

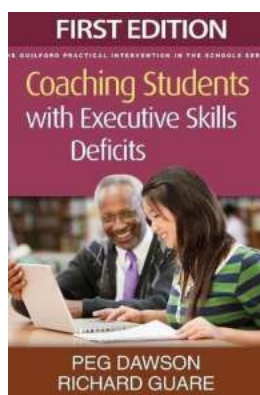
# Coaching Students With Executive Skills Deficits - The Guilford Practical

As educators, we often encounter students who struggle with managing their time, staying organized, completing tasks, and effectively planning for their academic success. These difficulties can stem from deficits in executive skills, which are the cognitive processes responsible for self-regulation and goal-directed behavior.

## Understanding Executive Skills Deficits

Executive skills encompass a wide range of abilities, including organization, planning, time management, emotional control, task initiation, self-monitoring, and flexible thinking. When students lack these skills, they may struggle to prioritize tasks, break larger assignments into manageable steps, manage their time effectively, stay focused, and adapt to changing circumstances.

Executive skills deficits can significantly impact academic performance, as these skills are crucial for success in school and beyond. Many students with executive skills deficits may have difficulty completing assignments on time, submitting quality work, or even starting tasks at all. This can lead to feelings of frustration, low self-esteem, and academic underachievement.



## Coaching Students with Executive Skills Deficits (The Guilford Practical Intervention in the Schools Series)

by Peg Dawson ((Lay Flat Paperback) Edition, Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 3670 KB

Screen Reader : Supported



## **The Role of Coaching in Supporting Students**

Coaching students with executive skills deficits can be instrumental in helping them overcome these challenges and optimize their academic performance. By providing structured guidance, strategies, and support, coaches can effectively teach students how to develop and utilize executive skills.

Coaching interventions typically involve creating personalized plans for each student to target their unique executive skills deficits. These plans may include specific strategies for improving organization, time management, task prioritization, and cognitive flexibility. By working closely with the student, coaches can help them practice and reinforce these strategies until they become ingrained habits.

## **The Guilford Practical: A Powerful Coaching Program**

The Guilford Practical is a renowned coaching program designed to support students with executive skills deficits. Developed by renowned experts in the field, this evidence-based program has been proven to be effective in helping students improve their executive functioning and achieve academic success.

One of the key features of The Guilford Practical is its emphasis on personalized coaching. The program recognizes that every student is unique and tailors coaching interventions to address their specific needs. Coaches work closely with students to identify their strengths, weaknesses, and goals, enabling them to provide tailored strategies that enhance executive functioning.

The Guilford Practical also places a strong focus on skill generalization. While coaching sessions provide students with specific strategies, the program ensures that these skills are applied in real-life situations. Coaches collaborate with students to apply executive skills to various academic tasks, helping them transfer these abilities to different contexts and subjects.

## **The Benefits of Coaching for Students**

Coaching students with executive skills deficits offers numerous benefits that extend beyond academic performance. When students receive effective coaching, they develop essential skills that are not only crucial for success in school but also valuable for their personal and professional lives.

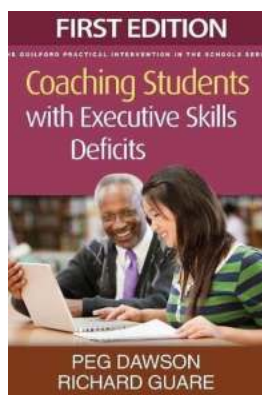
Improved executive functioning can lead to better organization, effective time management, enhanced problem-solving abilities, increased self-confidence, and improved self-regulation. These skills can empower students to handle academic challenges more independently, reduce stress, and achieve their full potential.

## **Incorporating Coaching Into Educational Settings**

To maximize the effectiveness of coaching, it is essential to integrate coaching interventions into educational settings. Schools can collaborate with coaches to embed coaching programs into their curriculum, ensuring that every student has access to the support they need.

Effective coordination between teachers and coaches can facilitate a seamless transition of strategies and reinforce the principles taught during coaching sessions. This collaboration ensures that students experience consistent support, enabling them to generalize and internalize executive skills in various contexts.

Coaching students with executive skills deficits is a powerful intervention that can significantly impact their academic performance and prepare them for success in their personal and professional lives. Programs like The Guilford Practical offer evidence-based strategies, personalized support, and skill generalization, equipping students with essential executive skills for a lifetime.



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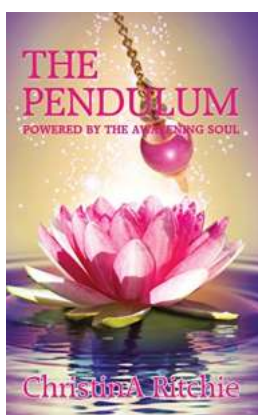
Print length : 240 pages



This practical manual presents an evidence-based coaching model for helping students whose academic performance is suffering due to deficits in executive skills, including time and task management, planning, organization, impulse control, and emotional regulation. In just a few minutes a day, coaches can provide crucial support and instruction tailored to individual students' needs. From leading experts, the book provides detailed guidelines for incorporating coaching into a response-to-intervention framework, identifying students who can benefit, conducting each session, and monitoring progress. Special topics include how to implement a classwide peer coaching program. More than three dozen reproducible assessment tools, forms, and handouts are featured; the large-size format facilitates photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.

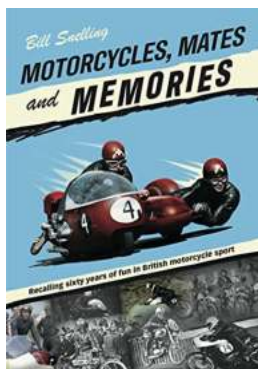
This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas.

See also the authors' Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, plus the authoritative Executive Skills in Children and Adolescents, Second Edition. Also from Dawson and Guare: Smart but Scattered parenting guides and a self-help guide for adults.



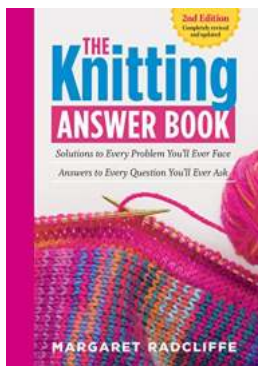
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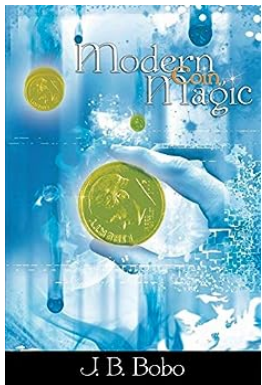
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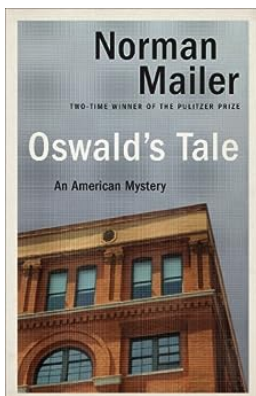
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