



Strategies for Learning

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Helping students overcome hurdles

Help Your Child Reduce Anxiety **BY SARAH SCHWARTZ**

Many people struggle greatly with anxiety in their day to day lives. Youngsters are no different. The beginning of a new school year presents a great opportunity to implement routines aimed at reducing the amount of anxiety your child experiences. Some anxiety is inevitable. However, through planning and organization, it can be kept to a minimum.

A good place to start is by helping your child map out due dates and exams for each course she is taking. Your child's teacher should give them a syllabus at the beginning of each term. Sit down, and, using an application such as Google Calendar (or even a paper planner, if that's preferred) help your child enter test and due dates. From there, help her determine the discrete tasks (and how long these should take) necessary for accomplishing each goal. These should be put into the planner/calendar as well.

If your child does not have a quiet place to study with time set aside each day, this must be established. A routine of completing items due the next day, followed by time spent working on smaller items necessary to achieving long term goals will be guided by information entered into the planner. Thus, your child should start each session by reviewing the calendar/planner.

Good overall organization is also important. If your child has trouble organizing papers, an accordion style folder, with labels for each subject, can be used to store teacher handouts. A separate folder for completed assignments waiting to be turned in will prevent misplacement. The important part of organization is consistency. If your child is not keeping up the system during the day at school, help her incorporate the necessary steps into her daily study routine, before consulting her planner.

If you feel your child is experiencing a significant amount of anxiety, it is a good idea to involve a professional. The Anxiety and Depression Association of America website offers further information and suggestions for coping with anxiety.

Deep Breathing Exercises

Even organized, well-prepared students experience anxiety, particularly right before a test. For these times, breathing exercises are regarded as the first line of attack. Here is a simple one from Dr. Andrew Weil's website:

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of **four**.
3. Hold your breath for a count of **seven**.
4. Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Whether a student is struggling to keep up with the workload, falling behind, or simply needs an extra boost, we can help.

What Does SFL Offer?

Range of Services

Through one-on-one tutoring, educational therapy, group sessions, assessment, case management, and homeschooling, Strategies for Learning offers a unique array of services to support students and families in navigating the challenges of school.

Wealth of Experience

At the heart of our work lies each student's unique learning history and experience. Strategies for Learning will tap into our wealth of experience, creating plans tailored to the needs and goals of our students and their families.

Highly-Trained Team

The specialists at Strategies for Learning hold graduate degrees – including teaching credentials, Master's degrees, and certificates in Educational Therapy. Many have had advanced training in programs such as Orton-Gillingham, Slingerland, LindaMood-Bell, and Making Math Real.

Executive Function

resources for learning more

Find other categories and resources on our website
www.strategiesforlearning.com

PRINT

***Executive Skills in Children and Adolescents: A Practical Guide to Assessment and Intervention*, by Peg Dawson EdD & Richard Guare PhD**

This bestselling guide explains how critical cognitive processes develop and why they play such a key role in children's behavior and school performance. Provided are step-by-step guidelines and many practical tools to promote executive skill development.

***The Organized Student: Teaching Children the Skills for Success in School and Beyond*, by Donna Goldberg with Jennifer Zwiebel**

This practical book is full of hands-on strategies for helping parents identify and teach organizational skills. Educational consultant Donna Goldberg has developed these methods by working with hundreds of students. The book contains special tips for kids with ADD/ADHD and learning disabilities.

***SOAR Study Skills*, by Susan Kruger**

Brain-friendly strategies on time and task management, note taking, and other skills for upper elementary, middle school, high school, and college age students. Special features in this book are tips for students who live in two homes and guidelines for students with ADD/ADHD.

***Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential*, by Peg Dawson EdD & Richard Guare PhD**

Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines.

***Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential*, by Richard Guare PhD, Peg Dawson EdD, & Colin Guare**

This positive guide provides a science-based program for promoting teens' independence by building their executive skills. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger.

***Where's My Stuff?: The Ultimate Teen Organizing Guide*, by Samantha Moss & Lesley Schwartz**

Comprehensive advice on how to organize school-work, lockers, bedrooms, and even one's schedule. Written in collaboration with professional teen organizer Lesley Schwartz, this book includes fun and useful illustrations, easy-to-follow charts, and ample doses of humor.

ONLINE

***3 Keys to Fostering Resilience in Children with LD and ADHD*, Article by Paul B. Yellin, M.D., FAAP**
<http://www.smartkidswithld.org/ld-basics/beyond-the-classroom/3-keys-to-fostering-resilience-in-children-with-ld-and-adhd>

A brief article that describes resilience and its importance and offers parents guidelines for fostering resilience in children with learning differences.

Executive Function 101, E-book by The National Center for Learning Disabilities
<http://www.ncl.org/images/content/files/executive-function-101-ebook.pdf>

This e-book is designed to explain executive functions in a clear, understandable way and to help you pinpoint the struggles your child might experience. It's organized into three broad categories where executive skills come into play: learning; behavior and emotions; and social situations and relationships. Each section includes tips for providing support and practice in specific skill areas.

***Executive Function Around the Clock*, Infographic by The National Center for Learning Disabilities**

<http://www.sps186.org/downloads/basic/397230/Executive%20Function%20Around%20the%20Clock.pdf>

This infographic shows various challenge areas in a day of the life of Josh, a 6th grader who struggles with executive function. This is a good starting point for those new to understanding executive function.
