

Minutes 5/17/17

Business Meeting

Motion to vote in board for new SEPAC for next year approved

School committee meeting next Thursday

SEPAC coffee @Panera

Evening social Monday 6/12 at Victory Grill

Presentation: Beyond Booksmart

Intelligence and Executive Functions: How they differ

- Intelligence is aptitude or potential; working memory
- Executive Functioning is the ability to apply that knowledge
 - Skills develop over time from birth to mid-twenties
 - Initial surge of EF skill development happens at 5-8 years of age
 - High school age develop improved metacognitive skills
 - Executive Function Skills
 - Self-Regulation: managing feelings and impulses
 - Task initiation: starting that which is difficult or unpleasant
 - Attention: sustaining focus (5-10 minutes for younger children, 20 minutes for older kids)
 - Prioritizing/planning/time management: choosing what matters, allocating time appropriately
 - Organization: memorable
 - Cognitive flexibility: shifts from big picture detail and back
 - Memory: over various time frames (working, short-term, long-term)
 - Metacognition: self-monitoring and deciding to adjust
 - Self Regulation tools
 - Elementary: worry box: 5 point scale
 - High school/college: Calm.com, headspace(meditation)
 - Self-regulation for Daily Habits: Flux today, habit list (app)
 - All ages: Fast Break- sequence for what you are going to do for homework/schedule, 30/30 app- timer that goes off every 5 minutes
 - Quizlet: vocabulary, test prep

Book recommendations: *Grit*, *The Talent Code* Daniel Coyle