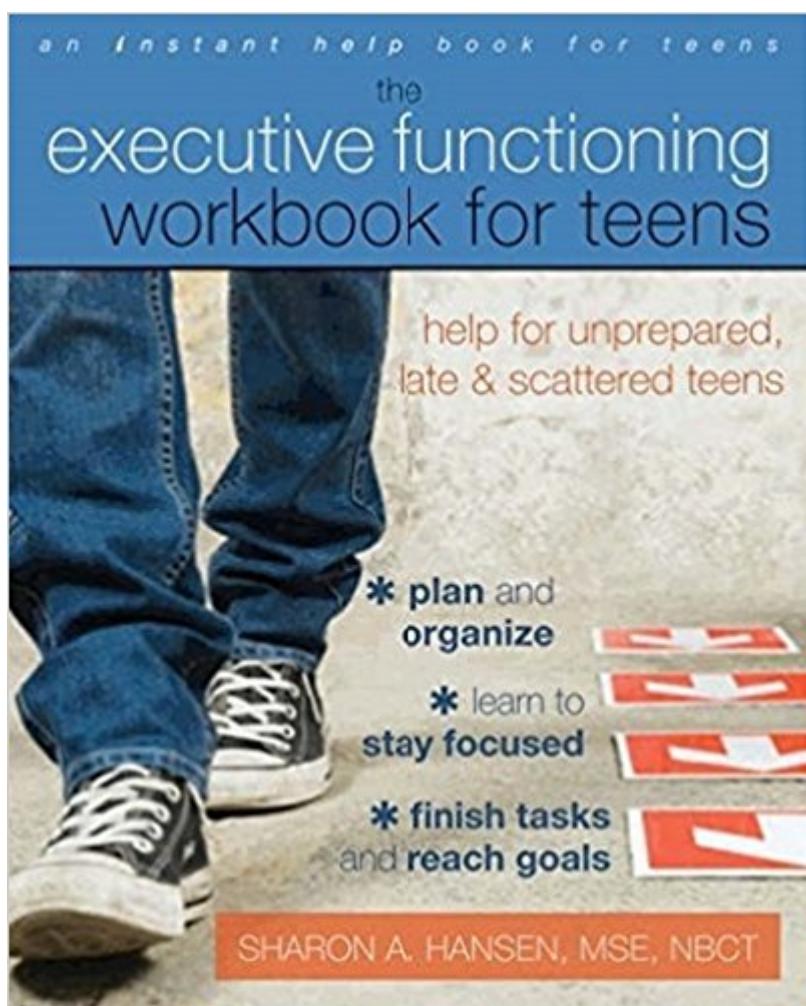


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# The Executive Functioning Workbook For Teens: Help For Unprepared, Late, And Scattered Teens



## Synopsis

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.

## Book Information

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## Customer Reviews

&#147;An excellent resource for students, educators and families. As a middle school counselor, I will definitely use this as a tool to help our students succeed in the area of executive functioning!â • &#151;Lisa Koenecke, Wisconsin School Counselor Association President&#147;I think it would be an invaluable resource for executive skills coaches and for teachers developing executive skills seminars for groups of students. The activities and exercises are versatile enough that they could be used with individual students or with groups of students&#151;and coaches and seminar leaders could easily pick and choose which executive skills to emphasize and which exercises to use.â • &#151;Peg Dawson, EdD, psychologist and author of several books on executive skills, including Smart but Scattered&#147;Many teens struggle with executive functioning challenges, especially those with attention deficit/hyperactivity disorder (ADHD), learning disabilities, high functioning autism, or other conditions. This workbook gives these teens (and their parents) strategies to improve their executive functions, which means they can develop skills to improve their lives.â • &#151;Dr. Kenny Handelman, author of Attention Difference Disorder

Sharon A. Hansen, MSE, NBCT, is a professionally licensed school counselor in Berlin, WI. She has a bachelor's degree in developmental psychology from the University of Wisconsin-Oshkosh, and a master's degree in education with an emphasis in school counseling from the same institution. Hansen is also a National Board Certified School Counselor, and belongs to the Wisconsin School Counselor Association (WSCA) and the American School Counselor Association (ASCA). She lives in Oshkosh, WI.

I can't fathom why this book is specifically labeled for use by teens; it isn't appropriate for that age range. Rather than practical interventions, most of the exercises are self-help activities (like imagining your inner fears as a beast and then drawing a picture of that beast) that would only be welcome and useful for younger children and maybe adults. Most teens with executive dysfunction or other LDs are already sensitive to being infantilized, and a lot of Hansen's exercises assume a level of self-reflectiveness that most teens-- especially teens with EF issues-- simply developmentally don't yet have. For useful, teen-appropriate exercises, I recommend Peg Dawson's book "Coaching Students with Executive Skills Deficits."

What a waste of money. My 13-year-old took the quiz and did one activity - a useless drawing activity that changed nothing at all in his behavior or thoughts. When I asked him to continue on with the activities based on the suggestions, he said that they didn't make any sense and he didn't know how this was going to work for him. Maybe this is a good resource for teachers, but I have one teen with NLD (the one who might have actually done these activities if they made sense to him) and one with ADHD who would never, ever be bothered to do these ridiculous activities. I can barely get my ADHD kid to read a book, and I totally agree with the 2015 reviewer who said too many ADHD kids are already treated in an infantile manner. Wish I hadn't wasted my money on thinking this would be helpful in letting my kids train their brains. It's completely useless to us.

I absolutely love this book. As a Therapist I use specifically when working with ADHD kids and others with anxiety, however this book can apply to a realm of children with different mental health disorders.

I like that this book has clear activities that give a student time to consider their current behavior as well as the best strategies to improve upon it.

Simple step-by-step workbook to use and help establish communication for harder tasks to talk about.

Good info and ideas to work with students, but due to the workbook nature, I find that I have to adapt the exercises to engage students.

Thank you

Great tool to help students with executive functioning issues!!

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Get Organized at Work and at Home Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential Study Strategies Plus: Building Your Study Skills and Executive Functioning for School Success I Can't Find My Whatchamacallit!! (Functioning Executive) Planning Isn't My Priority (Functioning Executive) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) A Parent's Guide to High-Functioning Autism Spectrum Disorder, Second Edition: How to Meet the Challenges and Help Your Child Thrive Dale Carnegie's How to Win Friends and Influence People: An Executive Summary (Executive Summaries by Spry Summaries Book 1) Super Secrets of Successful Executive Job Search: Everything you need to know to find and secure the executive position you deserve Learning to Plan and Be Organized: Executive Function Skills for Kids With AD/HD (Enhancing Executive Function Skills in Kids with AD/HD) The Fine Art of Executive Protection: Handbook for the Executive Protection Officer iGen: Why Todayâ€” Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us This Is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation Lights Out: A Cyberattack, a Nation Unprepared, Surviving the Aftermath The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)

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