



Institutes for Learning and Development

Remote Executive Function Coaching/Support for College Students- Second Semester 2021

Semester Packages: Pre-pay and Save Time and Money!

Effective executive function strategies are the key to academic success! When students learn **how** to learn, they can deal with academic stresses and life's uncertainties with confidence, persistence, and resiliency!

Our Master-level executive function (EF) coaches are trained to help college students develop an executive function toolbox with strategies for time management, organization, prioritization, flexible thinking, self-monitoring, study and test-taking, and self-advocacy.

Why college students choose ILD:

- Learning disabilities and executive function specialists
- Research-based and tested executive function strategies
- Virtual/remote coaching
- Individualized sessions
- Flexible schedules
- Record of success with college students!

Three levels of college support are available depending on student needs. Fees based on a 15 week second semester.

| Type | Description of Services | Hours per semester | Fee |
|---|---|--|--|
| Level 1: Executive Function Monitoring | This level is for students who require minimum check-ins and support. Many of these students have worked with EF coaches or tutors previously and want a coach to help them to stay on track. | 1 hour per month; 15- or 30-minute sessions for up to 5 hours | \$800 Save \$50.00 |
| Level 2: Executive Function Coaching/Educational Therapy | This level is for students who need to be taught effective executive function strategies for college, such as: planning and prioritizing, managing time, organizing materials and ideas, monitoring assignments, advocating for their needs, and reducing stress. Sessions are customized to meet individual student needs. | 30 min per week; up to 8 hours | \$1275 Get one session free |
| Level 3: Executive Function Coaching/Educational Therapy | This level is for those students who require more intensive academic support and executive function coaching. These students may require assistance with comprehending texts, taking notes, researching and organizing ideas for papers, editing their work, navigating college websites and resources, and advocating with professors. | 1 hour per week; up to 4 hours per month for up to 15 hours | \$2380 Get one session free |

Additional hours may be added on to any of these packages for students and parents at the standard rate -\$170.00**.*

Pay by session is also available at the standard rate of **\$170.*

Contact Joan Steinberg, M.Ed., Director of Educational Therapy, to find out what plan is best for your college student. Email jsteinberg@ildlex.org or call 781-861-3711, ext. 110 for more information.

Schedules fill up fast, so register early!