

Resource List for Executive Functioning

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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St. Louis, MO 63042

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Autism and Everyday Executive Function: A Strengths-Based Approach for Improving Attention, Memory, Organization, and Flexibility. Paula Moraine. (2016)

Showing how to use an individual's strengths to address executive functioning weaknesses, this approach will also help to build a strong foundation for social and communication skills.

Coaching College Students with Executive Functioning Problems. Mary R.T. Kennedy. (2017)

Presents a dynamic coaching model that helps college students become self-regulated learners by improving their goal-setting, planning, time management, and organizational skills.

The Everything Parent's Guide to Children with Executive Functioning Disorder: Strategies to Help Your Child Achieve the Time-Management Skills, Focus, and Organization Needed to Succeed in School and Life. Rebecca Branstetter. (2014)

Hands-on guide to learning what Executive Functioning difficulties look like and how you can help your child overcome these challenges.

Executive Function in the Classroom: Practical Strategies for Improving Performance and Enhancing Skills for All Students. Christopher Kaufman (2010)

Guide to help students with or without learning disabilities improve in key executive function areas: organization, homework completion, time management, study skills, impulse control, planning skills, adaptability.

The Executive Functioning Workbook for Teens: Help for Unprepared, Late & Scattered Teens. Sharon A Hansen.

Easy-to-use, practical workbook written by a licensed school counselor, and it will provide teens with the skills needed to get organized, retain information, communicate effectively, and perform well in school and everyday life.

Executive Skills and Reading Comprehension: A Guide for Educators. Kelly Cartwright. (2015)

Review the research base for particular executive functions--such as planning, organization, cognitive flexibility, and impulse control--and present practical skills-building strategies for the classroom.

Flipp the Switch: Strengthen Executive Functioning Skills. Sheri Wilkins & Carol Burmeister. (2015)

Readers will learn about executive function (EF) and how EF skills contribute to success in school, at home, and in work environments. Includes specific instructions, templates, and how-to scenarios for 25 strategies.

Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, And More!: The One Stop Guide for Parents, Teachers, and Other Professionals. Martin Kutscher, M.D. (2005)

Guide to the whole range of often co-existing neuro-behavioral disorders in children—from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and bipolar disorder, to autistic spectrum disorders, nonverbal learning disabilities, sensory integration problems, and executive dysfunction.

Late, Lost, and Unprepared: A Parents Guide to Helping Children with Executive Functioning. Joyce Cooper-Kahn, Ph.D. & Laurie Dietzel, Ph.D. (2008)

Strategies for parents to help children get organize.

A New Understanding of ADHD in Children and Adults: Executive Function Impairments. Thomas E Brown (2013)

Recent scientific research has developed a new paradigm which recognizes ADHD as a developmental disorder of the cognitive management system of the brain, its executive functions. This pulls together key ideas of this new understanding of ADHD, explaining them and describing in understandable language scientific research that supports this new model.

Parenting Traumatized Children with Developmental Differences: Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function and Challenging Behaviours. Dr Sara McLean. (2019)

Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential. Peg Dawson, EdD & Richard Guare, PhD. (2009)

Boost any child's ability to get organized, resist impulses, stay focused, use time wisely, plan ahead, follow through on tasks, learn from mistakes, stay in control of emotions, solve problems independently, be resourceful.

Smart but Scattered and Stalled: 10 Steps to Help Young Adults Use Their Executive Functioning Skills to Set Goals, Make a Plan, and Successfully Leave the Nest. Richard Guare, Colin Guare & Peg Dawson. (2019)

Includes downloadable practical tools for figuring out what areas to target, building skills, identifying a desired career path, and making a customized action plan.

Smart but Scattered Teens: The Executive Skills Program for Helping Teens Reach Their Potential. Richard Guare, Peg Dawson & Colin Guare. (2013)

Provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions.

Study Skills for People Who Hate to Study. Human Relations Media. (18 minutes) (DVD)

Grades 7-12. Designed to help students get organized, this program helps set goals and priorities, and allows students to stay in charge of their schoolwork.

Teenagers with ADD, ADHD & Executive Function Deficits: A Guide for Parents and Professionals. Third Edition. Chris Zeigler Dendy. (2017)

Looks at key areas (academics, dating, driving, socializing, and greater independence) that make adolescence potentially more difficult for kids with ADD, ADHD, or executive function deficits.

Time Matters: A Practical Resource to Develop Time Concepts and Self-Organizational Skills in Older Children and Young People. Clare Doran, Sarah Dutt & Janet Pembery (2015)

Practical resource to help children and young people learn about time.

Unstuck & On Target: An Executive Function Curriculum to Improve Flexibility, Planning and Organization. (2018)

A school-based intervention for students ages 8–11, this evidence-based curriculum gives you 21 ready-to-use lessons that boost cognitive flexibility in everyday situations, from compromising with peers to coping with frustration.