



**Join Our 8-week
Group
Experience!**

**For High
School
Students
Grades 9-12**

Tuesdays

**Starting
November 7th**

7pm to 8pm

EXECUTIVE FUNCTIONING: A CRASH COURSE FOR HIGH SCHOOL STUDENTS

This **Executive Functioning** crash course aims to help your teen work on the many components that fit under the umbrella of “executive functioning.” Executive functioning skills involve many different areas of focus, which need to be **learned and practiced**.

Each session will focus on a different executive functioning skill complete with examples, personalized instructions, and information to take and use at home!

Skills that will be addressed include, but are not limited to: organizational skills both at school and at home, time management, note-taking, and study skills.

The course will meet weekly, and include a “**crash course**” **binder** for each student to keep track of the activities focused on each week, as well as tasks to practice the organizational techniques we learn in the group at home.

**AFG GUIDANCE
CENTER**

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