



# Who's In Charge Here?

## Introduction to Executive Functioning

Ever wonder who is in the driver's 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 and other developmental disabilities. Participants will have the opportunity to increase their understanding of how EF differences impact the day to day living of individuals with autism and other EF challenges 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



### WHEN

Monday, February 22, 2021  
4:00 – 6:00 PM PT

### WHERE

Webinar

### COST (per person)

**\$35** – register by January 25, 2021  
\$45 – regular cost  
\*10% discount for groups of 5 or more

To register, visit <https://cvent.me/YPn9R0>.

*Advanced registration is required.*



Email us at  
[uwactrain@uw.edu](mailto:uwactrain@uw.edu)



Visit us at  
[www.uwautism.org](http://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!

Topic	Date/Time	Description
Inhibition	Tuesday, February 23 <sup>rd</sup> 4:00 – 5:00 PM	How a person thinks (or appears not to think) before acting
Goal Setting	Tuesday, February 23 <sup>rd</sup> 5:15 – 6:15 PM	Setting goals, making future plans, understanding how to get a desired outcome
Planning/Prioritizing (Time Management)	Thursday, February 25 <sup>th</sup> 4:00 – 5:00 PM	Ability to plan ahead and organize behavior to achieve a goal
Shifting/Problem Solving	Thursday, February 25 <sup>th</sup> 5:15 – 6:15 PM	Ability to problem solve in new situations, attend to many things at once
Organization	Tuesday, March 2 <sup>nd</sup> 4:00 – 5:00 PM	How a person arranges objects, space, actions to complete a task
Working Memory	Tuesday, March 2 <sup>nd</sup> 5:15 – 6:15 PM	Ability to hold information in the brain to complete a task/series of tasks
Self-Monitoring	Thursday, March 4 <sup>th</sup> 4:00 – 5:00 PM	How a person tracks his/her own behavior and understands its impact on others
Emotion Regulation	Thursday, March 4 <sup>th</sup> 5:15 – 6:15 PM	A person’s ability to respond with a range of appropriate emotions in a variety of situations

**Cost:** \$20 per person per follow-up webinar (plus \$5 registration fee)

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

To register, visit <https://cvent.me/YPn9R0>.

*Advanced registration is required.*



Email us at  
uwactrain@uw.edu



Visit us at  
www.uwautism.org



Call us at  
1-877-408-UWAC