Minutes 5/17/17  
Business Meeting

Motion to vote in board for new SEPAC for next year approved

School committee meeting next Thursday  
SEPAC coffee @Panera  
Evening social Monday 6/12 at Victory Grill

Presentation: Beyond Booksmart

Intelligence and Executive Functions: How they differ

- **Intelligence** is aptitude or potential; working memory
- **Executive Functioning** is the ability to apply that knowledge
  - Skills develop over time from birth to mid-twenties
  - Initial surge of EF skill development happens at 5-8 years of age
  - High school age develop improved metacognitive skills
  - Executive Function Skills
    - Self-Regulation: managing feelings and impulses
    - Task initiation: starting that which is difficult or unpleasant
    - Attention: sustaining focus (5-10 minutes for younger children, 20 minutes for older kids)
    - Prioritizing/planning/time management: choosing what matters, allocating time appropriately
    - Organization: memorable
    - Cognitive flexibility: shifts from big picture detail and back
    - Memory: over various time frames (working, short-term, long-term)
    - Metacognition: self-monitoring and deciding to adjust
  - Self Regulation tools
    - Elementary: worry box: 5 point scale
    - High school/college: Calm.com, headspace(meditation)
    - Self-regulation for Daily Habits: Flux today, habit list (app)
    - All ages: Fast Break- sequence for what you are going to do for homework/schedule, 30/30 app- timer that goes off every 5 minutes
    - Quizlet: vocabulary, test prep

Book recommendations: *Grit, The Talent Code* Daniel Coyle