



Include Student in Learning Process

A plethora of technological supports exist to aid students, both in and out of the classroom. The table below introduces specific technologies that are appropriate for alleviating difficulties related to the components of Executive Function. It is important to remember that these technologies should be used to supplement strategies and supports that are introduced and explored in the classroom.

Executive Function Component	Related Skills	Available Technology	System & Price	Supports
Activation	Organizing	Inspiration <ul style="list-style-type: none"> ○ Maps 	Mac/Windows - \$39.95 ○ ipad-\$9.99	Create your own graphic organizer or use a template that is already created to help students organize ideas for a variety of purposes.
		Lucidchart for Education	Free	
		Connected Mind	Free Google Add-On	
	Prioritizing	<ul style="list-style-type: none"> ● My Homework ● Digital Calendars 	Free	Plan assignments and help students manage long-term work.
	Activating	First Then Visual Schedule	iOS - \$9.99 Android - \$4.99	Provide a visual schedule as a helpful reference for younger students.
Focus	Focusing attention	Timers <ul style="list-style-type: none"> ● Classroom Timers ● Individual devices 	Free	Allow students to set a time period for working and/or monitor their work production during a set period of time.
	Sustaining attention	One Click Timer	Free on Google Chrome or Android	Support time on task during class and help students recognize how much time they spend on tasks.
	Shifting attention	30/30	Free on iOS	Allow students to work for 30 minutes and break for 30 minutes.

Landmark Teaching Strategies



Landmark Teaching Principle™ #6

Effort	Sustaining effort	Strict Workflow	Free Google Chrome Extension	Enforce 25 minutes of work locked onto a webpage or document, then allow 5 minutes of break.
	Processing speed	Read and Write for Google	Free Google Chrome Extension (basic version).	Alleviate the demands on cognitive energy and increase output by increasing the speed with which writing and reading gets done independently.
Emotion	Managing frustration and modulating emotion	Relax Melodies	Free on iOS and Google. iTunes, Pandora, and Spotify all offer music choices as well.	Listen to music as an effective tool in helping students manage their emotions and reduce stress.
Memory	Utilizing working memory and accessing recall	Microsoft OneNote	Free	Take notes by recording audio, or even attach documents or visuals to existing notes. Create ToDo Lists to help students to remember assignments.
		AudioNote	iOS & Google- \$4.99 Free LITE version	
		Notability	iOS- \$5.99	
		ToDoList	Free on Google	
Action	Monitoring and self-regulating action	Reminders and alarm features	Free	Utilize apps that already exist in devices to set time limits, alarms, and reminders so that students can independently manage time and action.

HOW DOES THIS CONNECT TO INCLUDING THE STUDENT IN THE LEARNING PROCESS?

With technology, it is important to recognize that not every option will be appropriate for each student. Therefore, allowing students to be part of the process in determining which tools best support their individual needs will ensure that students can be successful using technology.