



Institutes for Learning and Development

Remote Executive Function Coaching/Support for College Students- Fall 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, while also reducing stress!

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!

Two college semester packages are available depending on student needs. Fees are based on a 15-week semester. All sessions are customized to meet individual student needs.

**Pay by session is also available at the standard rate of \$178.*

Type	Description of Services	Hours per semester	Fee
Level 1: Executive Function Coaching/Educational Therapy	This level is for students who would benefit from 15 to 30-minute check-ins per week. Coaching would involve applying effective executive function strategies to college coursework.	8 hours (e.g., 30 minutes per week)	\$1350 5% discount
Level 2: Executive Function Coaching/Educational Therapy	This level is for students who would benefit from multiple check points or longer ones, during the week, or who need additional assistance with planning, note-taking, editing papers, and advocating with professors.	15 hours (e.g., 1 hour per week)	\$2400 10% discount

**Additional hours may be added at the same discounted rate. Hours may also be used for consultations with parents and outside professionals, when appropriate.*

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!