



INSTITUTE FOR
LEARNING AND
DEVELOPMENT

Pathways to Success for All Learners

THIS SPRING...



Master YOUR Mind

Promoting Executive Functioning in High School Students

The Institute for Learning and Development (ILD) is running the **Master Your Mind** workshop for high school students (9th – 12th graders) this spring.

This 4-session, 12-hour workshop aims to help students learn and practice strategies that will improve their **executive function** skills in school.

The Master Your Mind workshop will integrate the award winning Brain Cogs software with lessons taught by ILD educational therapists.

Students will have the opportunity for guided practice, and independent work. They have the opportunity to apply strategies to their current school work and leave with their own personalized strategy notebooks that they refer to as a resource.

The following topics will be covered in the curriculum to address executive function:

- Goal setting and motivation
- Organization and time management skills
- Planning for long term assignments
- Effective active reading and note taking strategies
- Studying and test taking strategies

Session Dates and Information

WHO: High School Students (9th – 12th graders)

WHEN: Sunday Afternoons 2 – 5pm
March 7th, 14th, 21st & 28th

WHERE: ILD Offices
4 Militia Drive, Suite 20
Lexington, MA 02421

FEE: \$375.00 per student
(includes strategy notebook and handouts).

SIGN-UP TODAY!

For more information, or to sign up,
call 781-861-3711 or
email Melissa Orkin at morkin@ildlex.org.

Due to limited space, there is a 10 student maximum and students will be registered on a first come, first served basis.

