e-Tips for Families

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SUPPORT EMERGING EXECUTIVE SKILLS



Does your teen constantly hand in assignments late—if at all? Does he dawdle until he is out of time, then rush and hand in sloppy work?

Your teen may not lack motivation. Instead, he may be missing "executive skills." These planning and organizing skills are among the last to develop.

To build your teen's executive skills, have him:

Make checklists. Help him think about each step to take.

Minimize clutter. Have him schedule a weekly time to clean his work space.

Use visual reminders. Have him post a big calendar—and use it.

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