

FREE WEBINAR SERIES!!!

EXECUTIVE FUNCTION SKILLS

A FREE 6-Part webinar series
on How To Teach Executive
Functions in Any Classroom!



Session 4 Sept28 @ 2pm PST

Goal Setting

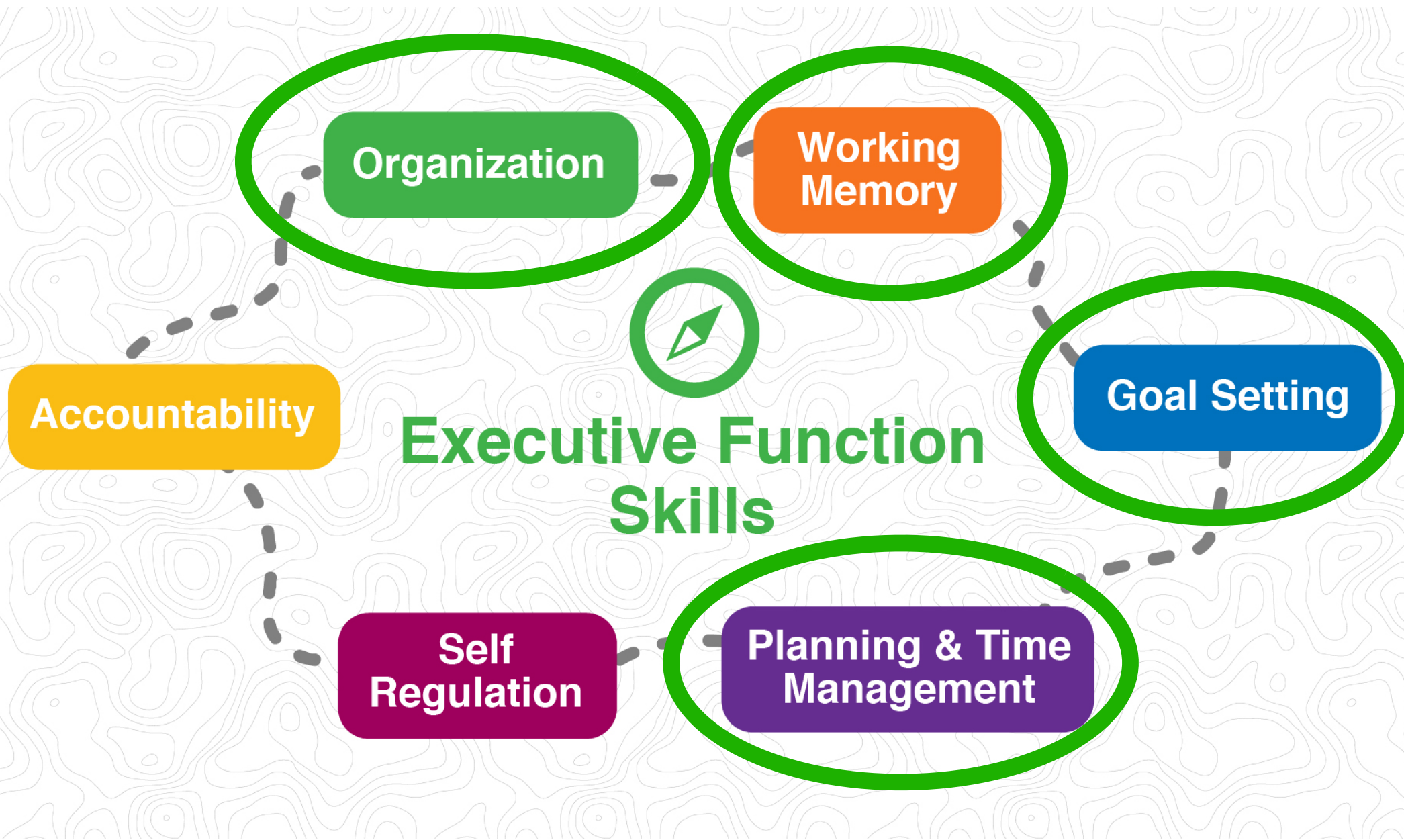




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Fairly
CACHV CHIN
Chen
Capila
Vila
BREMMA
AVA
Vdia
TEGV
Murtaiam
Tangam
Zaca
PA.
S. barella
SIAN.

Executive Functioning Skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully.





“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*



3 Strategies for Teaching EFs

Explicit
Modeling
Routine



Organized Binder

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A: Goals

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E: Syllabus

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F: Academic Toolkit

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G: Table of Contents

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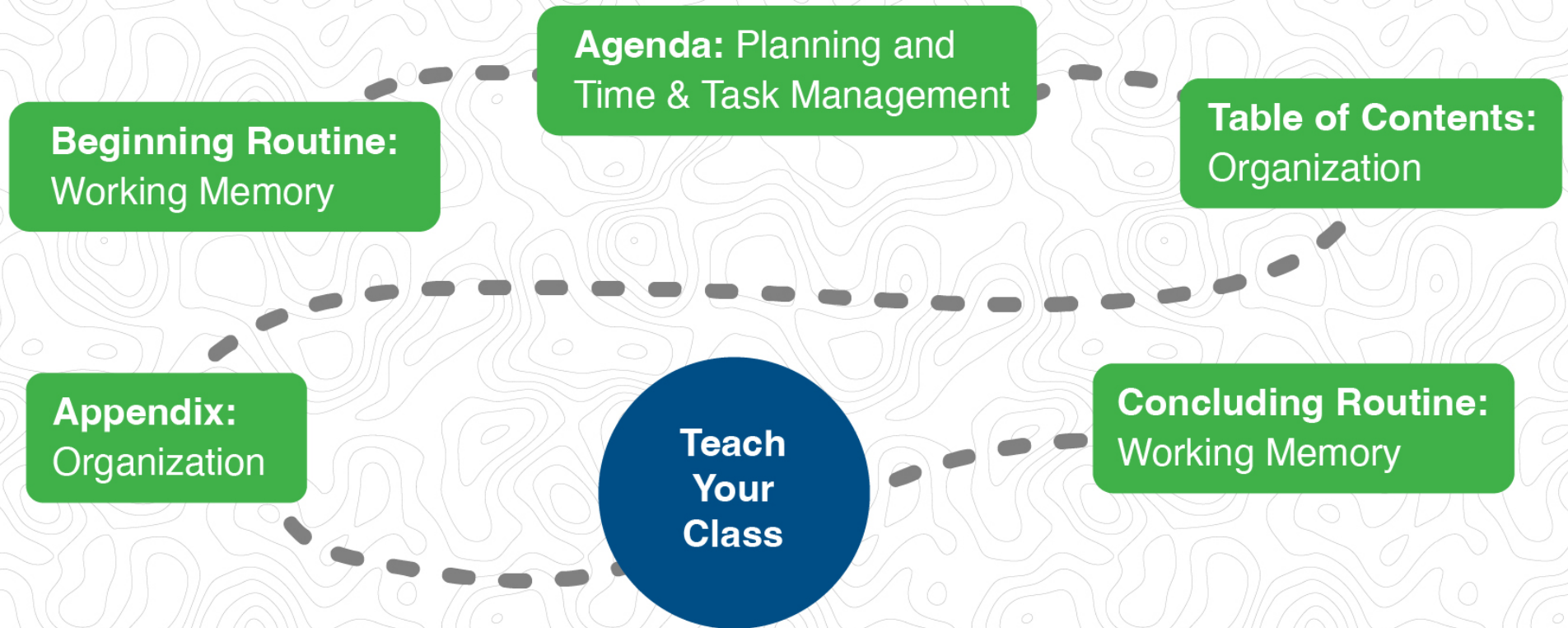
H: Passes (optional)







Daily Routine



Learning 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*



Learning Routine

“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



Shared Routine & Cognitive Load

"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



A Universal Tier 1 Intervention



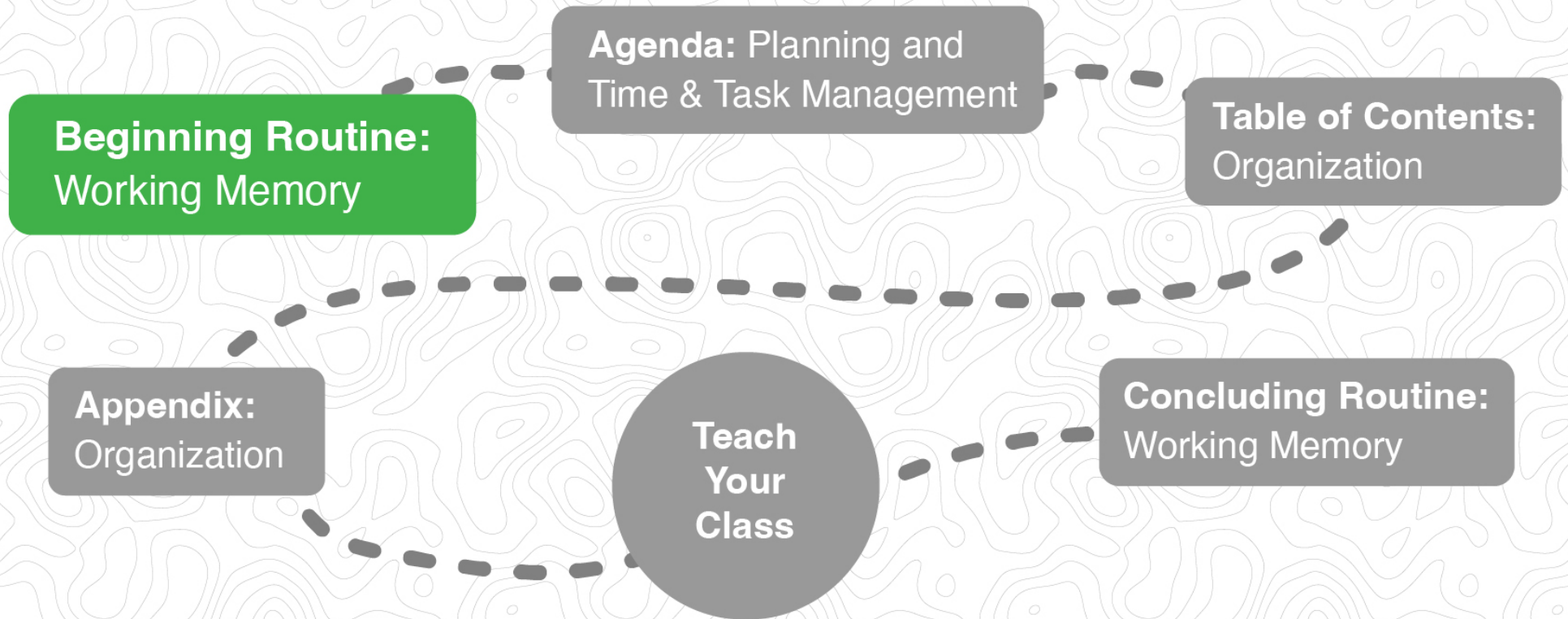
Let's Get To It!



But first, let's review
Session 1-3



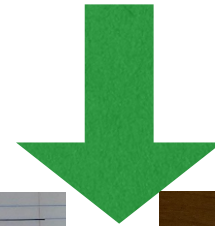
Daily Routine



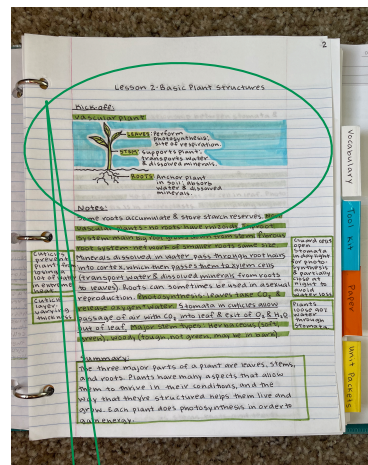
Daily Routine



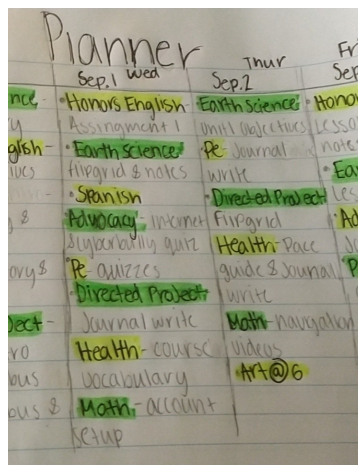
Daily Routine



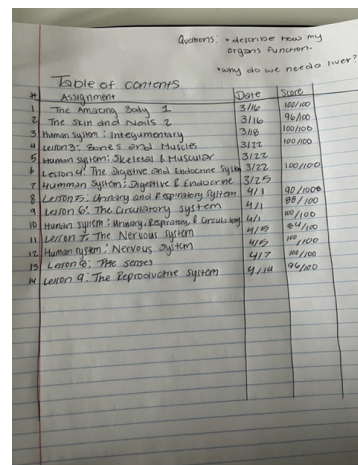
Teach Your Class



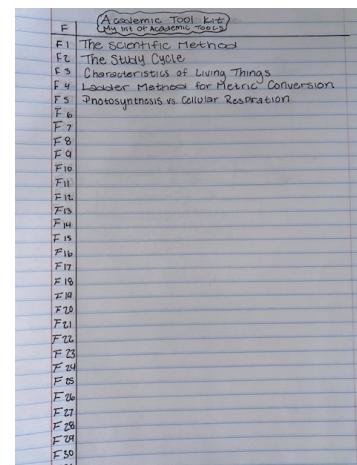
B: Weekly Lifeline
Working Memory



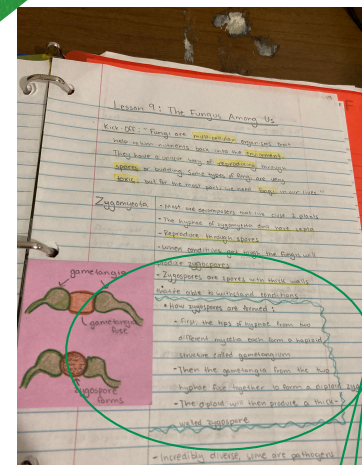
C: Agenda
Planning &
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G: Table of Contents
Organization



F: Academic Toolkit*
Organization



B: Weekly Lifelines
Working Memory

Beginning
Routine

Ending
Routine

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



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.



Date 9/14/22

Weekly Lifeline

Check

KICK-OFF

A content specific prompt that reteaches and reviews the previous day's standards or accesses prior knowledge to look forward.

LEARNING LOG

Date 9/15/22

Check

A content specific prompt that reteaches and reviews the previous day's standards or accesses prior knowledge to look forward.

KI

response

LEARNING LOG

Date 9/16/22

Check

A content specific prompt that reteaches and reviews the previous day's standards or accesses prior knowledge to look forward.

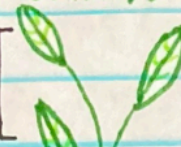
KI

response

Lesson 2 Basic Plant Structures

Kick OFF "using color draw a vascular plant & label the AND describe their function: Leaves, Stem, Root

Leaves - carry out photosynthesis;
site of respiration



Stem - support of gravity; transports and water

Roots - anchor in soil/get water & nutrients from it, & minerals)

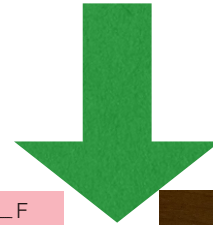
Answers / Notes

- they can not only anchor the plant & absorb but accumulate & store starch reserves
- plants without them have rhizoid **VOCAB** (most are one cell) → nonvascular & mosses
- two types of root systems: taproot (main) & fibrous (smaller)
- Root hairs (allow roots to absorb)
- xylem **VOCAB** transports water & minerals from root to leaf
- transpiration **VOCAB** releases water from tree when it's
- two parts: petiole (stem) & blade (photosynthesis happens)
- hold cuticles which help plants from losing

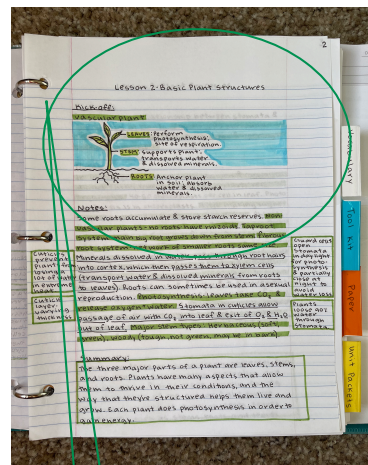
Summary:

The three major parts of a plant are leaves, stems, and roots. Plants have many aspects 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.


Daily Routine



Teach Your Class



B: Weekly Lifeline



Name _____

Period _____


C _____

Agenda

Week	In Class	Homework
Day		
Due		
Day		
Due		
Day		
Due		
Day		
Due		
Day		
Due		
Week		
Day		
Due		
Day		
Due		
Day		
Due		
Day		
Due		
Day		
Due		


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C: Agenda
Make A Plan



Name _____

Period _____




Unit _____

Essential Question(s) for this Unit _____

#	Assignment	Date	Score
1			<i>f</i>
2			<i>f</i>
3			<i>f</i>
4			<i>f</i>
5			<i>f</i>
6			<i>f</i>
7			<i>f</i>
8			<i>f</i>
9			<i>f</i>
10			<i>f</i>
11			<i>f</i>
12			<i>f</i>
13			<i>f</i>
14			<i>f</i>
15			<i>f</i>
16			<i>f</i>
17			<i>f</i>
18			<i>f</i>
19			<i>f</i>
20			<i>f</i>
21			<i>f</i>
22			<i>f</i>

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G: Table of Contents



**ORGANIZED
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Name _____ Period _____

F

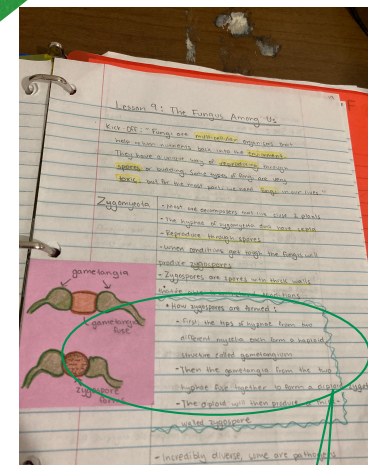
Academic Toolkit

My List of Academic Tools

G1
G2
G3
G4
G5
G6
G7
G8
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G11
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G22

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F: Academic Toolkit*



B: Weekly Lifelines

Beginning Routine

Ending Routine

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



Daily Routine





Agenda

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

Week	In Class	Homework
Day		
Date		
9/21/22		
Day		
Date		
9/22/22		
Day		
Date		
9/23/22		
Day		Review Lab Report
Date		
9/24/22		
Day	Cardio Lab Report Due	
Date		
9/25/22		

Planner

Tue Aug. 31st	Sep. 1 Wed	Thur Sep. 2	Fri Sep 3.
• Earth Science - Introductory	• Honors English - Assignment 1	• Earth Science - Unit 1 Objectives	• Honors English - Lesson taking notes
• Honors English - Unit 1 Objectives	• Earth Science - Flipgrid & notes	• Pe - Journal write	• Earth Science - Lesson 1 & notes
• Advocacy - Introductory & check in	• Spanish - Advocacy - Internet Cyberbully quiz	• Directed Project - Flipgrid	• Advocacy - Journal write
• Pe - Introductory & Syllabus	• Pe - Quizzes	• Health - Pace guide & Journal write	• Pe - Fitness contract
• Directed Project - Syllabus & intro	• Directed Project - Journal write	• Math - navigation videos	• Spanish - Review to make sure all work is done
• Health - Syllabus	• Health - course vocabulary	• Art@6	
• Math - Syllabus & Pace guide	• Math - account Setup		

2019-2020
PLANNER

PROPERTY OF:


ORGANIZED
BINDER



MONDAY
AUG 5

TUESDAY
AUG 6

WEDNESDAY
AUG 7

8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		

THURSDAY
AUG 8

FRIDAY
AUG 9

SATURDAY
AUG 10

8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		

SUNDAY
AUG 11



Daily Routine

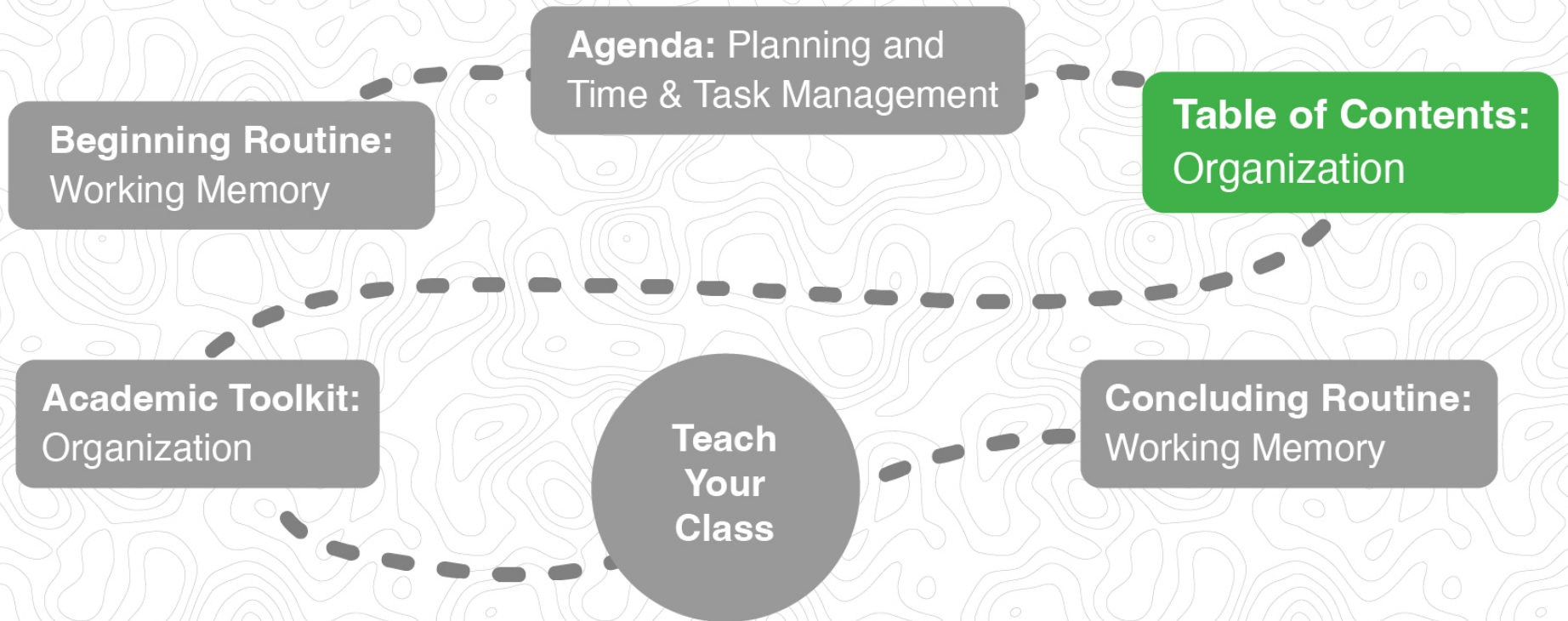


Table of Contents

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			/
15			/
16			/
17			/
18			/
19			/
20			/
21			/
22			/

Ashley (Zetta) Bloom

The Amazing Human...

1	Lesson 1 - the amazing human body...	3/14/22
2	Lesson 2 - the skin and hair...	3/15/22
3	Lesson 3 - Human System Project - Skin and hair	3/15/22
4	Lesson 3 - bones and muscles	3/16/22
5	Human System Project - Skeletal System	3/21/22
6	Human System Project - Muscular System	3/22/22
7	Lesson 4 - Digestive and endocrine systems	3/23/22
8	Human System Project - Digestive System	3/23/22
9	Human System Project - Endocrine System	3/25/22
10	Lesson 5 - Urinary and respiratory systems	3/28/22
11	Lesson 6 - The Circulatory System	3/29/22
12	Lesson 7 Human System Project - Urinary System	4/1/22
13	Human System Project - Respiratory System	4/1/22
14	Human System Project - circulatory system	4/1/22
15	Lesson 7 - nervous system	4/5/22
16	Human System Project - The nervous system	4/7/22
17	Lesson 8 - The Senses	4/7/22
18	Lesson 9 - The reproductive systems	4/18/22
19	Human System Project - reproductive system	4/20/22
20	Unit 8 Vocabulary	4/20/22
21		
22		

#3

Unhealthy Relationships

#10

Name

Date

Period

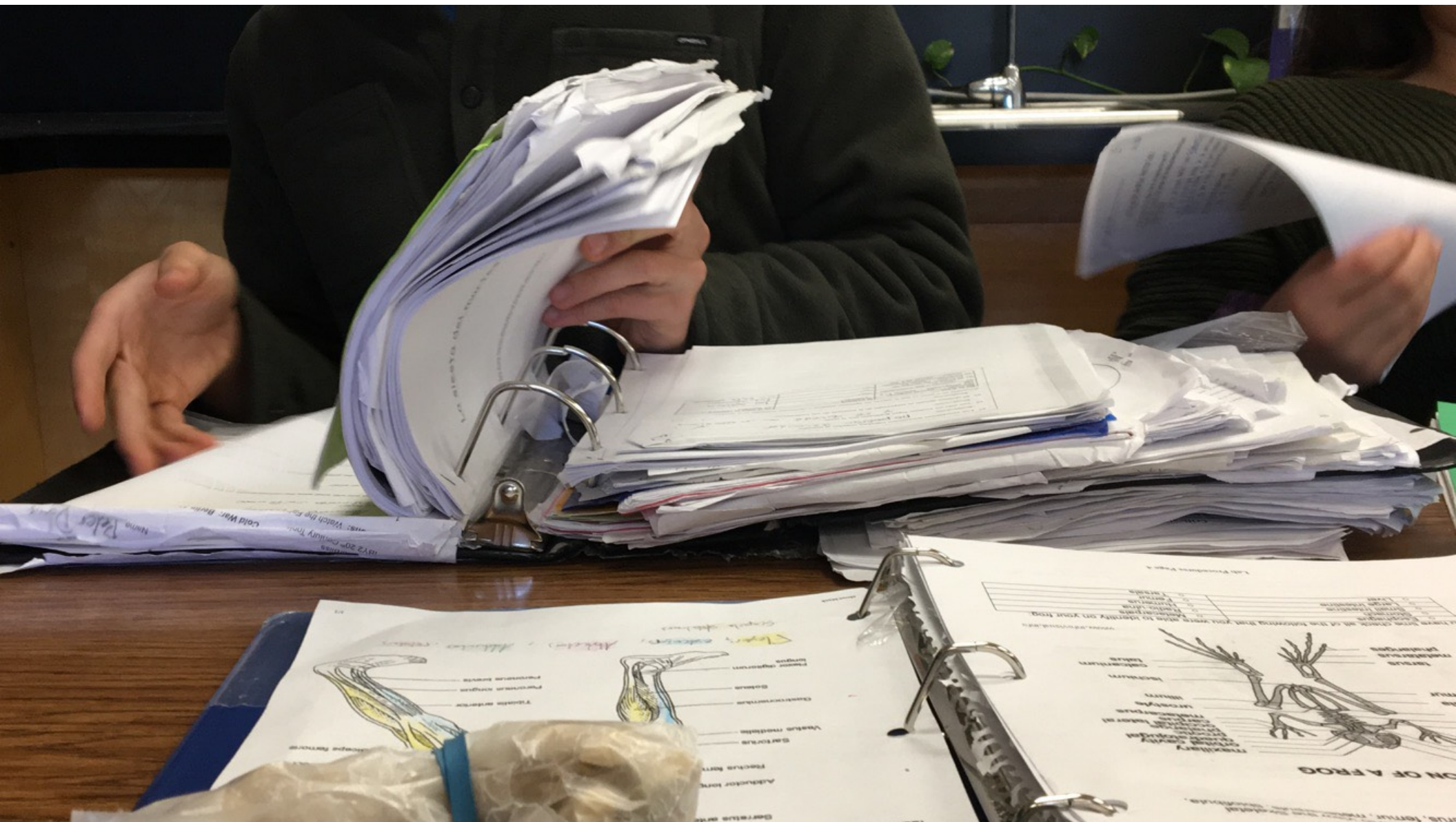
es?

sory neurons, interneurons, and motor

opens during a simple physical activity.

the time it takes to catch a falling ruler.







B ORGANIZED
BINDER
My Goal in
Name

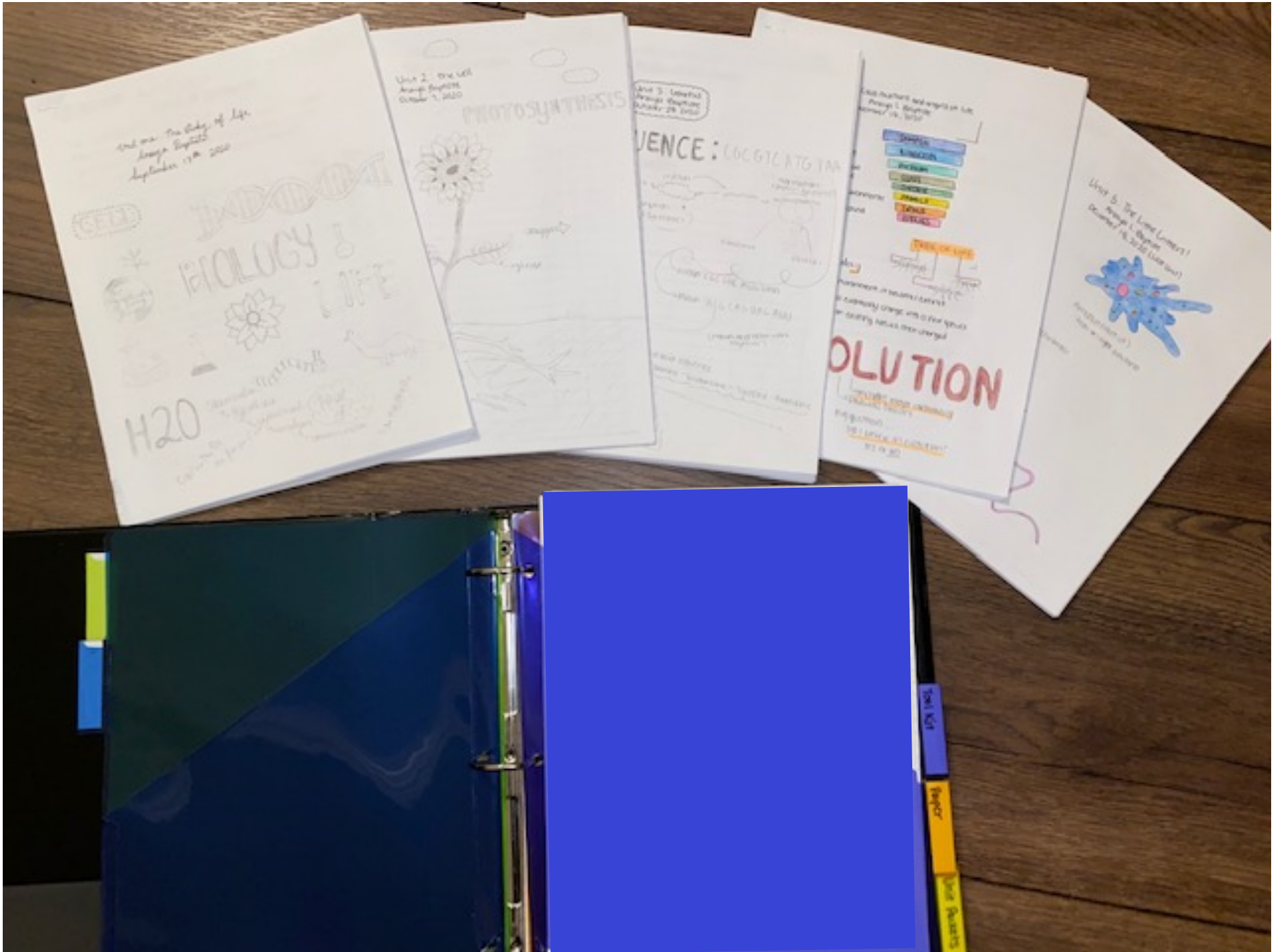
Name

Sub-Goal

Weeks 1-4 Goal

Daily Task







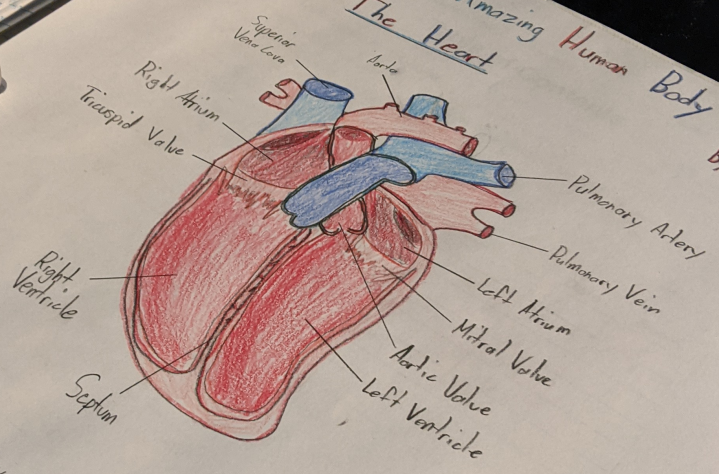



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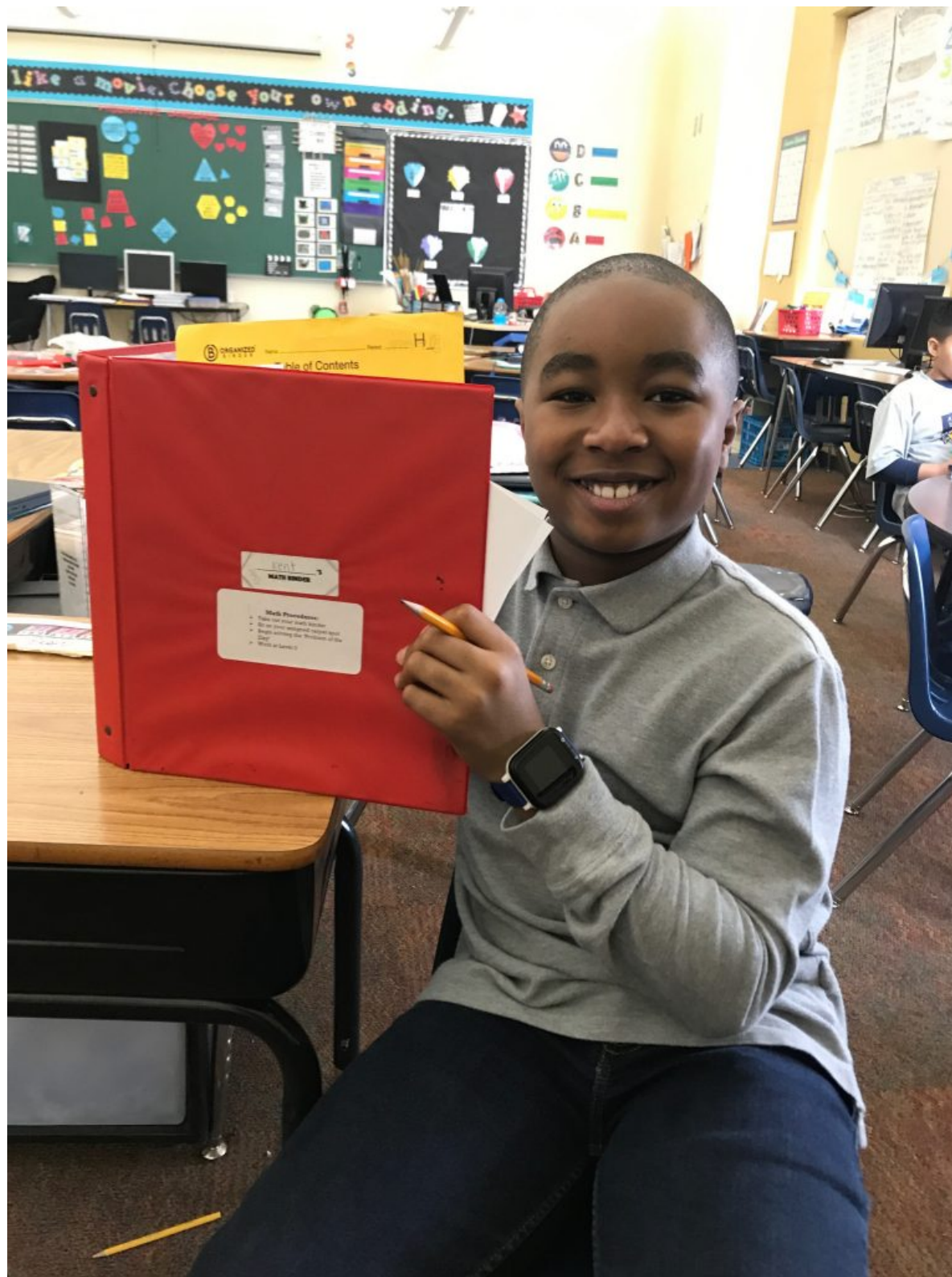


Unit 8: The Amazing Human Body
The Heart

By: Edward To



-The heart helps provide oxygen to the rest of the body to help keep everything functioning. Even without the brain it is possible to keep the rest of the body alive and functioning.



10:17 SCIENCE
11:09 ART/COMPUTERS
12:02 LUNCH BREAK
12:32 ENGLISH
1:23 MATH

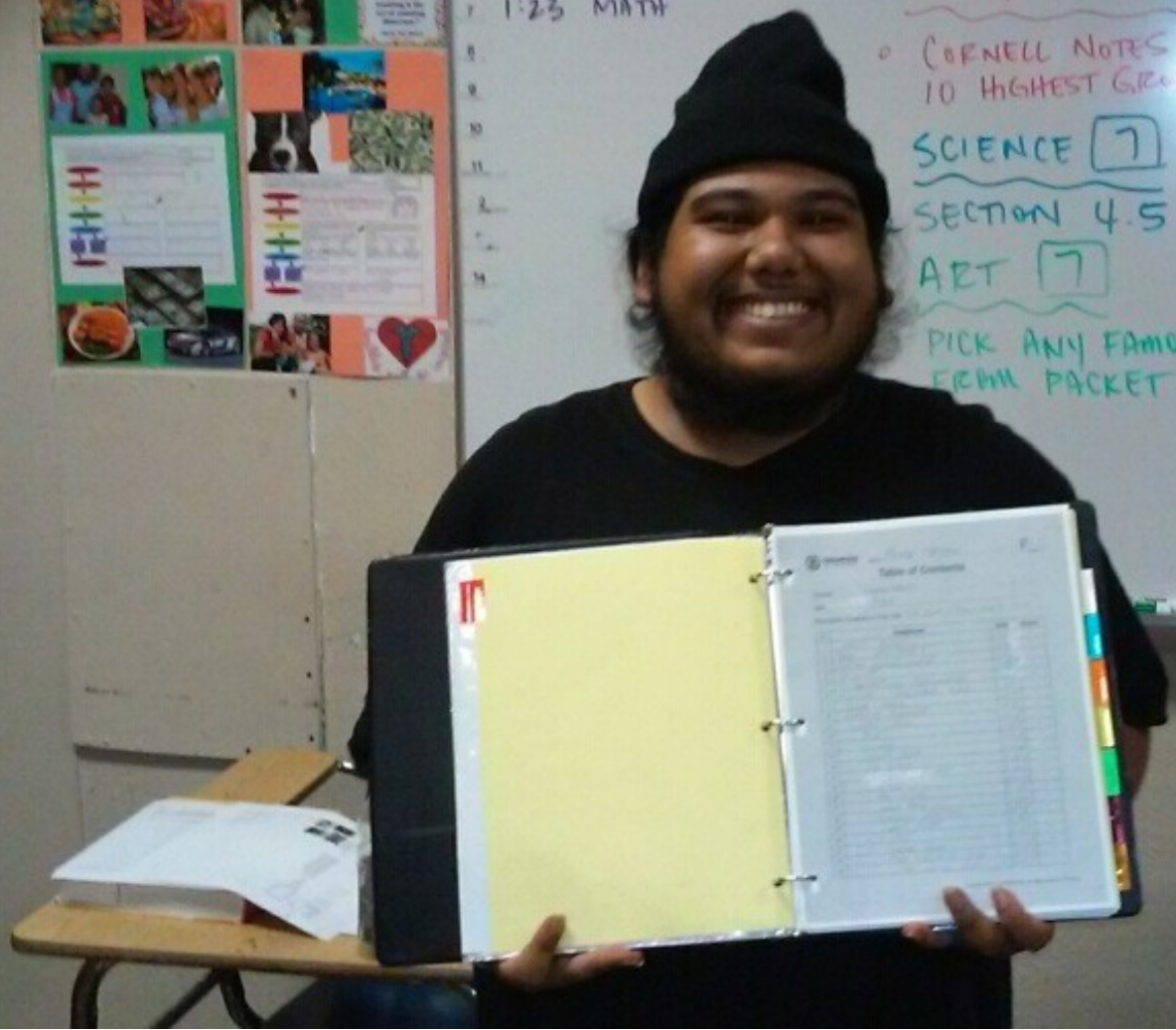
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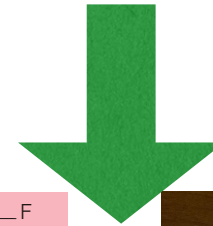
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60

AMERICAN VISION BOOK
CHAPTER 1, SECTION 1
WORK/SENIOR PROJECT [7]
• CORNELL NOTES
10 HIGHEST GROSSING MOVIES
SCIENCE [7]
SECTION 4.5
ART [7]
PICK ANY FAMOUS PAINTING
FROM PACKET

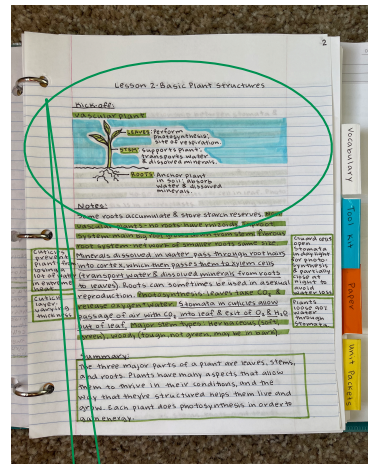
• CHAPTER
WORK [8]
• CORNELL NOTES
10 BIGGEST
SCIENCE [8]
• SECTION
ART [8]
PICK ANOTHER
PAINTING FROM



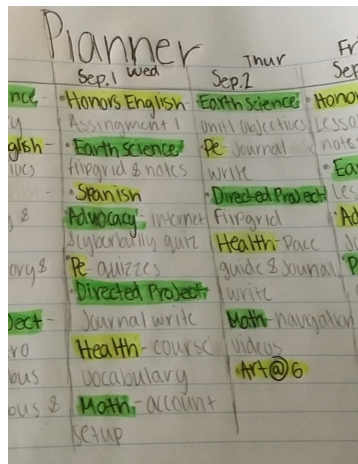
Daily Routine



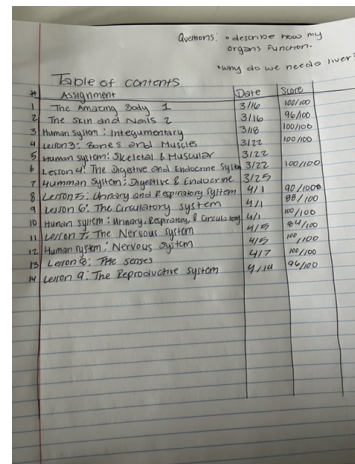
Teach Your Class



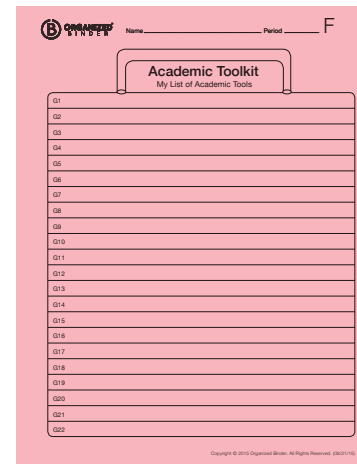
B: Weekly Lifeline
Working Memory



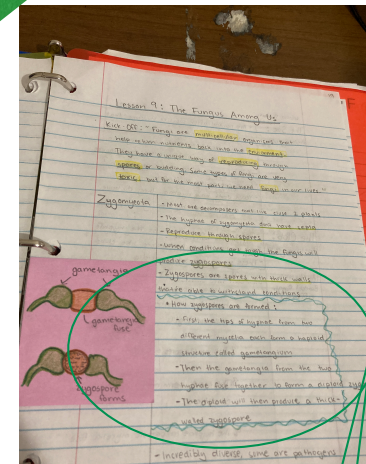
C: Agenda
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Time Management



G: Table of Contents
Organization



F: Academic Toolkit*
Build My Toolkit



B: Weekly Lifelines
Working Memory

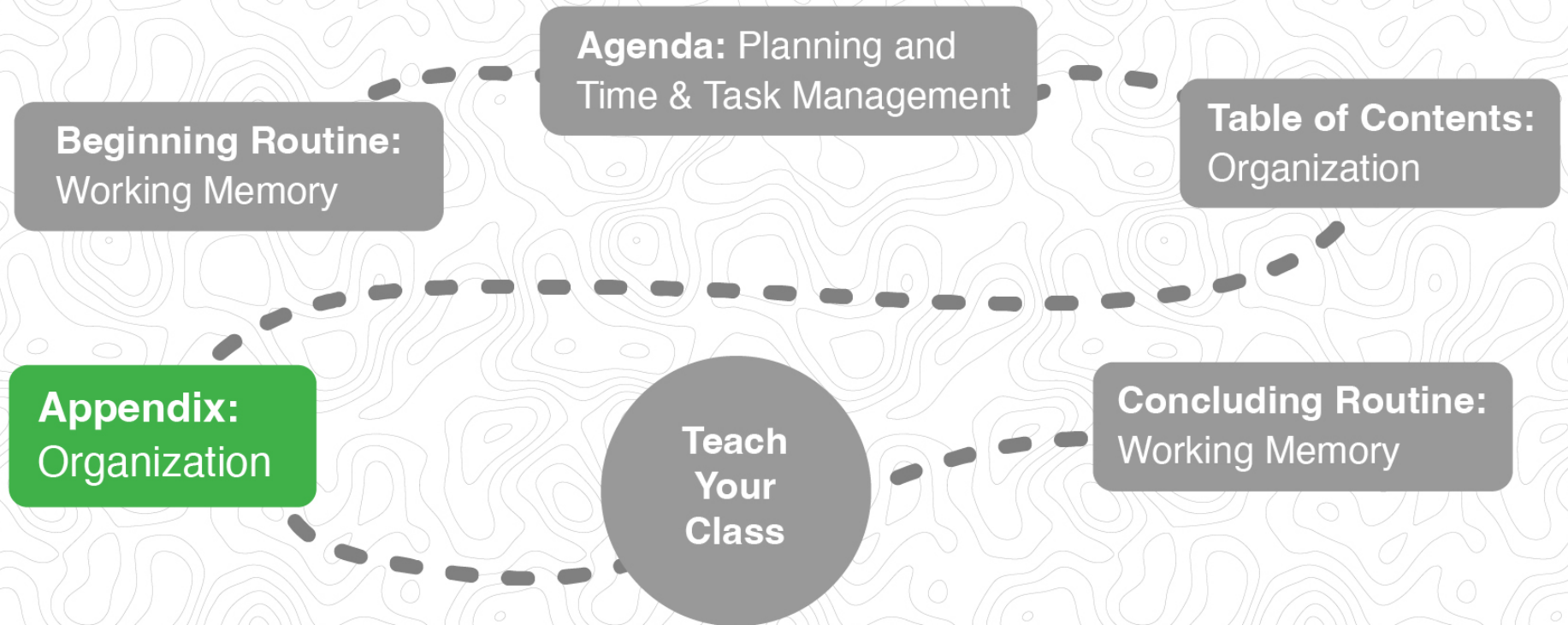
Beginning
Routine

Ending
Routine

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



Daily Routine



Academic Toolkit

My List of Academic Tools

F1 The Scientific Method

F2 Academic Vocabulary

F3 Metric and Scientific Conversion

F4 How to Write a Lab Report

F5 How to submit an assignment using Google Docs

F6 How to create an iMovie

F7 How to upload to docs to Canvas & Google Classroom

F8

F9

F10

F11

F12

F13

F14

F15

F16

F17

F18

F19

F20

F21

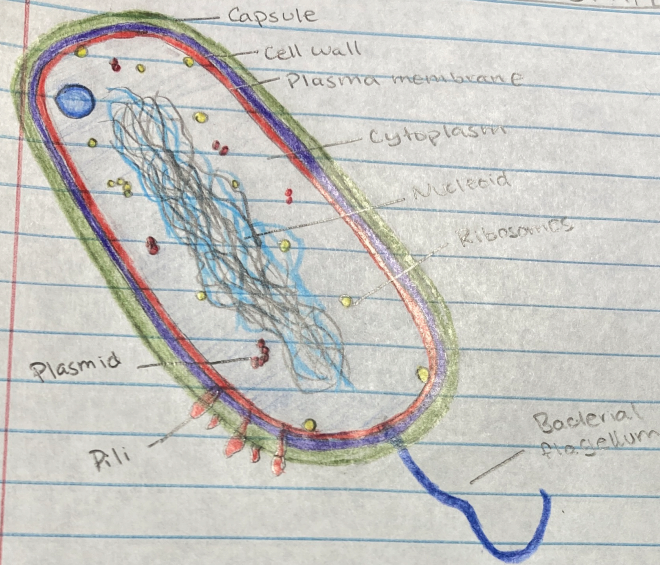
F22

Academic Tool Kit
My list of Academic Tools

F	
F1	The Scientific Method
F2	The Study Cycle
F3	Characteristics of Living Things
F4	Ladder Method for Metric Conversion
F5	Photosynthesis vs. Cellular Respiration
F6	
F7	
F8	
F9	
F10	
F11	
F12	
F13	
F14	

BACTERIA BASICS AND SHAPES

F9



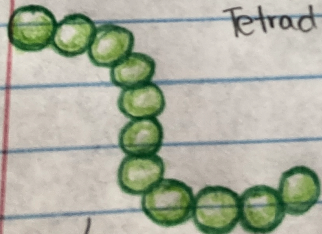
Cocci



Diplococci

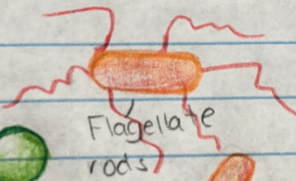


Tetrad

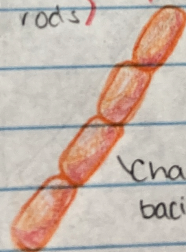


Streptococci

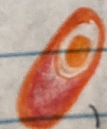
Bacilli



Flagellate rods

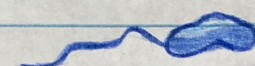


Chain of bacilli

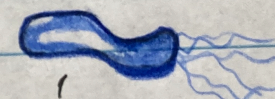


Spore-former

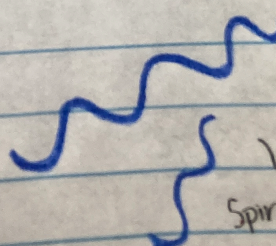
Spirals



Vibrios



Spirilla



Spirochetes

Goal Setting



“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



My Goal in Biology

1st 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.

Daily Task When I get home from school I will sit down at the dining table and finish my homework.

Did you accomplish your 1st Term Goal? ☐ Yes or ☐ No

Why? _____

2nd Term Goal _____

Sub-Goal _____

Daily Task _____

“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*





My Goal in Biology

1st Term Goal My first quarter goal in Biology is to pass the class.

Sub-Goal I can pass Biology if I come to class on time each day.

Daily Task I can get to class on time if I set my alarm for 7am and get up when it rings.

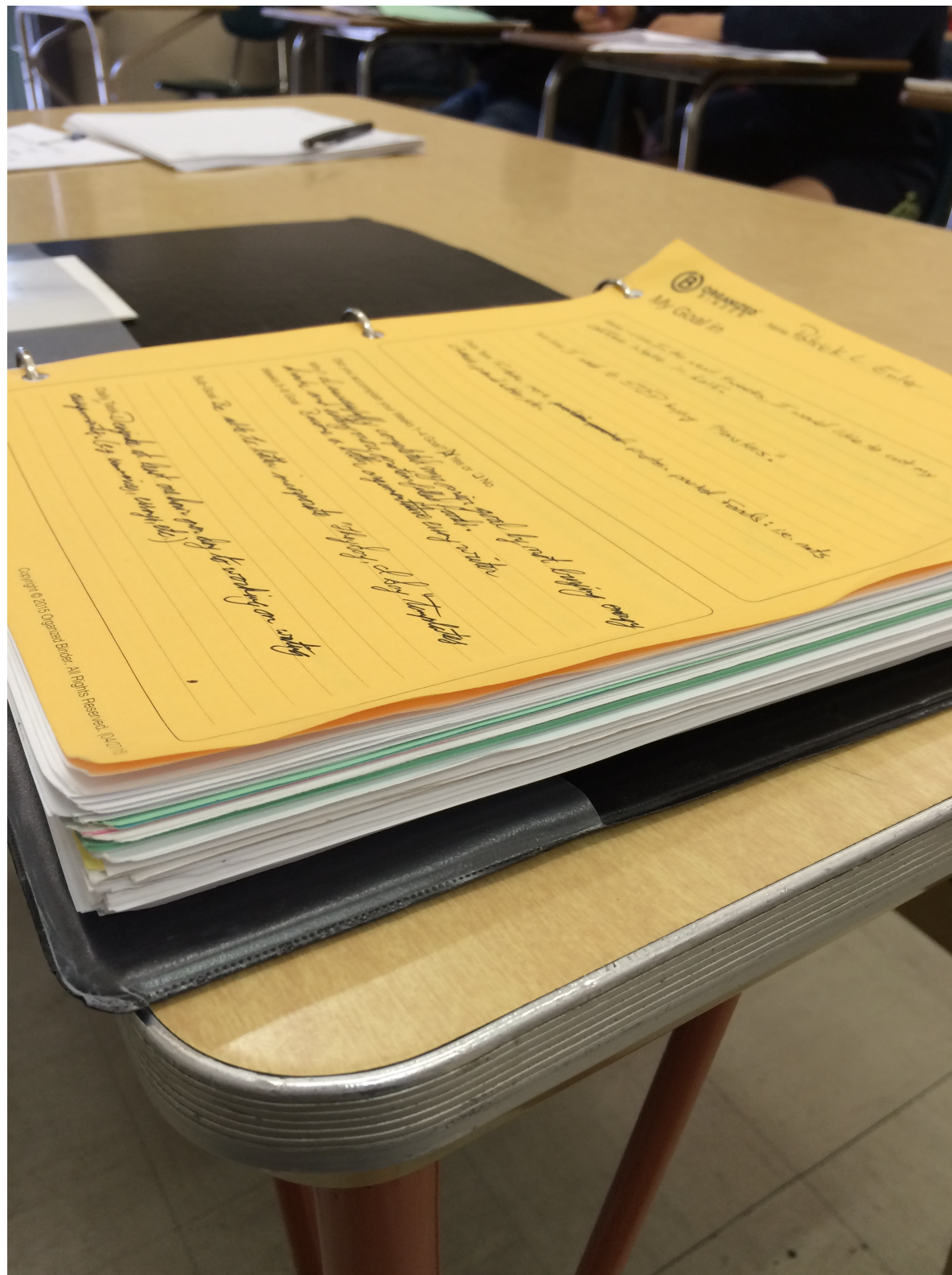
Did you accomplish your 1st Term Goal? ☒ Yes or ☐ No

Why? I was not late to class, because I woke up when my alarm rang.

2nd Term Goal My second quarter goal is to earn a B in the test category.

Sub-Goal I can earn a B in the test category by asking questions in class when I don't understand something.

Daily Task I can ask questions during class if I pay attention in class and follow along with the teacher.




My Goal in _____

4 Chapters = ~10K , 25 Trophy's 45 days

1st Term Goal

To get another trophy

[ = 4 chapters + 25 trophy's in 45 days]

Sub-Goal

Do at least 1 sh./ 10 d

Daily Task

Do at least 1.5 sets/ day

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫

Did you accomplish your 1st Term Goal? ☐ Yes or ☐ No

Why?

“Mental Contrasting with Implementation Intentions, or MCII..means concentrating on a positive outcome and simultaneously concentrating on the obstacles in the way. Doing both at the same time...creates a strong association between future and reality that signals the need to overcome the obstacles in order to attain the desired future.”

Paul Tough *How Children Succeed*





Contact and Updates

- mitch@organizedbinder.com
- www.organizedbinder.com - Join our mailing list for updates!
- [@organizedbinder](#)



Your #1 Takeaway?



FREE WEBINAR SERIES!!!

EXECUTIVE FUNCTION SKILLS

A FREE 6-Part webinar series
on How To Teach Executive
Functions in Any Classroom!



Session 5: October 26 @ 2pm PST
Accountability and Self-Regulation



A special just for you...



CERTIFICATE OF COMPLETION



Executive Functioning Skills

This Certificate Acknowledges

Mitch Weathers

Has Completed

How To Teach Executive Functions in Any Classroom

An Organized Binder Course

March 14, 2022, 4:02 pm

Date



Mitch Weathers
Organized Binder | Founder



How To Teach Executive
Functions In Any
Classroom

\$199.00

ADD TO CART



**FREE 1 Hour Follow-Up
Session with Mitch**

50% Discount!



$$\begin{array}{r} \$199 \\ + \$500 \\ \hline \cancel{\$699} \\ \$99 \end{array}$$

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use code: EF50

(expires Sunday 10/2)

