



## **Executive Functioning & Self Regulation to Improve Behavior & Increase Learning**

### **Kathy Morris**

Children who struggle with self regulation often look like those who just aren't paying attention, have difficulty making transitions or are purposely not controlling themselves. They may be unaware of the connections of their behavior and the consequences of the behavior. If you don't have self-regulation, you may act out, get placed in timeout, sent to the principal's office, then miss important learning time. A downward spiral occurs as the child gets more upset and continues to act out when given punitive consequences.

Executive functioning changes radically over the first few years, continues to improve throughout adolescent years and, finally, during early adulthood years, the frontal lobes and prefrontal lobes are activated and connected to other regions of the brain. Executive function skills can be trained. It's just like going to the gym. The more one practices these strategies for metacognition and self-regulation, the neural connections will be strengthened. However, what happens when the prefrontal lobe and frontal cortex are compromised due to faulty brain wiring and sensory traffic jams, such as seen in autism spectrum disorders, attention deficit disorders, anxiety disorders, mood disturbances, behavior disorders, post-traumatic disorders, poverty, attachment disorders?

This seminar will address strategies that meet the needs of those children who are impacted by these differences in their brain maturation. However, the participant will realize that these strategies apply to ALL students! The purpose is to provide practical tools for those clinicians, educators, therapists or parents who are directly involved in working with children.

**Central Jr. High School  
601 Taylor Street  
East Peoria**

**Lunch is NOT provided**

**Monday, November 18, 2019  
Elementary**

**Tuesday, November 19, 2019  
Jr High/High School**

**8:00am - 3:00pm**

**Pre-registration is required for all participants**

**Register online at [www.tmcsea.org](http://www.tmcsea.org)**

**Registration Deadline: November 12, 2019**

Tazewell-Mason Counties Special Education Association is an Illinois State Board of Education Approved Professional Development Provider and Illinois Department of Financial and Professional Regulation Continuing Education Sponsor.

**6** Professional Development hours and **6** Continuing Education Units will be issued for this inservice presentation.