

Executive Functioning Workbook For Teens Help For Unprepared Late And Tered Teens

Author Sharon A Hansen Dec 2013

Many students struggle with organization, planning, completing homework, and creating an effective study routine. School seems more challenging for them than their peers. These children may be labeled as disorganized, absent-minded, scattered, or forgetful by teachers, when in reality the issue is underdeveloped executive function - a skill, like any other, that can be taught! This EXECUTIVE FUNCTIONING WORKBOOK increases student's ability to plan, start, and finish work independently. It identifies student's aims and challenges, builds thinking skills, and provides tools to help build organizational strategies. Judging time accurately Building "Working Memory" Breaking down complex projects into manageable, orderly tasks Correctly estimating how long tasks will take Starting, stopping, and changing activities This Executive Functioning Workbook is the first subject-matter book geared toward the STUDENT - providing worksheets and advice for students to develop and improve their Executive Functioning skills. The step-by-step worksheets and checklists designed by educational experts Melissa Mullin Ph.D. and Karen Fried PsyD MFT are the results of over 20 years of helping students succeed in school. Parenting and teaching solutions utilize student's strengths and weaknesses help build organization and establish a schedule that works. The Executive Functioning Workbook provides easy to follow, hands-on guidance and support to help students organize, plan, and follow through on tasks.

"CEO of Self provides oodles of great tips, tools, and strategies to help anyone who is organizationally challenged get back into their executive control room and steer the mother ship of self toward greater success in life." -Thomas Armstrong, PhD, author of The Power of Neurodiversity and Multiple Intelligences in the Classroom

----- Written for teens, young adults, and adults, this pragmatic, insightful, and often humorous book leads the reader through explanations and exercises that will improve daily living skills, regardless of ability or age. Starting with skill domains of Time, Space, and Memory, this book incrementally develops the reader's skills to lead them through more advanced topics such as project management, decision-making, and negotiating obstacles, all while gaining better understanding into what makes our marvelous minds do what they do and how to tap into their incredible power.

More than 100,000 school practitioners and teachers (K – 12) have benefited from the step-by-step guidelines and practical tools in this influential go-to resource, now revised and expanded with six new chapters. The third edition presents effective ways to assess students' strengths and weaknesses, create supportive instructional environments, and promote specific skills, such as organization, time management, sustained attention, and emotional control.

Strategies for individualized and classwide intervention are illustrated with vivid examples and sample scripts. In a large-size format for easy photocopying, the book includes 38 reproducible forms and handouts. Purchasers get access to a webpage where they can download and print the reproducible materials. New to This Edition *Chapter with guidance and caveats for developing individual education programs (IEPs), 504 Plans, and multi-tiered systems of support (MTSS). *Chapters on working with students with attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder. *Three guest-authored chapters describing exemplary schoolwide applications. *More student centered--provides a template for involving children in intervention decision making. *Fully updated with the latest developments in the field. This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas.

This practical manual presents an evidence-based coaching model for helping students whose academic performance is suffering due to deficits in executive skills, including time and task management, planning, organization, impulse control, and emotional regulation. In just a few minutes a day, coaches can provide crucial support and instruction tailored to individual students' needs. From leading experts, the book provides detailed guidelines for incorporating coaching into a response-to-intervention framework, identifying students who can benefit, conducting each session, and monitoring progress. Special topics include how to implement a classwide peer coaching program. More than three dozen reproducible assessment tools, forms, and handouts are featured; the large-size format facilitates photocopying. Purchasers also get access to a webpage where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas. See also the authors' Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, plus the authoritative Executive Skills in Children and Adolescents, Third Edition. Also from Dawson and Guare: Smart but Scattered parenting guides and a self-help guide for adults. Enhancing Executive Function Skills in Kids with AD/HD

Building Skills and Motivation

The Executive Function Guidebook

Coaching Students with Executive Skills Deficits

The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

Tools to Help Teens Improve Focus, Stay Organized, and Reach Their Goals

Activities to Help You Gain Motivation and Confidence

Help for Unprepared, Late, and Scattered Teens

Focus on Your Strengths and Overcome ADHD Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time--during class, when you're listening to a

friend's story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In *The ADHD Workbook for Teens*, you'll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with.

- Learn how to calm yourself down when you feel hyperactive or impulsive
- Develop plans for meeting the goals that matter to you most
- Get your life under control and organize your schedule
- Improve your social life by becoming a better listener and friend

The *ASD Independence Workbook* offers powerful skills to help teens and young adults with autism spectrum disorder (ASD) successfully navigate the skills required for daily living and integration into their communities. Teens and young adults with ASD face many unique challenges on the road to growing up. Daily interactions that we often take for granted—yet are imperative for living independently—can be particularly difficult. People with ASD require practice with simple activities and interactions in school, in the community, and on the job site. So how can you help the teen in your life gain the skills needed to successfully transition into adulthood? This easy-to-follow and engaging workbook is designed to help young adults ages fourteen and up develop invaluable communication skills and practice with interactions they would encounter in everyday life. Teens will also find information on topics that are imperative for a successful transition into adulthood—including health and safety, self-care, and more. This unique book not only focuses on what adaptive skills are needed in the real world, but also gives teens with ASD the ability to practice these skills, either independently or with a teacher/caregiver. Give the teen in your life the gift of independence. With this workbook, they will be one step closer to leading full, productive, and meaningful lives. Teens need mental health resources more than ever. With over 1.2 million copies sold worldwide, *Instant Help Books* for teens are engaging, proven-effective, and recommended

by therapists.

Your Kid's Gonna Be Okay helps parents understand the critical skills needed for effective self-management and provides specific strategies and tools to help kids become motivated, accountable, and independent. Parents will learn how kids can change their habits as they pave their own path toward competence today and confidence in their future.

Stop, Think, Act: Integrating Self-regulation in the Early Childhood Classroom offers early childhood teachers the latest research and a wide variety of hands-on activities to help children learn and practice self-regulation techniques. Self-regulation in early childhood leads to strong academic performance, helps students form healthy friendships, and gives them the social and emotional resources they need to face high-stress situations throughout life. The book takes you through everything you need to know about using self-regulation principles during circle time, in literacy and math instruction, and during gross motor and outdoor play. Each chapter includes a solid research base as well as practical, developmentally-appropriate games, songs, and strategies that you can easily incorporate in your own classroom. With Stop, Think, Act, you'll be prepared to integrate self-regulation into every aspect of the school day.

Helping Kids and Teens with ADHD in School

Learning to Plan and Be Organized

Strategies to Help All Students Achieve Success

A Strengths-Based Approach for Improving Attention, Memory, Organization and Flexibility

An Executive Functioning Workbook

100 Ways to Help Your Clients Live Productive and Happy Lives

Thriving with ADHD Workbook for Teens

Autism and Everyday Executive Function

The award-winning, best-selling guide for parents and professionals to understanding and helping teens with attention deficit disorders is now in its third edition. Teenagers with ADD, ADHD, & Executive Function Deficits is the one-stop source of up-to-date, scientifically accurate, and reassuring information written by parent, teacher, school psychologist, mental health counsellor, and advocate Chris Dendy. Her book looks at key areas, academics, dating, driving, socializing, and greater independence, that make adolescence potentially more difficult for kids with

ADD, ADHD, or Executive Function Deficits (EFD). This resource gives parents advice on everything from understanding the diagnosis to treatment options, and from behavioural and academic issues, to parent involvement and self-advocacy. The new edition includes new and expanded information on: latest diagnostic criteria in the DSM-5; new research on attention deficits and executive function deficits and treatment options; the link between ADHD and EFD; new medication and research on treatment effectiveness; "concentration deficit disorder" or "slow cognitive temp," a new diagnosis that some experts are advocating for to describe a subset of kids with inattentive ADHD (low energy, daydreaming, slow processing of info); using technology (apps, smartphones, tablets) to help teens compensate for ADHD-related difficulties; "flipped classrooms" (teachers send videos of lectures/explanation of concepts home for kids to watch for homework and then have kids do written work in class so they can provide feedback as they work); updates on educational laws/regulations that affect students with ADHD. The author recommends a combination approach to treatment which includes using medications, behaviour and academic interventions and accommodations, ADHD education, and exercise. In addition, she discusses the role of executive function problems and how they relate to teenagers' difficulties with organizational skills, long-range planning, and staying on task. Throughout, are the voices of teens, families, and professionals who share their experiences and insights. Armed with the book's comprehensive facts and strategies, parents, educators, and therapists can be proactive, working together with teens to build resilience and a hopeful future.

Understand and support executive function in individuals with Autism Spectrum Disorder (ASD) with this fully-explained, innovative model. Showing how to use an individual's strengths to address executive functioning weaknesses, this approach will also help to build a strong foundation for social and communication skills. Advocating a person-centred approach, the author describes the importance of identifying the individual's preferred style of engagement and communication, and how sensory experiences impact their thoughts, feelings, and actions. She explains how to use this information to identify the individual's strengths and weaknesses across eight key areas which are the building blocks of executive functions: attention; memory; organization; time management; initiative; behavior; goal setting and flexibility. These areas can be used daily to establish predictability and offer a foundation for interpreting, processing and understanding the world with flexibility. Professionals and parents can also use them as the basis of an Individualized Education Plan (IEP), or to create personalized interventions and support at school or at home.

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In *The ADHD Workbook for Kids*, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to make friends, gain confidence, and manage out-of-control behaviors.

Executive Function Difficulties in Adults

The Anxiety Workbook for Teens

40 Fun Activities to Build Memory, Flexible Thinking, and Self-Control Skills at Home, in School, and Beyond

The Anger Workbook for Teens

Tools to Get Organized, Plan Ahead, and Achieve Your Goals

Transition Skills for Teens and Young Adults with Autism

Executive Skills in Children and Adolescents

The Executive Skills Program for Helping Teens Reach Their Potential

A powerful and compassionate guide for cultivating self-confidence, independence, and the executive functioning skills you need to live your best life! Being a teen with attention deficit/hyperactivity disorder (ADHD) doesn't stop you from wanting what almost every other teen wants: independence, good grades, and a healthy social life. But ADHD also presents obstacles that can keep you from reaching your goals. At times you may become frustrated, sad, or even angry at your inability to achieve the things you want. This book can help. This unique guide will help you develop the skills you need to strengthen your executive functioning, foster the self-compassion essential to overcoming self-criticism often caused by ADHD, and gain the confidence and resilience necessary to take control of your ADHD—and your life. You'll also learn how to manage your emotions, focus, practice flexible problem solving, change habits, and improve communication skills. Finally, you'll learn how these skills can improve your relationships with friends and family, and help you succeed in school—and life! Your ADHD doesn't have to define you, and it certainly doesn't have to determine your life. This book will allow you to step off the path of self-criticism, and guide you on the path toward self-compassion, self-confidence, and success.

This user-friendly manual presents an innovative, tested approach to helping teens overcome the frustrating organizational and motivation problems associated with executive function deficits and attention-deficit/hyperactivity disorder (ADHD). The Supporting Teens' Autonomy Daily (STAND) approach uses motivational interviewing (MI) to engage teens and their parents in building key compensatory skills in organization, time management, and planning. Parent training components ease family conflict and equip parents to support kids' independence. Ready-to-use worksheets and rating scales are provided; the book has a large-size format for easy photocopying. Purchasers get access to a Web page where they can download and print all 45 reproducible tools.

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" 4- to 13-year-old might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"—the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. 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. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Small changes can add up to big improvements—this empowering book shows how. See also the authors' *Smart but Scattered Teens* and their self-help guide for adults. Plus, an academic planner for middle and high school students and related titles for professionals.

Includes ideas on how to read social cues, recognize and use your strengths and understand social rules and make friends.

Train Your Brain for Success

The ASD Independence Workbook

Executive Functioning Workbook for Kids

A Teenager's Guide to Executive Functions

Activities to Help You Build Confidence and Achieve Your Goals

Overcoming Barriers, Building Strategies

Strategies to help your child achieve the time-management skills, focus, and organization needed to succeed in school and life
Smart But Scattered Teens

Uses key principles from the business world to help teens get organized, stay focused, and control their impulses.

Featuring real-life advice, strategies and tips, *Learning to Plan and Be Organized* is a practical guide that teaches kids with AD/HD how to enhance their executive function skills of planning and organisation. This reader-friendly and easy-to-use book includes checklists, pointers and activities. The book also includes illustrations that will help hold children's interest. Includes additional resources for parents. Ages 8-12.

The essential go-to workbook for shy and socially anxious teens—now fully revised and updated with skills for dealing with social media anxiety and “social perfectionism.” Do you feel shy when meeting new people? Do you freeze up when speaking in front of a group? Do you worry about what others think of you? If you struggle with shyness or social anxiety, you may try to avoid situations that cause you to feel uneasy. The problem is, avoiding stuff can also lead to missing out on friendships, fun, and opportunities. If you’re ready to stop hiding behind your shyness and start enjoying everything life has to offer, this workbook is your guide. The fun and easy worksheets and exercises in this fully revised and updated second edition of *The Shyness and Social Anxiety Workbook for Teens* will show you how to handle any kind of social situation with confidence, so you can connect with others and create great friendships. Based in proven-effective cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), the skills in this guide will also help you speak up for yourself when you need to, and stop dreading situations that put you on the spot—whether you’re called upon in class, interviewing for a job, or introducing yourself to new people. This new edition also includes tons of tips to help you navigate the world of social media; and self-compassion skills to help you stop comparing yourself to others, deal constructively with criticism, and stop worrying so much about what other people think. Most importantly, you’ll learn how to move beyond “social perfectionism,” and set realistic goals for yourself. So, why let shyness and social anxiety run your life? With this workbook, you can discover a more confident, outgoing you. In these increasingly challenging times, teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books for teens are easy to use, proven-effective, and recommended by therapists.

From managing social media stress to dealing with pandemics and other events beyond your control, this fully revised and updated edition of *The Anxiety Workbook for Teens* has the tools you need to put anxiety in its place. In our increasingly uncertain world, there are plenty of reasons for anyone to feel anxious. And as a teen, you’re also dealing with academic stress, social and societal pressures, and massive changes taking place in your body, brain, and emotions. The good news is that there are a lot of effective techniques you can use—both on your own and with the help of a therapist or counselor—to reduce your feelings of anxiety and keep

them from taking over your life. Now fully revised and updated, this second edition of *The Anxiety Workbook for Teens* provides the most up-to-date strategies for managing fear, anxiety, and worry, so you can reach your goals and be your best. You'll find new skills to help you handle school pressures and social media overload, develop a positive self-image, recognize your anxious thoughts, and stay calm in times of extreme uncertainty. The workbook also includes resources for seeking additional help and support if you need it. While working through the activities in this book, you'll find tons of ways to help you both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Just remember—these are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you're ready to change your life for the better and get your anxiety under control, this workbook can help you start today. In these increasingly challenging times, teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books for teens are easy to use, proven-effective, and recommended by therapists.

The Stress Reduction Workbook for Teens

A Workbook for Classroom Support and Managing Transitions

Promoting Executive Function in the Classroom

Activities to Help You Deal with Anxiety and Worry

Integrating Self-Regulation in the Early Childhood Classroom

Mindfulness Skills to Help You Deal with Stress

Understand Your Brain, Get More Done

Teenagers with ADD, ADHD & Executive Function Deficits

6 SUPER SKILLS to help teens stay focused and reach their goals! Do you sometimes have trouble paying attention in school? Do you lose track of time and deadlines? Do you often feel “scattered” or unorganized? You're not alone. All teens need a little extra help staying focused—in school and in life. This is especially true if you have attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder, sensory processing disorders, a mood disorder, or have experienced traumatic brain injury. The good news is that there are skills you can learn to help you stay on track. In this friendly guide, psychologist and ADHD expert Lara Honos-Webb offers six powerful “super skills” to help you pay attention, increase productivity, and get organized so you can achieve your goals and live your best life. These skills include: Focusing on the positive Goal setting Chunking: breaking big goals down into small manageable chunks Motivational enhancement Emotional regulation: dealing with “big” feelings Managing attention Once you learn and practice these skills, you'll feel empowered to conquer any task—no matter how big. So, why not start learning them today?

Help kids grow their executive functioning skills with activities for ages 6 to 9 Executive functioning is the name for the skills we use to pay

attention, complete tasks, and remember important things. But that's a lot for a brain to do every day--especially for kids. The Executive Functioning Workbook for Kids helps them train their brain to improve their memory, flexible thinking, and self-control. Kids will explore 40 hands-on activities to help them conquer executive functioning skills at home, at school, and out in the world. Just for kids--This book is made especially for kids to work on independently so they can see their skills develop and feel accomplished. Insightful activities--Kids will discover exercises that inspire them to work hard and appreciate the strengths and talents they already have. Tools for parents--Grown-ups can get involved, too, with a section of tips and activities that explain how kids learn and how adults can help them succeed. Empower kids to tackle any challenge with the skills they'll learn in the Executive Functioning Workbook for Kids.

For teens, confidence is key! This fully revised and updated edition of The Self-Esteem Workbook for Teens has everything you need to boost self-confidence, improve your social skills, balance social media use, and reach your goals. As a teen, it is incredibly important to have self-confidence, especially when you consider all the societal pressures teens face today, particularly about appearance and grades. Growing up in today ' s world is difficult, and in the midst of all this life-related stress, it ' s easy to magnify your own weaknesses and minimize—or even ignore—your true assets. This workbook can help. In this fully revised and updated second edition of The Self-Esteem Workbook for Teens, you ' ll learn to develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths, and you will learn to respect yourself, faults and all. You ' ll also learn the difference between self-esteem and being self-centered, self-absorbed, or selfish. Finally, this book will show you how to distinguish the outer appearance of confidence from the quiet, steady, inner acceptance and humility of true self-esteem. This second edition includes practical exercises to help you deal with body image issues, be more assertive and set boundaries with others, and navigate difficult social situations—including bullying, cyberbullying and social media overload. You ' ll also find activities that promote healthy thinking habits and problem solving; tips for handling criticism, setbacks, and self-doubt; and strategies for developing self-awareness, self-acceptance, and self-worth. With the right amount of self-confidence, you will have the emotional resources you need to succeed and reach your goals. This workbook can help you get started, step by step. In these increasingly challenging times, kids and teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books are easy to use, proven-effective, and recommended by therapists.

Teach some of the most important skills your students will ever need! Executive function skills—including self-regulation, focus, planning, and time-management—are essential to student success, but they must be taught and practiced. This unique guidebook provides a flexible seven-step model, incorporating UDL principles and the use of metacognition, for making executive-function training part of your classroom routine at any grade level. Features include: Descriptions of each skill and its impact on learning Examples of instructional steps to assist students as they set goals and work to achieve success. Strategies coded by competency and age/grade level Authentic snapshots and “ think about ” sections Templates for personalized goal-setting, data collection, and success plans Accompanying strategy cards

The ADHD Executive Functions Workbook

Executive Functions

Activities to Help You Deal with Anger and Frustration

The Executive Functioning Workbook for Teens

The Gender Quest Workbook

Focus and Thrive: Executive Functioning Strategies for Teens

Social Success Workbook for Teens

Parent-Teen Therapy for Executive Function Deficits and ADHD

Accessible and practical, this book helps teachers incorporate executive function processes - such as planning, organizing, prioritizing, and self-checking - into the classroom curriculum. Chapters provide effective strategies for optimizing what K-12 students learn by improving how they learn. Noted authority Lynn Meltzer and her research associates present a wealth of easy-to-implement assessment tools, teaching techniques and activities, and planning aids. Featuring numerous whole-class ideas and suggestions, the book also covers the nuts and bolts of differentiating instruction for students with learning or attention difficulties. Case examples illustrate individualized teaching strategies and classroom accommodations. Fifteen reproducibles are included; the large-size format facilitates photocopying and day-to-day reference. This book will be invaluable to classroom teachers and special educators in grades K-12, teacher educators, school psychologists, and neuropsychologists.

This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them as they negotiate the pitfalls of growing-up, and the transition to secondary or high school. Each chapter focuses on a different key issue affecting children with ADHD around the time of school transition.

Offers solutions for parents and teachers such as how to help students with short attention spans and how to reduce disruptive behavior. Copyright © Libri GmbH. All rights reserved.

Executive functions are a set of thinking, problem-solving, and self-control skills that tell the brain what to do, and this book demonstrates the ways kids use executive functions in school, at home, and in their other activities and shows how these skills can be improved through sustained effort. Beginning with a test to determine executive-functioning strengths and weaknesses, the book then explores in detail eight distinct sets of skills, including planning, organization, focus, time management, self-control, flexibility, memory, and self-awareness. In addition to giving an overview of each executive-functioning skill and how these skills are used in the real world, the book is intended as a self-directed learning guide for students themselves; also provides teens tools and tips for improving executive functions, including how to use video games, iPods, cell phones, and other electronic media to their advantage. A section for teachers and parents who may be dealing with a teenager with one or more executive dysfunctions is also included, as well as information for teens on how to recognize when they need help and where to go for help when a problem arises.

The Everything Parent's Guide to Children with Executive Functioning Disorder

Your Kid's Gonna Be Okay

Stop, Think, Act

Executive Functioning Workbook

Smart but Scattered

Build Executive Functioning Skills, Increase Motivation, and Improve Self-Confidence

Building the Executive Function Skills Your Child Needs in the Age of Attention

The ADHD Workbook for Teens

With insight and humor, this motivating guide shows how to bring executive functions (EF) to the forefront in K – 8 classrooms--without adopting a new curriculum or scripted program. Ideal for professional development, the book includes flexible, practical, research-based ideas for implementation in a variety of classroom contexts. It shares stories from dozens of expert teachers who are integrating explicit EF support across the school day. Provided is a clear approach for talking about EF barriers and strategies as part of instruction, and working as a class to problem-solve, explore, and apply the strategies that feel right for each student. Purchasers get access to a webpage where they can download and print several reproducible tools in a convenient 8 1/2" x 11" size. This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas.

This groundbreaking book offers a comprehensive theory of executive functioning (EF) with important clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Russell A. Barkley presents a model of EF that is rooted in meaningful activities of daily life. He describes how abilities such as emotion regulation, self-motivation, planning, and working memory enable people to pursue both personal and collective goals that are critical to survival. Key stages of EF development are identified and the far-reaching individual and social costs of EF deficits detailed. Barkley explains specific ways that his model may support much-needed advances in assessment and treatment. See also Barkley's empirically based, ecologically valid assessment tools: Barkley Deficits in Executive Functioning Scale (BDEFS for Adults) and Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA).

Do you often find yourself in trouble because of anger? Do you react to situations and later regret how you behaved? Does your anger cause problems with other people? Are you tired of letting anger control you? Between family life, friends, and the pressures of school, there's no doubt that it's stressful being a teenager. And while anger is a natural human emotion, different people handle it differently. Some hold in their anger and let it build, some lash out with hurtful words, some resort to fighting, and some just explode. If you've noticed yourself beginning to take out your frustrations on the people you love most—your parents, brothers or sisters, and friends—it may be time to make a change. The Anger Workbook for Teens includes thirty-seven exercises designed to show you effective skills to help you deal with feelings of rage without losing it. By completing just one ten-minute worksheet a day, you'll find out what's triggering your anger, look at the ways you react, and learn skills and techniques for getting your anger under control. You'll develop

a personal anger profile and learn to notice the physical symptoms you feel when you become enraged, then find out how to calm those feelings and respond more sensitively to others. Once you fully understand your anger, you'll be better prepared to deal with your feelings in the moment and never lose your cool. The activities in this workbook will help you notice things that make you angry, handle frustrating situations without getting angry, and effectively communicate your feelings. Most of all, these activities can help you learn to change how you respond to anger. Change is not easy, but with the right frame of mind and set of skills, you can do it. This book is designed to help you understand how both your mind and body respond to anger, how you can handle this anger constructively, and relaxation techniques for dealing with anger in a healthy way, so that you can not only control your anger, but your life as a whole.

Between school, friends, and planning for the future, it ' s easy to feel stressed out. Written by a psychotherapist specializing in mindfulness-based stress reduction (MBSR) and featuring brand new exercises, *The Stress Reduction Workbook for Teens, Second Edition* shows how mindfulness skills can help you relax, prioritize, and keep calm during stressful times. Your teenage years are some of the most stressful of your life. With pressure about grades at school, parents who just don ' t seem to get it, dating, and friends who drive you crazy, it ' s no wonder. But here's the good news! If you learn a few strategies for getting stress under control now, you ' ll have the skills you need to deal with problems and difficult feelings that life sends your way—in high school and beyond. *The Stress Reduction Workbook for Teens* is a collection of simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what ' s happening now. If you ' re like many people, you find it easy to look at your negative qualities or feel there is no way to fix your problems or stress. This book is about building on the resources, skills, and positive qualities that you might not even realize you have. It is a way to move from “ I'm powerless ” thinking to “ I can do it! ” thinking. Hundreds of teens in mindfulness-based stress reduction classes have used activities like the ones in this book, and here is what some of them have said: “ I have learned to let things go and move on from bad experiences. ” “ I felt that the coping skills learned are easy enough and effective enough to be used when I need. I now feel at the very least that I have the ability to reduce my stress. ” “ I learned new and different ways to stay relaxed and how to deal with stress and now I don ' t worry much. ” If they can do it, so can you! By practicing the skills outlined in this workbook, you'll be well on your way to developing lasting resilience and a new kind of strength—one that comes from within. Why not get started today?

A Guide for Parents and Professionals

Executive Function Skills in the Classroom

What They Are, How They Work, and Why They Evolved

The CEO of Self

Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, & Other Social-Skill Problems

The Shyness and Social Anxiety Workbook for Teens

Helping Children Gain Self-confidence, Social Skills & Self-control

A Guide for Teens and Young Adults Exploring Gender Identity

Conceive, believe, and achieve--simple strategies to build executive functioning skills Executive functioning is the way we manage our daily lives, including organization, planning ahead, and getting started on important tasks. These abilities may be easier for some and more challenging for others to master. Focus and Thrive is full of practical tools to help teens uncover strengths and develop executive functioning skills like staying focused, getting organized, making plans, and managing time. From creating a checklist to maintaining a daily routine, this supportive executive functioning guide can help you feel more confident in finishing everyday tasks at school, at home, at work, and beyond. Ultimately, this straightforward approach to building executive function skills will put you on the path to achieving your goals with focus and determination. This executive functioning book for teens features: Step-by-step solutions--Discover simple strategies to tackle difficult situations you face everyday. Easy "life hacks"--Learn how you can overcome challenges like forgetting your belongings, communicating your needs, and more. Powerful tools--Find a system that works for you with graphic organizers and sample checklists you can copy and reuse. Develop better organization and time-management skills with this executive functioning resource for teens.

Build focus, organization skills, and self-confidence the ADHD workbook for teens ages 12 to 17 Does it feel hard to stay organized sometimes? Do homework assignments sneak up on you? Having ADHD can feel overwhelming but it doesn't have to. Thriving with ADHD Workbook for Teens gives you the tools to understand how ADHD works within your body, and actionable ways that you can use it to your advantage. Learn about some of your untapped strengths and see how you can channel your newly identified talents at school, in sports, and with friends. Inside Thriving with ADHD Workbook for Teens you'll find: Be your own CEO Understand how your executive functions work to help you organize, plan, react, and more. Frequently asked, always answered A Q&A section provides answers to a ton of common questions that others with ADHD have. Advice you can use Everyday tools give you simple but effective strategies for approaching everyday things like homework, friends, and sports. Learn how you can thrive with ADHD through these engaging, everyday activities.

The vital skills children need to achieve their full potential! Being organized. Staying focused. Controlling impulses and emotions. These are some of the basic executive functioning (EF) skills children need to function and succeed as they grow. But what can you do if your child is struggling with one or all of these skills? With this hands-on guide, you'll learn what EF difficulties look like and how you can help your child overcome these challenges. Psychologist Rebecca Branstetter teaches you how to help improve the executive

functions, including: Task initiation Response inhibition Focus Time management Working memory Flexibility Self-regulation Completing tasks Organization With checklists to help enforce skills and improve organization, *The Everything Parent's Guide to Children with Executive Functioning Disorder* is your step-by-step handbook for helping your child concentrate, learn, and thrive! A wonderful resource for anyone who knows or works with teens who suffer from executive functioning disorder (EFD)—including parents, teachers, counselors, or clinicians. From handling frustration to taking notes in class, this book will help teens hone the skills they need to succeed. Do you know a teen who is disorganized, chronically late, forgetful, or impulsive? Do they struggle to get homework done, but never manage to turn it in on time? Perhaps it ' s your son or daughter, a student you work with, or even a client. It ' s likely that this teen suffers from executive functioning disorder (EFD), an attention disorder marked by an inability to stay on task that is common in people with learning disabilities. If this teen has tried to manage his or her time and meet deadlines with little success, he or she may feel like giving up. There is a light at the end of the tunnel, however. You just need to show them the way. In *The Executive Functioning Workbook for Teens* a licensed school counselor provides an evidence-based, easy-to-use, and practical workbook written directly for a teen audience. The book is designed to provide teens with the skills needed to get organized, retain information, communicate effectively, and perform well in school and in everyday life. Based in proven-effective cognitive behavioral therapy (CBT), the book offers activities that will help teens better understand their disorder and cope with it effectively. With one chapter for each of the ten main areas of EFD, the book also includes tips for initiating positive action and change, improving flexibility in thinking, sustaining attention, organizing, planning, enhancing memory, managing emotions, and building self-awareness. Written in a fun, engaging format, this book is designed to motivate and inspire teens to carry out and complete tasks with ease.

CBT and ACT Skills to Help You Build Social Confidence

Mindfulness and Self-Compassion for Teen ADHD

Six Super Skills for Executive Functioning

Improve Focus, Get Organized, and Succeed

The Self-Esteem Workbook for Teens

The ADHD Workbook for Kids

A Practical Guide to Assessment and Intervention

This one-of-a-kind, comprehensive workbook will help you navigate your gender identity and expression at home, in school, and with peers. If you are a transgender and gender-nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. *The Gender Quest Workbook* incorporates skills, exercises, and activities from evidence-based

therapies—such as cognitive behavioral therapy (CBT)—to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression. Despite outdated beliefs, gender no longer implies being simply male or female, but rather a whole spectrum of possibilities. This fun, engaging workbook is designed specifically for teens like you who want to explore the concept of gender and gender identity and expression—whether you already identify as TGNC or are simply questioning your gender identity. The activities in this book will help you explore your identity internally, interpersonally, and culturally. And along the way, you'll learn how to effectively express yourself and make informed decisions on how to navigate your gender with family, friends, classmates, and coworkers. The book also includes chapters on sex and dating, balancing multiple identities, and how to deal with stressful challenges when they arise. The Gender Quest Workbook also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth. The guide will address ways to help youth working with gender identity build resilience against gender minority stress, among other topics. This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.