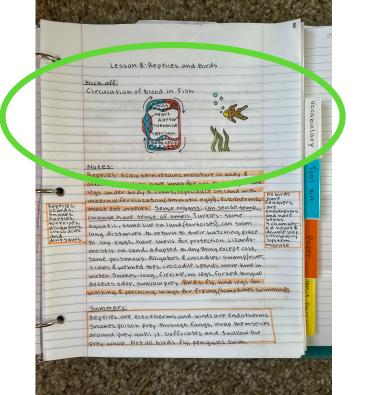
^{*}Page F: Academic Toolkit may not be used each day in class.



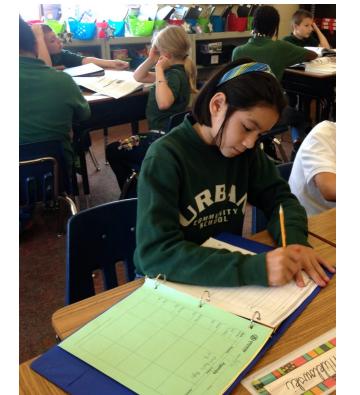
B ORGANIZED	Name Your Name Here	Period .	1st	B <u>5</u>
Date 9/14/22	Weekly Lifeline			Check
	ecific prompt that reteache day's standards or accesse ard.			
LEARNING LOG				
	ific prompt that reteaches a y's standards or accesses 1.			
TEARNINGLOG				
	ific prompt that reteaches a y's standards or accesses d.			

Lesson 2 Basic Plant Structures Kick OFF "luthing cotor draw a vascular plant & label the AND describe their function: Leaves, Stem, Roat leaves - carry out photosynthesis; item of me respiration - Stem - Support of gravity; transports roots - anchor in soil/ get and water 7/2/105 water & nutrients from it. + minerals) Huswers / Notes - they can not only anchor the plant & assort but accumulate & store starch reserves - plants without them have thizoid VOEAB (most are one c Gnonvasculate & mosses - two types of root systems: taproot (main) & fibrous (small - Root hairs (allow roots to absorb) -xylem/OCAB transports water & minerals from roof to lea -transpiration Weatherlieses water from tree when its - two parts: petiole (stem) & blade (ponotosynthesis happen -hold enticks which help plants from loosing

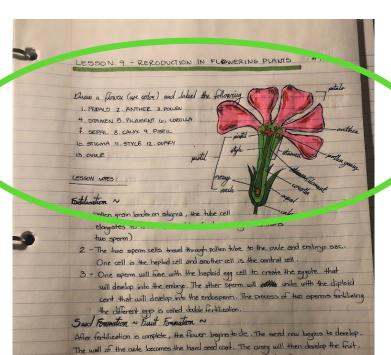
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A fruit is the ripened avery of a flaver that contains the seeds of an angiosperm.

"We do not learn from experience...we learn from reflecting on experience."

John Dewey

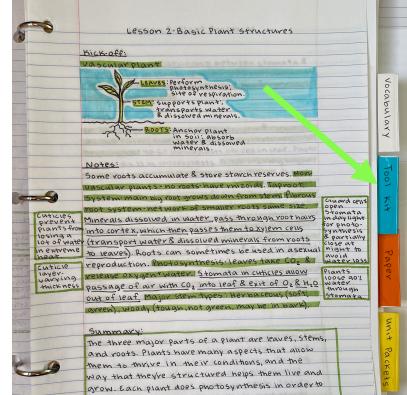


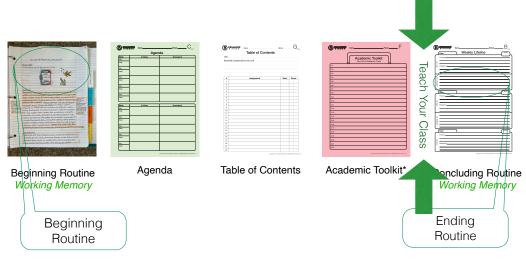
ORGANIZED Name Your Name Here Period 1st PG
Date 9/14/22 Weekly Lifeline Check
A content specific prompt that reteaches and reviews the previous day's standards or accesses prior knowledge to look forward.
Date 9/15/22 Check
content specific prompt that reteaches and reviews the previous day's standards or accesses prior knowledge to look forward.
Date 9/16/22 Check
content specific prompt that reteaches and reviews the previous day's standards or accesses prior knowledge to look forward.











^{*}Page F: Academic Toolkit may not be used each day in class.



Daily Routine Agenda: Planning and Table of Contents: Beginning Routine: Working Memory **Concluding Routine:** Appendix: Teach **Working Memory** Your Class

₿	ORGANIZED BINDER	Name	. Your	Name	e Here	e	Period _	1st	_	
LEARNING LOG										- - -
	Date	$\overline{}$							Check	Ī
KICK-OFF	Prompt									
LEARNING LOG										
\Box	Date							(Check	7
KICK-OFF	Prompt									
LEARNING LOG										

- Learning Log Starters
 Your sentences may begin like the following examples or you can make up your own complete sentences:
 in class today I learned... in this lesson I learned about... I used to think...now I think... Weekly Grade
- Although I learned about.....in class today, I am confused about.... I wonder...



Summary:
The three major parts of a plant are leaves, stems, and roots. Plants have many a spects that allow them to thrive in their conditions, and the way that they're structured helps them live and grow. Each plant does photosynthesis in order to gain energy.

the panevers stops making Learning Log Starters Weekly Grade Your sentences may begin like the following examples or you can make up your own complete sentences. • In class today I learned... • In this lesson I learned about... Although I learned about.....in class today, I am confused about..... Copyright © 2012 M. Weathers. All Rights Reserved. (10/12/12)

Intercogrista Response ing Log Starters Goon Weekly Grade ntences may begin like the following examples or you can make up your own complete sentences. s today I learned... • In this lesson I learned about... th I learned about.....in class today, I am confused about.... 2013 M. Weathers. All Rights Reserved. (1/13/2013)

- "Retrieval practice recalling facts or concepts or events from memory - is a more effective learning strategy than review by rereading."
- "...if you practice *elaboration*, there's no known limit to what you can learn. Elaboration is the process of giving new material meaning by expressing it in your own words and connecting it with what you already know."

Brown, Roediger, McDaniel, make it stick - The Science of Successful Learning



"Based on a century of research, in order to transform learning, we must focus on getting information out - a strategy called retrieval practice."

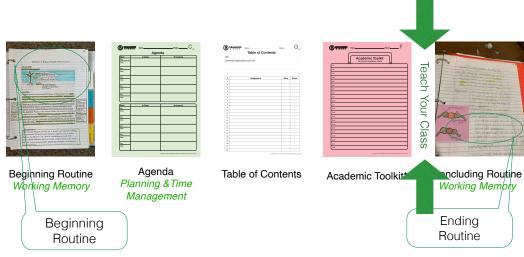
Agarwal and Bain, Powerful Teaching - Unleash the Science of Learning



"Teachers should find ways to expose students to details multiples times - at least three -ideally no more than two days apart."

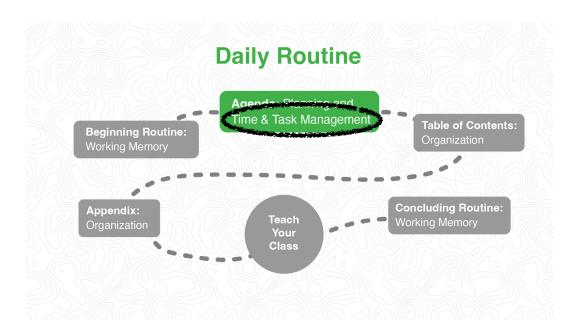
Marzano, Classroom Instruction That Works





^{*}Page F: Academic Toolkit may not be used each day in class.









Day Date 9/25/23

Name Your Name Here Period 1st

Agenda

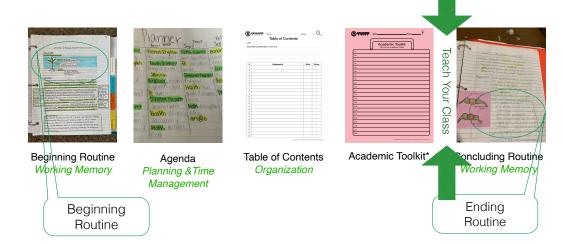
Week		
Day	-Chemistry review	Review notes
Date 9/14/23	-Molecule diagrams -Q&A 1-4 p. 405 (#4)	(#2)
Day	-Circulatory Notes	
Date 9/15/23	-Diagram and coloring of blood vessels	Review #4
Day	-Pre lab set up for heart	Finish
Date 9/16/23	dissection	Write-Up
Day		
Date 9/17/23		
Day		
Date 9/18/23		
Week		
Day		
Date 9/21/23		
Day		
Date 9/22/23		
Day		
Date 9/23/23		
Day		Review Lab
Date 9/24/23		Report

-Cardio Lab Report Due

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0	· Earth Science -	Sep. 1 Wed Sep. 2 Sep 3. *Honor's English Earth science + Honor's English Assingment 1 Unit (haliceties Lesson Academy) Forth science Re- honoral of notes
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Ta a	introductory &	Paulagi- Internet Hiparia "Advocacy
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10	Sylabus	Directed Protecti Lyvite Contract
9	Directed Project - Syllabus Sintro	Health-course videus Review +0
	Health-Syllabus	Uncabulary MAD6 make sure
	Math-Syllabus &	B Moth-account all works
-	Pace guide	RETURN 1 100ME



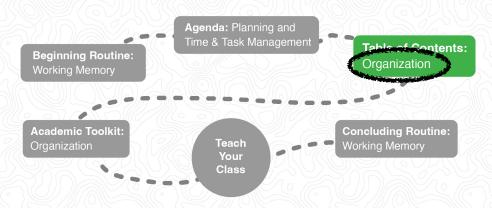




^{*}Page F: Academic Toolkit may not be used each day in class.







(B)	ORGANIZED
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$_{\text{Name}}$ Your Name Here $_{\text{Period}}$ G_{1}

Table of Contents

Unit Cardiovascular and Respiratory Systems
Essential Question(s) for this Unit

#	Assignment	Date	Score
1	KWL Chart on the C and R systems	9/14	/ 5
2	Notes on the Circulatory System	9/15	/ 5
3	Heart Diagram	9/15	n/a
4	Q and A 1-4 Page 405	9/16	/ 5
5	Coloring Blood Vessels	9/22	/ 5
6	The pathway of blood worksheet	9/22	/ 5
7	Heart Dissection	9/21	/20
8	Slideshow on a heart disorder	9/23	/15
9	Circulatory System Quiz	9/25	/15
10	Notes on the Respiratory System	9/25	/ 5
11			/
12			/
13			/
14			/
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	I man body	3/15/22
	Lesson 1 - the auring homen body Cesson 7 - the stein and hour	3/15/22
	. Car II a a C Gar Re	2/16/22
4	esson 3- bones and muscles	3/21/22
	45 Son 3- bones and museum System Hunan System Product - Shelatad System	3/22/22
6	Human System Project - Sherter System System Broket - Absolutar System S	3/23/22
7	Lesson of Tickers	3/23/22
8	Human System Project - Digastine System Human System Project - Endocrine Systems Human System Project - Endocrine Systems	3/25/22
9	Homan System Project - Error Systems	3/28/22
		3/29/22
11	Cesson 6 - The Charlest Virgory System	12/1/22
	Human System Protect - Respiratory System Human System Protect - Circulatory System Lusson 7 - norvors system	4/1/22
13	Human square trosact = circulatory system	4/1/22
14	1.55007- norvous suctem	4/5/20
16	Human System ProSeed - The nervor > System	4/7/22
	L. CO. S. T. S. C. S.	4/7/22
18	Lesson 9 - The reproductive Systems Hung system Prised - reproductive System	4/18/22
19	Hunger system Proses - reproductive system	4/20/22
10	Vort 8 Vocabulary	4/20/22
31		
21		
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Name

Date Period

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pens during a simple physical activity.

ie time it takes to catch a falling ruler.









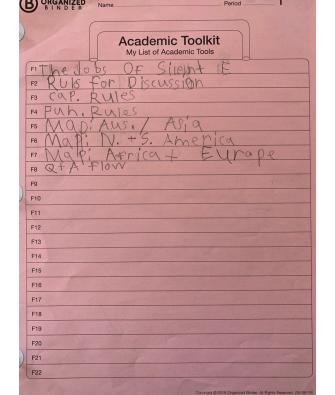


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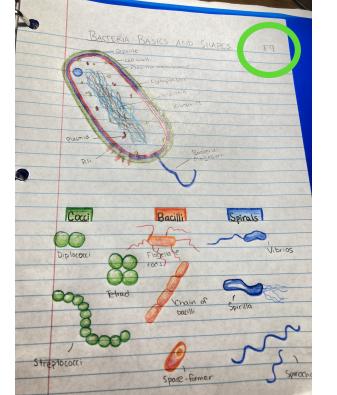
Daily Routine Agenda: Planning and Table of Contents: Beginning Routine: Working Memory Concluding Routine: Teach Working Memory Organization Your Class

Academic Toolkit My List of Academic Tools

		My List of Academic Tools					
	F1	The Scientific Method					
	F2 Academic Vocabulary						
	F3 Metric and Scientific Conversion						
	F4 How to Write a Lab Report						
7	F5	How to submit an assignment using Google Docs					
Ī	F6	How to create an iMovie					
	F7	How to upload to docs to Canvas & Google Classroom					
	F8						
	F9						
	F10						
	F11						
	F12						
	F13						
	F14						
	F15						
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FI The Science Fz The Stur	emic Tool Kit) of Academic Tools ontific Method by Cycle oristics of Living Things
FZ The Stur	dy Cycle
F3 Characte	
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	ithesis vs. Cellular Respiration
F6	
F7	
F8	
Fa	
F10	
FII	The state of the s
F12	
F13	





Daily Routine



Beginning Routine Working Memory



Agenda
Planning & Time
Management



Table of Contents Organization



Academic Toolkit*
Organization



Concluding Routine
Working Memory

Ending Routine

Beginning Routine

^{*}Page F: Academic Toolkit may not be used each day in class.

Daily Routine Agenda: Planning and Table of Contents: **Beginning Routine:** Working Memory Concluding Routine: Appendix: Teach Working Memory Your Class





"When you enter a new social role, such as entering college as a student, the expectations aren't always clear... Students need help not just setting vague goals but figuring out a plan to reach them."

Melinda Karp - assistant director for staff and institutional development at the Community College Research Center at Teachers College, Columbia University



	Name Your Name Here	Period _	1st	Α.
My Goal in	Biology			

1* Term Goal My goal in Biology for quarter 1 is to pass the class.
Sub-Goal I can pass Biology if I complete all of my homework.
Sup-doal 1 Set Peec Bloody II 1 Set Peec All 5 Thy I set I s
When I get home from school I will sit down at the dining table and finish my homework.

Why?			
2 nd Term Goal		 	
Sub-Goal			
Daily Task			

4 Executive Functioning Skills EVERY IEP Should Address

Organized Binder is an effective method and tool that can be used in both the IEP and Transition processes to empower students with disabilities in their own decision making and learning.

01



Organization

Creates predictable classroom routines with clear expectations, which models for students how to organize their own learning within the environment.

02



Time Management

Teaches students to manage their time and effectively transition between activities or environments **promoting self-determination**, an essential quality needed in the transition into adulthood.

03



Self Control

Supports students in learning when to become more alert or calm based on the task at hand and the expectations of the environment.

04



Goal Setting

Encourages students to engage in their own goal setting and data collection, promoting student autonomy and empowerment. The binder facilitates school/home communication keeping the IEP team updated on progress.



Sara Rajson, PhD in Special Education



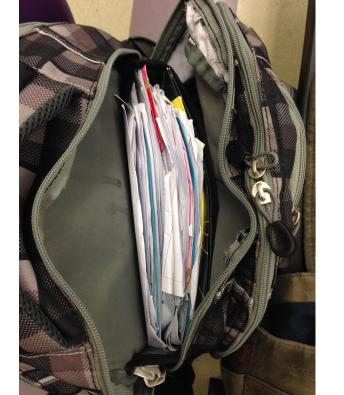


Modeling: Class Sample











Binder Check Schedule For Term:

Check 1	Date		Grade Received
Page B		Page F	Page G and Assignments
☐ Lifeline	incomplete	■ Not Updated	■ No date on
☐ Lifeline	not graded	☐ Out of order	■ Not Updated
☐ Lifeline	missing	General	☐ Scores not recorded
Page C		☐falling out	■ Needs heading
■ No date on		■ No binder paper	■ Assignment
☐ Agenda	incomplete	□ Papers in pockets	missing assignment #
Comments			

Check 2	Date		Grade Received
Page B □ Lifeline	incomplete	Page F ☐ Not Updated	Page G and Assignments No date on
☐ Lifeline	not graded	Out of order	□ Not Updated
☐ Lifeline	missing	General	☐ Scores not recorded
Page C		☐ falling out	■ Needs heading
■ No date on		■ No binder paper	☐ Assignment
☐ Agenda	incomplete	☐ Papers in pockets	missing assignment #
Comments			

Check 3	Date		Grade Received
Page B	incomplete	Page F ☐ Not Updated	Page G and Assignments No date on
☐ Lifeline	not graded	☐ Out of order	■ Not Updated
☐ Lifeline	missing	General	☐ Scores not recorded
Page C		☐ falling out	□ Needs heading
☐ No date on		☐ No binder paper	☐ Assignment
☐ Agenda	incomplete	☐ Papers in pockets	missing assignment #
Comments			

Check 4	Date		Grade Received
Page B □ Lifeline	incomplete	Page F □ Not Undated	Page G and Assignments ☐ No date on
□ Lifeline	not graded	☐ Out of order	■ Not Updated
☐ Lifeline	missing	General	☐ Scores not recorded
Page C		☐falling out	■ Needs heading
■ No date on		☐ No binder paper	☐ Assignment missing assignment #
☐ Agenda	incomplete	□ Papers in pockets	
Comments			

Total Score



"Students will float to the mark we set."

Mike Rose, Lives on the Boundary







Directions:

- Check your binder or your partner's binder. If anything needs to be fixed, write it on this form.
- Pages should be in the following order. Circle Yes or No and write any comments to help your partner fix his or her binder.
- When you get your own binder back, fix everything so that your binder is ready for the upcoming binder check.

Binder owner
Peer checker

Contents	Missing?	Out of Order?	Torn Holes?	Heading missing or incomplete (first and last name, period, date, assignment #)	Comments
A	Yes No	N/A	Yes No	Yes No	
B (B1, B2, B3)	Yes No	Yes No	Yes No	Yes No	
C (C1, C2, C3)	Yes No	Yes No	Yes No	Yes No	
D	Yes No	N/A	Yes No	Yes No	
Е	Yes No	N/A	Yes No	Yes No	
F	Yes No	N/A	Yes No	N/A	
G	Yes No	N/A	Yes No	Yes No	
G (G1, G2, G3)	Yes No	Yes No	Yes No	Yes No	
н	Yes No	N/A	Yes No	Yes No	
Assignments (#1, #2, #3)	Yes No	Yes No	Yes No	Yes No	
Binder paper (at least 5 pages)	Yes No	N/A	Yes No	N/A	

General comments:





1st Term Passes From

Classroom

To use: Check the reason for using the pass, fill in the date and time, then come to me to have it signed. You may come to me to get your pass signed as long as I am not in the middle of explaining something to the class.

First Pass		
☐ The Bathroom☐ The Office	☐ Your Locker☐ Another Classroom	☐ The Water Fountain ☐ Other
Date	Tin	ne Room #
Teacher Signature		

Second Pass				
☐ The Bathroom☐ The Office	☐ Your Locker☐ Another Classroom	☐ The Wate	er Fountain	
Date	Tir	me	Room #	
Teacher Signature_				

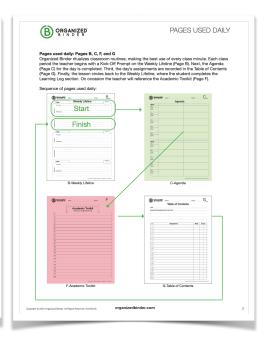
Third Pass		
☐ The Bathroom☐ The Office	☐ Your Locker☐ Another Classroom	☐ The Water Fountain☐ Other☐
Date	Time	e Room #
Teacher Signature		

Family Engagement





Guide for Families







PAGE B: WEEKLY LIFELINE

Page B: Weekly Lifeline

The Weekly Lifeline consists of the Kick-Off prompt and the Learning Log, which are used to begin and class. Susally teachers use the Kick-Off prompt to review the previous class's content standards or objectives. If you want to know exactly what your student is learning in class, read the Kick-Off prompts.

The Learning Log is how class is concluded with Organized Binder. Each day in class your student will reflect on what was learned from the lesson and/or what was confusing. Students are required to practice using grammatically correct, complete sentences in English lecademic English! when writing Learning Logs. Often, this level of English lenguage practice is only done in English or support classes. Students gain this language practice in all subjects implementing Organized Binder.

Students have a Weekly Lifeline for each week of the semester (B1, B2, B3, etc).

How you can support:

- Ask your student about the Kick-Off prompt(s) they worked on in class.
- Ask them to summarize the content of what they learned that day in class, not just what they did in
- Read your student's Learning Logs; on a daily basis if you can!

Skills Practiced:

Metacognition, reflection, organizing materials, study skills, creating study resources, belonging to an academic community.





organizedbinder.com

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PAGE C: AGENDA

Page C: Agenda

The Apenda is used to identify the content standards or objectives covered in class each day, it also provides a reapacht of how those will be taught, and whether or not there is homework. In addition, the Agenda is used to teach the skill of using a calendar. Each new Agenda page is represented by C1, C2, C3, etc.

How you can support:

Review the Agenda with your student, being sure to ask if they have homework and when it is due.
 Look at what was done in class and ask your student to summarize what they learned or what orning the confused them from those activities/assignments. Avoid having your student tell your what they did in class." Ask your student about any important assignments or assessments coming up in the future.

Skills practiced:

Time and task management, maintaining a calendar, organizing materials, self-discipline, balancing school and other demands









"...simply raising standards in our schools, without giving students the means of reaching them, is a recipe for disaster. It just pushes the poorly prepared or poorly motivated students into failure and out of school."

Carol Dweck Mindset: The New Psychology of Success



Staying In Touch!!!

- mitch@organizedbinder.com
- www.organizedbinder.com
- @organizedbinder
- Please visit our website to sign up for our mailing list so we can keep in touch!



EXECUTIVE FUNCTIONS

CLASSROOM

CREATING SAFE AND PREDICTABLE LEARNING ENVIRONMENTS

GRADES 3-12

MITCH WEATHERS

VORD BY PAIRICE BAIL



