Who’s In Charge Here?  
Introduction to Executive Functioning

Ever wonder who is in the drivers seat when your child or student is making decisions? Have you ever been stumped by your student or child's organization, or lack thereof? If so, this training is for you! In this introductory training, participants will learn the basics of Executive Functioning (EF) and how it impacts individuals with autism. Participants will have the opportunity to increase their understanding of how EF differences impact the day to day living of individuals with autism and learn simple strategies to help accommodate those differences.

Course Objectives:
• Learn the 8 domains of EF
• Learn how individual differences in EF impact daily life
• Learn simple strategies to help accommodate individuals with executive functioning differences

Who should attend: Parents, providers, and educators interacting with individuals with autism, ADHD, or executive functioning differences

Content level: Beginner

Clock hours: WA State approved clock hours (2 hrs) available for an additional fee

To register, visit https://cvent.me/VNwQkn.

Advanced registration is required.

WHEN
Tuesday, April 28, 2020
3:00 – 5:00 PM PT

WHERE
Webinar

COST
$40 $28 per person
*10% discount for groups of 5 or more

Email us at uwautism@uw.edu
Visit us at www.uwautism.org
Call us at 1-877-408-UWAC
Follow-Up Executive Functioning Webinars

Did you or are you planning to attend “Who’s In Charge Here? An Introduction of Executive Functioning?” If so, these follow up webinars were designed for you! The University of Washington Autism Center will be hosting a series of 1 hour follow up webinars to discuss specific strategies for each domain of Executive Functioning. In these follow-up sessions, participants will learn practical, easy to implement strategies to help improve student skills and set students up for success. Not sure which follow up to attend? Read the brief descriptions below, if that sounds like an area your student struggles with, sign up!

<table>
<thead>
<tr>
<th>Topic</th>
<th>Date/Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Inhibition</td>
<td>Friday May 1st 9:00 AM – 10:00 AM</td>
<td>How a person thinks (or appears not to think) before acting</td>
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<tr>
<td>Goal Setting</td>
<td>Friday May 1st 10:30 AM – 11:30 AM</td>
<td>Setting goals, making future plans, understanding how to get a desired outcome</td>
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<tr>
<td>Planning/Prioritizing</td>
<td>Friday May 1st 12:00 PM – 1:00 PM</td>
<td>Ability to plan ahead and organize behavior to achieve a goal</td>
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<tr>
<td>Planning/Prioritizing (Time Management)</td>
<td>Tuesday May 5th 9:00 AM – 10:00 AM</td>
<td>Ability to problem solve in a new situations, attend to many things at once</td>
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<tr>
<td>Organization</td>
<td>Tuesday May 5th 10:30 AM – 11:30 AM</td>
<td>How a person arranges objects, space, actions to complete a task</td>
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<tr>
<td>Working Memory</td>
<td>Tuesday May 5th 12:00 PM – 1:00 PM</td>
<td>Ability to hold information in the brain to complete a task/series of tasks</td>
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<tr>
<td>Self Monitoring</td>
<td>Friday May 8th 9:00 AM – 10:00 AM</td>
<td>How a person tracks his/her own behavior and understands its impact on others</td>
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<tr>
<td>Emotion Regulation</td>
<td>Friday May 8th 10:00 AM – 11:00 AM</td>
<td>A person’s ability to respond with a range of appropriate emotions in a variety of situations</td>
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Cost: $20-$14 per person per follow-up webinar

Clock hours: WA State approved clock hours available for an additional fee

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