

★ Tips For a Successful Back-to-School ★

Welcome to the STAR Lab Newsletter!

Back-to-school can bring excitement for a new school year and the need to adjust to new routines. This edition of our newsletter provides tips for successfully supporting executive functioning when navigating back-to-school. **Executive functioning** includes students' ability to manage their time, organize themselves, remember information, and work through challenges. These skills are muscles we all develop and learn to flex over time. We hope you find these tips useful and have a stellar year!

-Dr. Elizabeth Capps and the STAR Lab team

Handy Tips For Supporting Your Student's Executive Functioning ★



Stick to daily schedules and make them clear

- Post the school schedule where students can see it (on the fridge, in their binder).



Chunk big tasks into smaller tasks

- Identify manageable steps and a timeline your student can follow to complete tasks that may seem daunting.



Use an organization tool

- This can look like binders with dividers, notebooks for each subject, or named folders for computer files. Just make sure to check in with your student to make sure whatever system they use actually works for them!



Help students plan their time

- Use a paper or digital planner (like Google Calendar) for students to write down *when* and *how* their assignments should be completed, as well as *what* needs to be done.



Talk about and model executive functioning

- Talk with students about the things you do to help you remember things, manage your time, and organize. Modeling your use of these skills also helps students see and learn how to use executive functioning skills.



Celebrate your student's effort

- Point out your student's effort to use executive functioning skills.

The information provided in this newsletter is not a substitute for formal diagnoses or treatment plans for disorders concerning executive functioning.

Learn more about STAR Lab work and supporting students' executive functioning!

Go to <https://artsci.case.edu/starlab/>





Organizational Apps & Websites



Below are some free apps and websites to help children with their executive functioning. These are tools to help with skills such as staying focused and breaking larger projects into smaller steps. Scan the QR Codes below the title of each website for more information on each app and website.

Apps & Websites for Elementary School Students

Study Bunny: Focus Timer



Create your own study bunny! You and your free bunny complete **study sessions** together, earn virtual coins that can be used to accessorize your bunny and their environment, create to-do lists, color code your subjects and tasks, and track the **completion of your goals** and study sessions over time!

Focus Friend by Hank Green



Need help focusing? Your free bean friend can help! Your customizable bean friend will study while you study, and in return you can decorate their home. In addition to a **study timer**, there is a **deep focus mode** requiring you stay in the app while focusing to help keep your bean happy.

Apps & Websites for Middle & High School Students

Flora Green-Focus



This is a free app designed to help individuals focus by **removing one's phone as a distraction**. Stay in focus mode to create your virtual garden! You can track your tasks and time spent in **focus mode**, make to-do lists, and share your progress with your friends!

Focus Flight



A fun free flight app used to keep students focused on the task at hand! Your student will **choose the amount of time they will be in focus mode**, set an intent label for their assignment, and pick from which airports they would like to "fly" between. The time spent on the task is not reliant on the actual flight time between airports.

Additional Resources

Helping Kids Who Struggle With Executive Functions
(Child Mind Institute)



SCAN HERE



Back To School: How To Help Build Executive Functioning Skills
(Cincinnati Children's)



SCAN HERE

Children with Executive Function Challenges
(Reading Rockets)



SCAN HERE



Back To School Resources
(The Kids Mental Health Foundation)



SCAN HERE

The information provided in this newsletter is not a substitute for formal diagnoses or treatment plans for disorders concerning executive functioning.

Learn more about STAR Lab work and supporting students' executive functioning!
Go to <https://artsci.case.edu/starlab/>

