


EMOTIONAL CONTROL



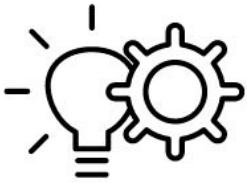
The ability to manage emotions to achieve goals, complete tasks or direct behaviour

GOAL DIRECTED PERSISTENCE




Following through to the completion of your goal without being distracted by competing interests

TASK INITIATION




The ability to begin projects without undue procrastination

PLANNING & PRIORITISING



The ability to create a road map to reach a goal, including making decisions about what is important

ORGANISATION




The ability to create and maintain systems to keep track of information or materials



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RESPONSE INHIBITION



The capacity to think before you speak or act


EXECUTIVE FUNCTION SKILLS

TIME MANAGEMENT




The capacity to estimate how much time one has, how to allocate it and stay within time limits

FLEXIBILITY




The ability to revise plans in the face of obstacles, setbacks, new information or mistakes. Adaptability to changing conditions

SUSTAINED ATTENTION




The capacity to maintain attention to a task or situation in spite of distractions or fatigue

WORKING MEMORY



The capacity to hold information in your mind while completing tasks

METACOGNITION



The ability to stand back and take a birds-eye view of one self and observe how you problem solve





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Revision

Supporting young people with SEND

Laura Hussey

Post 16 Transition Coordinator and Secondary SEND Lead



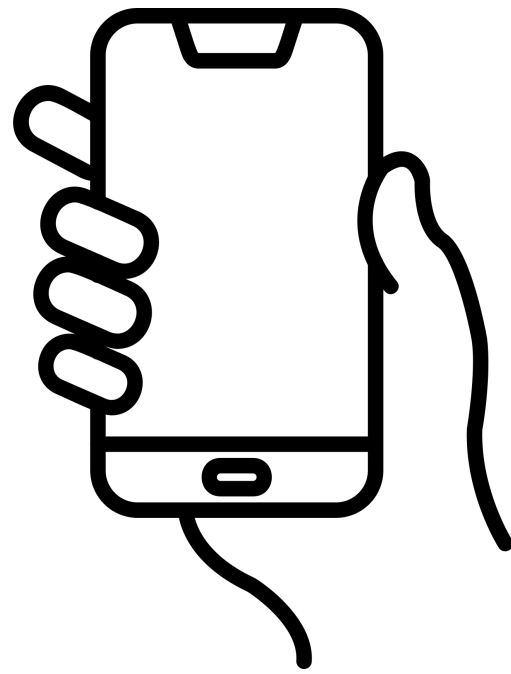
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I can't get started

I don't know how to revise

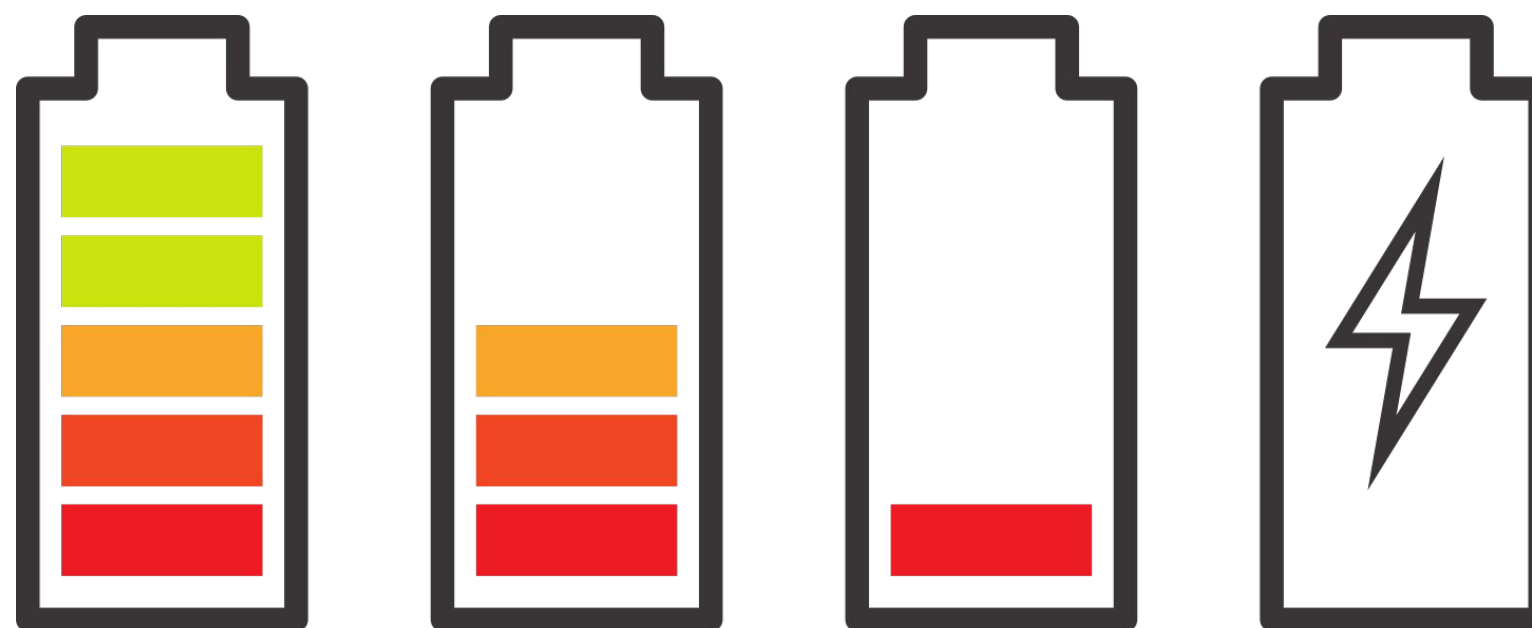
I want to do well

I want to pass my Maths and
English





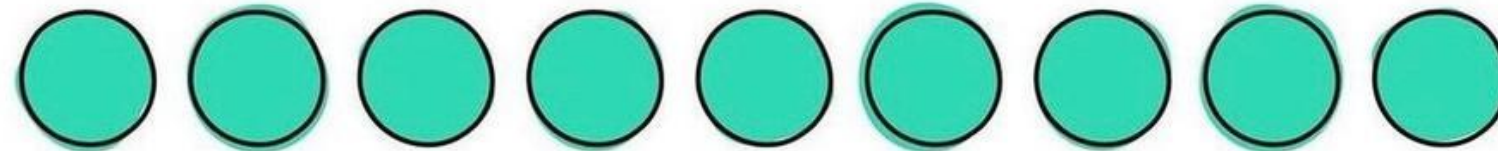
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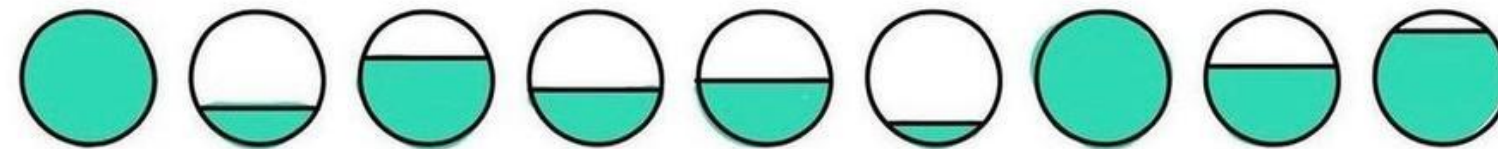


SHOWING UP DAILY

What we think it means:



What it actually means:



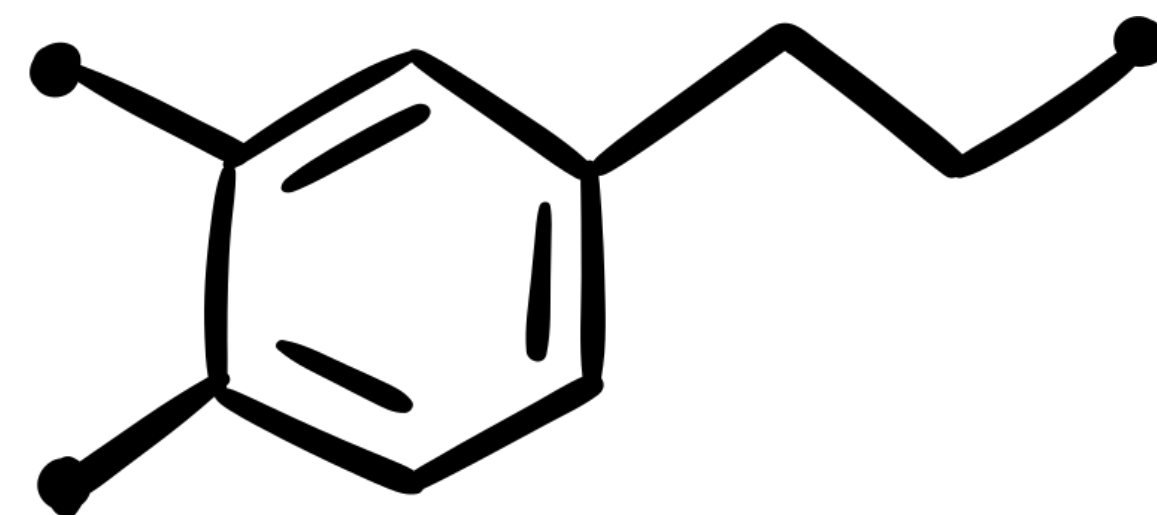


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Executive Function Skills



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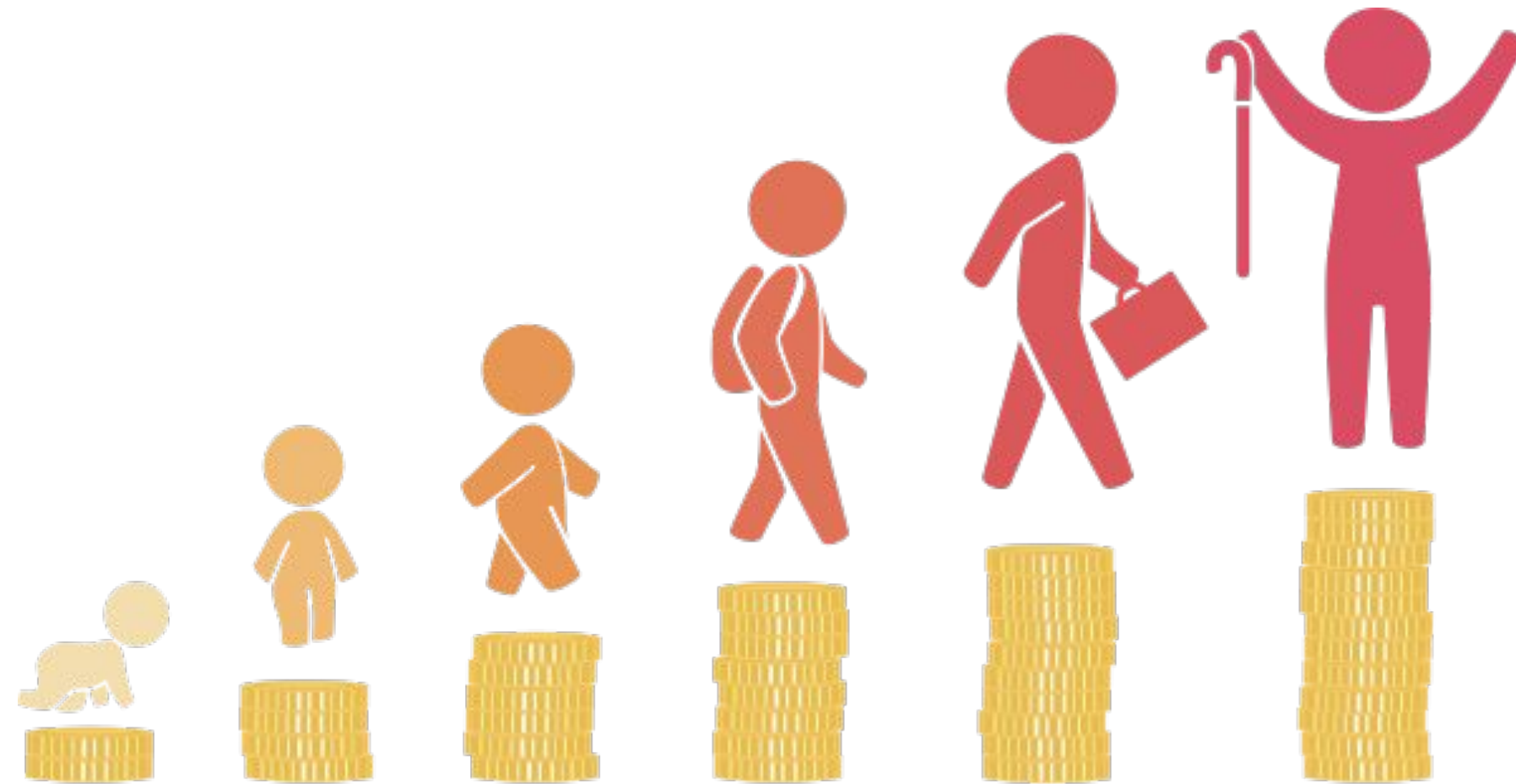
Executive functions are a set of skills that help us regulate our emotions and behaviours as well as planning and making decisions.

Executive functions are housed within the prefrontal cortex in the neocortex of the brain. This area of the brain is responsible for thinking, understanding and learning

Executive Function Skills



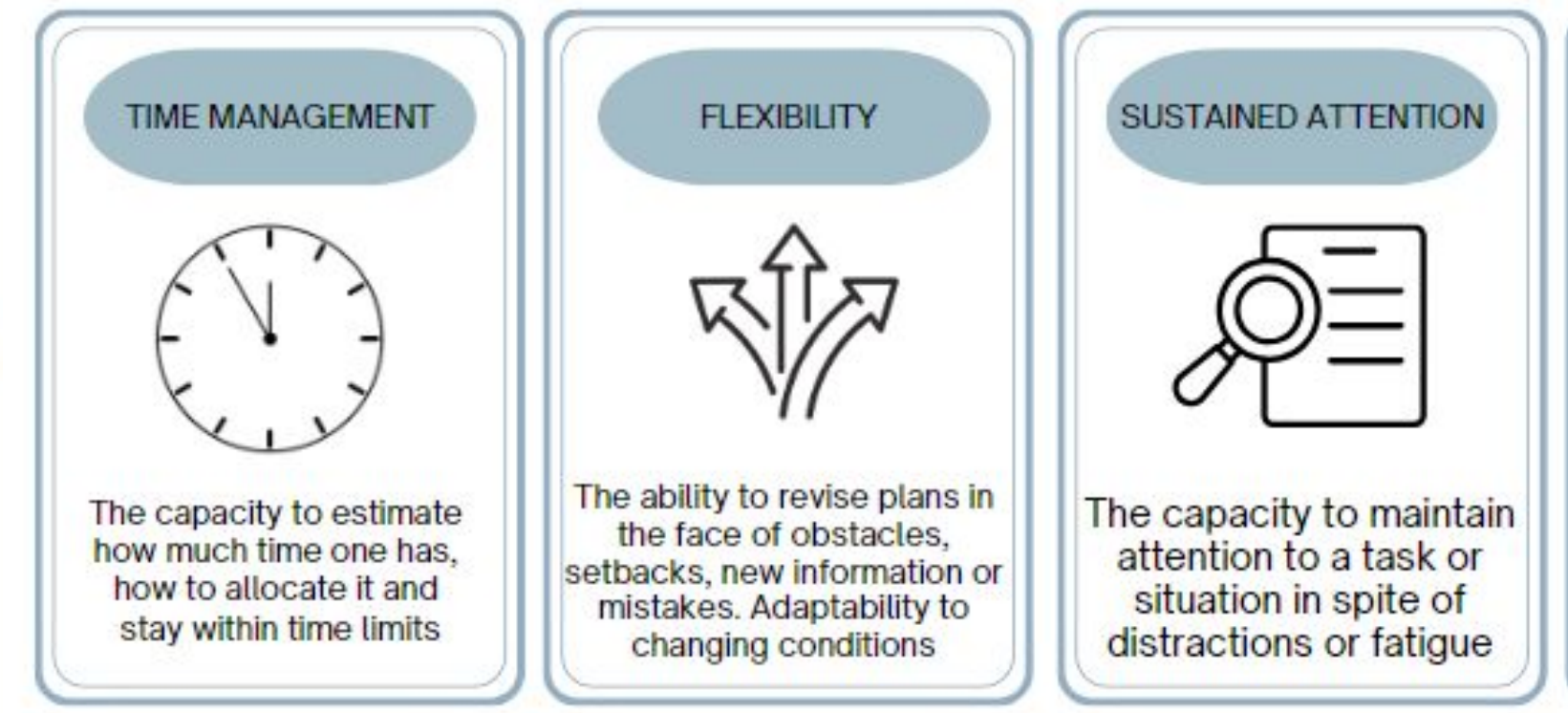
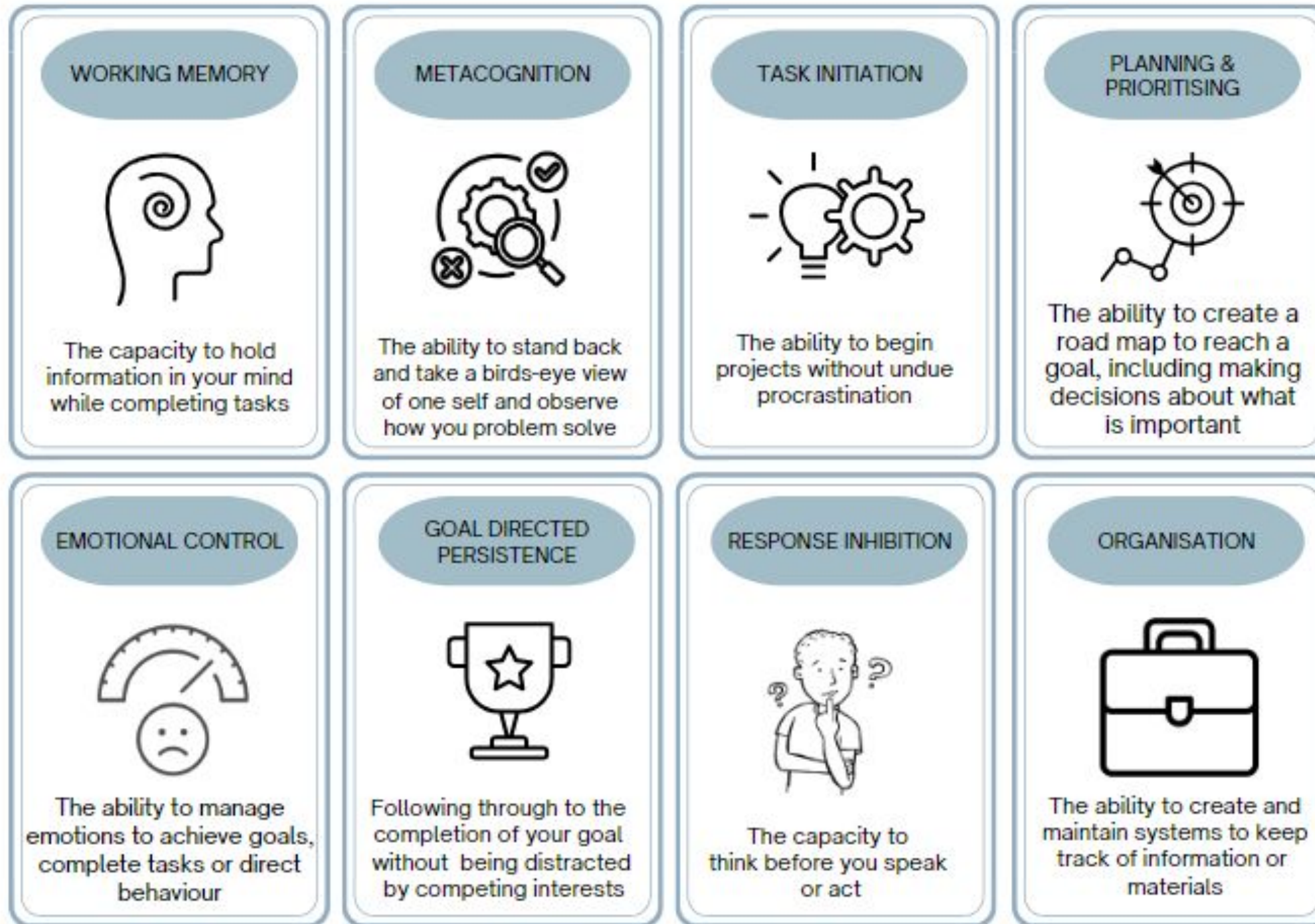
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Executive Function Skills



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Brain and executive functions



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Thinking



Feeling

Reacting

Brain and executive functions

Thinking



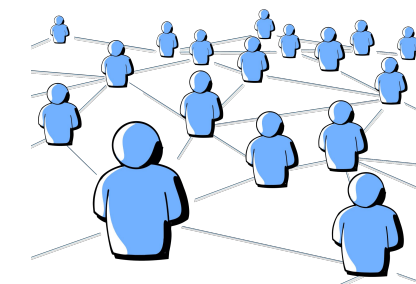
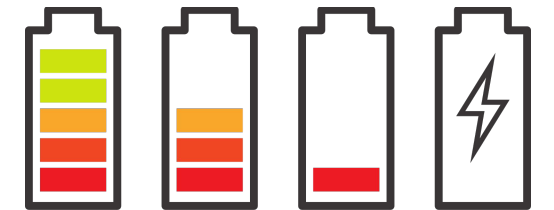
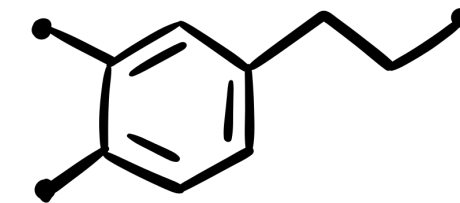
Feeling

Reacting



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If we try to only engage the thinking part
of the brain and ignore the other parts
of the brain then we can experience
difficulties



Neuroplasticity

The brain's ability to adapt and grow. New connections are made, old ones are strengthened. Ones we no longer need are 'pruned'



The Rule of 60

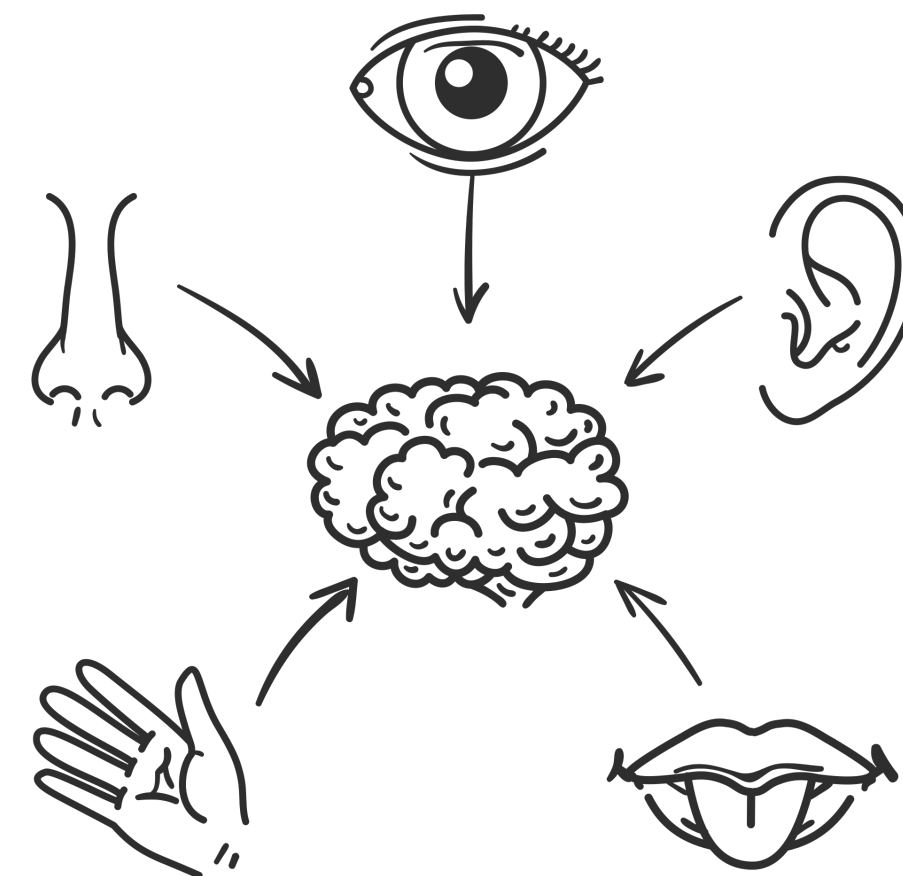
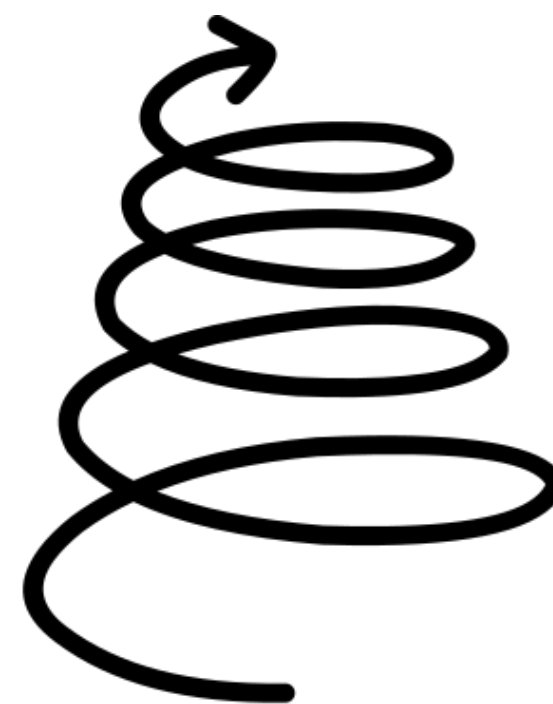
To establish a strong connection between different neurons in the brain we need to do things at least 60 times!



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Revision is about finding different ways to **practise**
and **repeat**



NEUROPLASTICITY

We can change our brains!

Executive Function Skills



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COMPLETE THE QUESTIONS ABOUT YOUR
CHILD



COMPLETE THE QUESTIONS FOR
YOURSELF

Executive Function Skills



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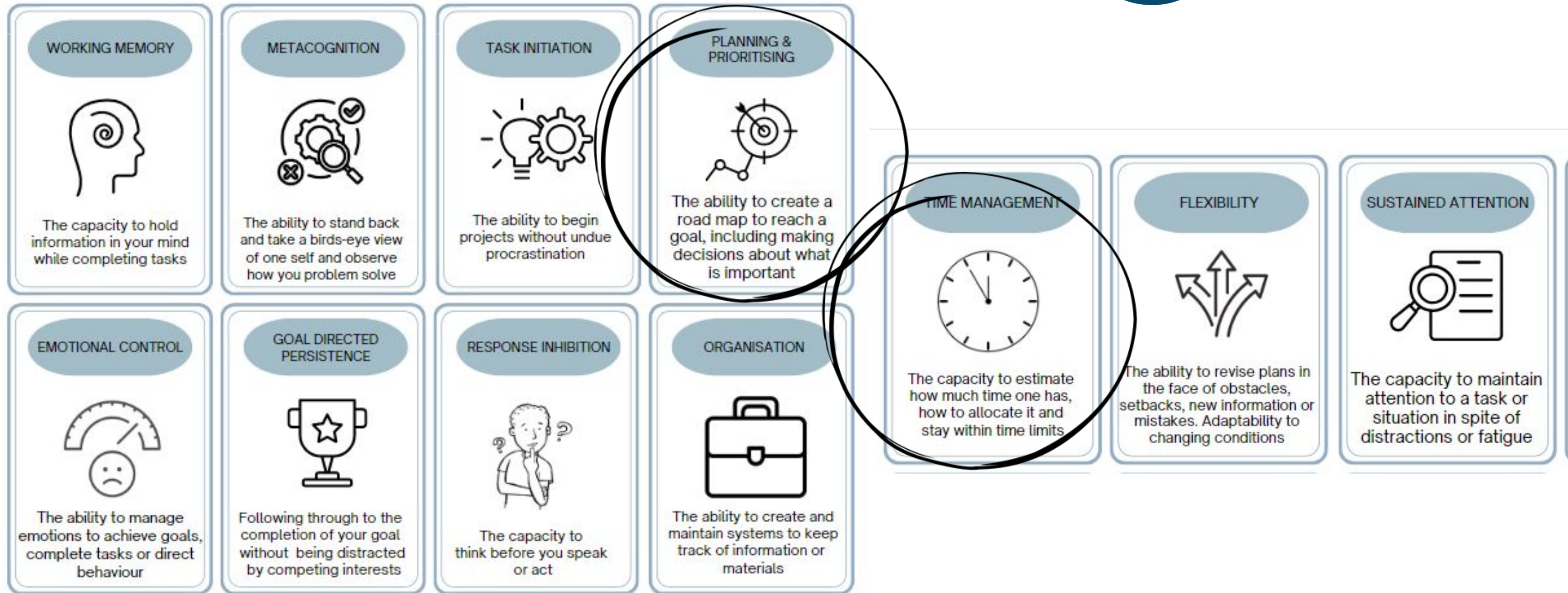
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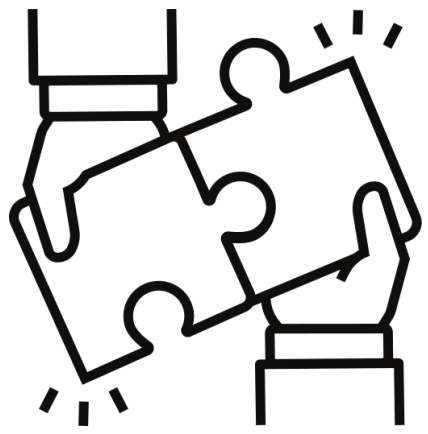
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Executive Function Skills



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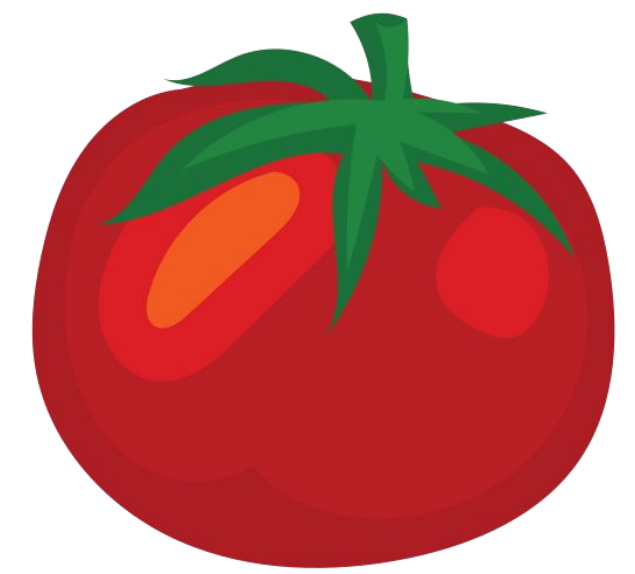
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PLANNING & PRIORITISING



The ability to create a road map to reach a goal, including making decisions about what is important



WOOP



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WISH

OUTCOME

OBSTACLES

PLAN

Thinking



Feeling

Reacting

WOOP

“I want to know
how to revise”

“I want to do well in
my Year 10 exams”

W.O.O.P YOUR GOAL!

W - Describe something you wish to accomplish.
O - How will you feel/what will happen if you achieve this?
O - What are possible obstacles to achieving this?
P - What steps could you take to overcome these?

WISH	OUTCOME
OBSTACLE	PLAN



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“I’ll do well in my
GCSEs, I’ll be able
to stay in 6th form”

“Good”

WOO

P
“I want to know
how to revise”

“I want to do well in
my Year 10 exams”

“Distractions,
motivation”

“People, my cats, still
getting homework, it’s
too bright in my room”

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“I’ll do well in my
GCSEs, I’ll be able
to stay in 6th form”

“Good”

The plan is unique
for everyone



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Padlet



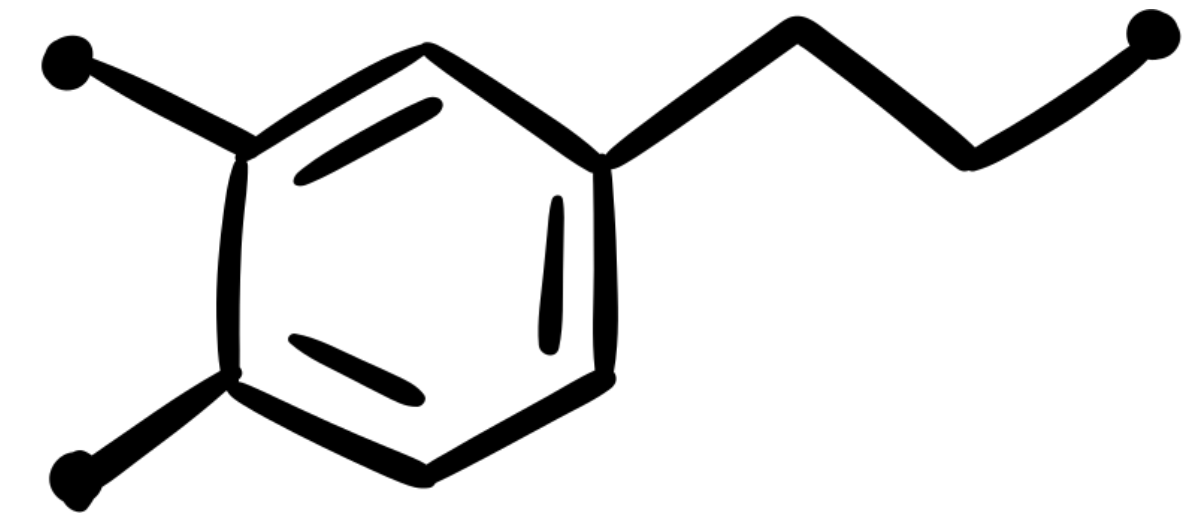
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Technology



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Immersive Reader - available in Microsoft programmes.

Microsoft Lens app - can use to take photo of printed material and then open in a microsoft tool. Can then use all the elements of immersive reader.

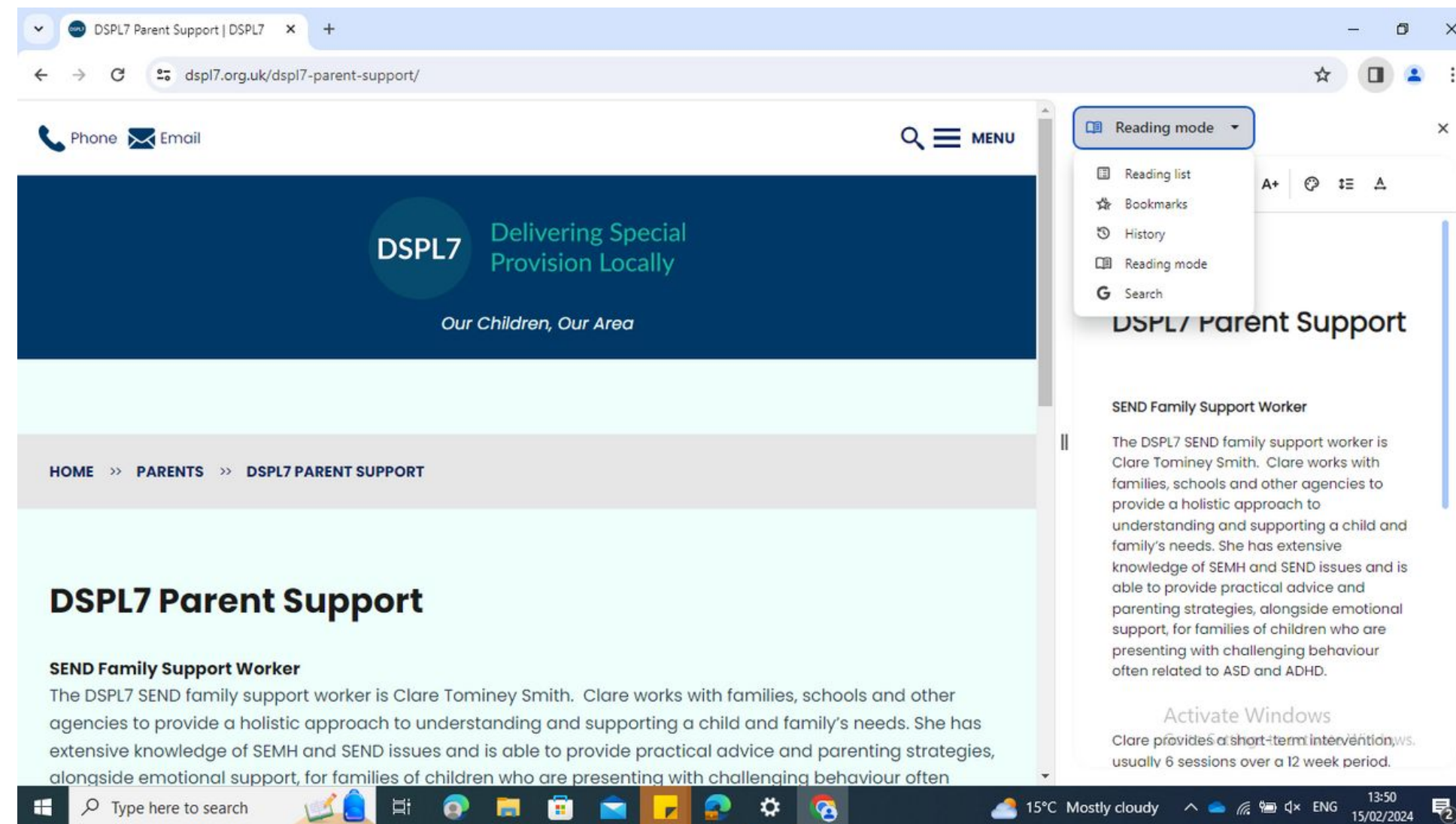
Seeing AI app - designed for blind people. Can use it to 'read' printed material. Will describe objects and diagrams.

Technology



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New feature in Google chrome. Click on side bar and choose reading mode



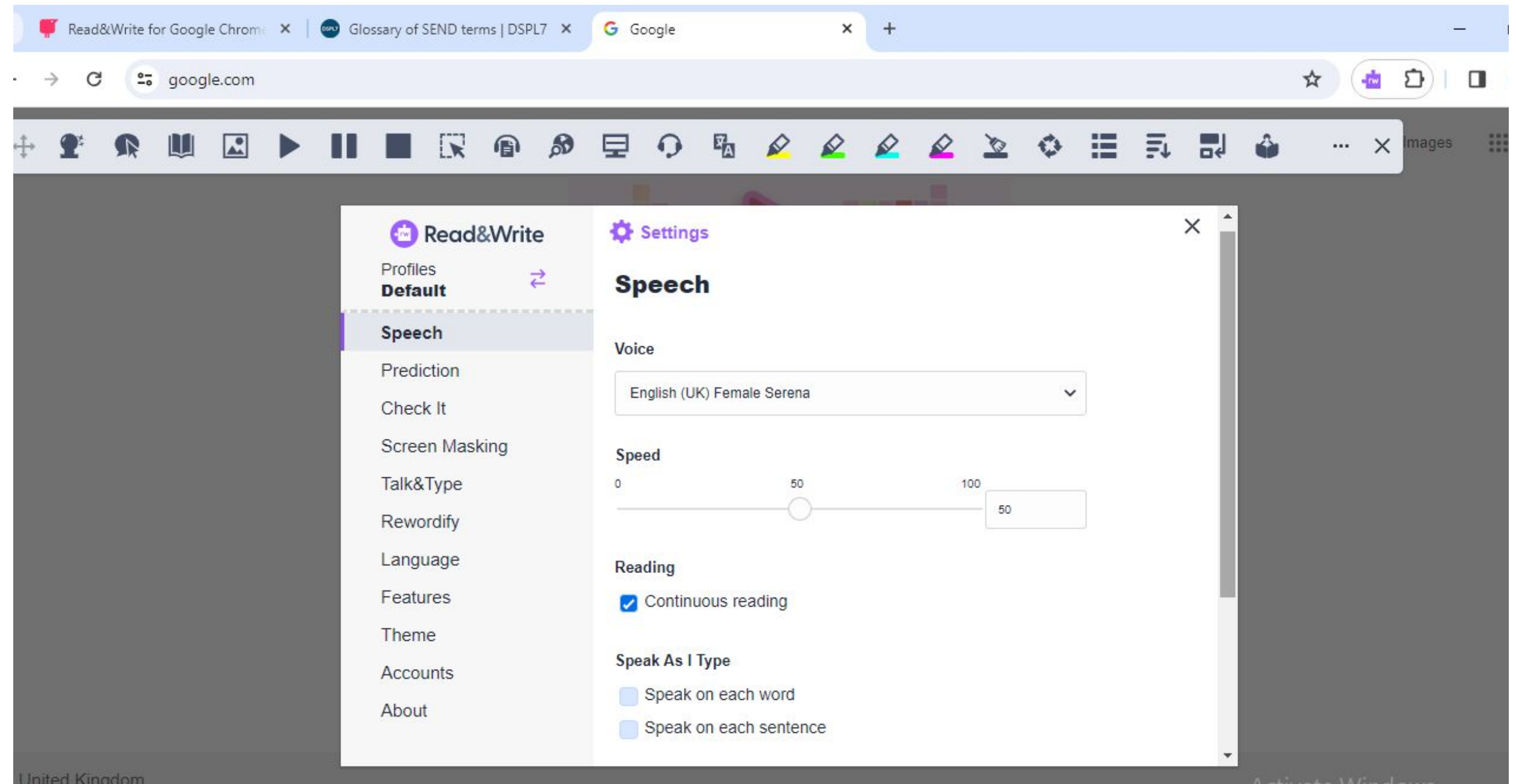
Technology



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Read and write
toolbar

Can also use to
add a filter so that
screen is easier to
read



Technology



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Voice typing in Google docs

Dictation in MS Word

Dictation is live. Transcribe is for when you can upload audio.

Works best with a headset as otherwise it picks up background noise.

Technology



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Generative AI

Simplify text

Summarise text

Create custom images to illustrate key points


Caution - usual online rules apply. AI can make mistakes

and don't share personal information.

Technology



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 goblin.tools

Magic ToDo




Formalizer


Judge


Estimator

Compiler

Chef







About

Magic ToDo

Help ?

Add new item...







☐

process of photosynthesis





☐

Absorption of sunlight by chlorophyll





☐

Conversion of sunlight into chemical energy





☐

Splitting of water molecules into hydrogen and oxygen





☐

Release of oxygen as a byproduct





☐

Combining of hydrogen and carbon dioxide to form glucose





☐

Storage of glucose as energy source in plants





Activate Windows

Go to Settings to activate Wind

Questions



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Feedback



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Resources



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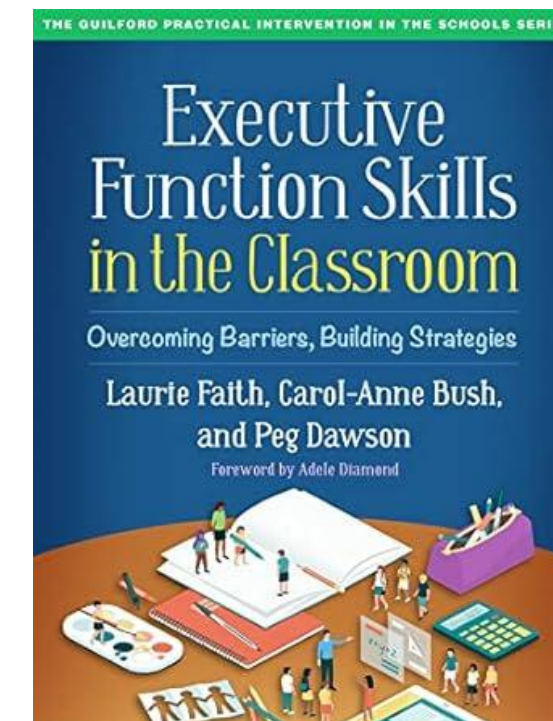
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With thanks to Faith et al. and Connections in Mind