

## Presentation for Parents

### Executive Function Skills: The Key to Defusing Homework Battles

**Sponsored by the Westwood SEPAC**  
**May 16th, 2017**

#### **Executive Function Skills: The Key to Defusing Homework Battles**

Oftentimes, students who appear "lazy" simply do not have the skills to get their work started, plan it out, and persist with it. Once students know how to be effective, the conflict with parents over homework tends to decrease. In this presentation, parents will learn how intelligence and Executive Function differ, as well as some of the specific Executive Function skills that students need to be successful. Parents will learn several tools they can use with their children to help manage homework and defuse battles.

**Time:** 7:00pm

**Location:** Professional Development Room of the Administrative Offices located at 220 Nahatan Street, Westwood

#### **About the Presenter**

***Rachel Kalinsky, M.Ed, CAGS, Executive Function Coach, Beyond BookSmart***

Rachel Kalinsky is an Executive Function coach for Beyond BookSmart and works with students K-College. She empowers students to manage themselves effectively both in school and beyond by providing tools, strategies and mentoring that lead to a lifetime of success. Rachel teaches students skills in time management, test preparation, organization, studying, planning & prioritizing, and more.

With seventeen years of experience as a School Psychologist, Rachel has worked with students of all ages with significant social, emotional, behavioral and/or learning disorders. Rachel also worked in the role as an Evaluation Team Leader for several years. Rachel graduated from the University of Albany, SUNY with a Bachelors degree in Psychology and Education. She went on to complete her graduate work at the University of Massachusetts Boston where she earned a Masters degree and a CAGS in School Psychology. Rachel believes that every student can be successful when he/she understands his/her strengths and individual learning style.

