

Ready! Set! Stay Focused!



New Executive Functioning Skills Development Group for Elementary, Middle and High Schoolers facilitated by Certified School Counselors and Social Workers

What is Executive Functioning?

Executive functioning is a set of brain skills that help us plan, stay organized, focus, manage time, and complete tasks. These skills help children and teens control their behavior, solve problems, and reach goals at school and in everyday life.

Skills We Focus On:

- Planning and organizing tasks and materials
- Managing time and priorities
- Staying focused and limiting distractions
- Getting started and finishing tasks
- Managing emotions and impulses
- Flexible thinking and problem-solving
- Remembering and following directions
- Setting goals and tracking progress



**SCAN TO
CONTACT
PRACTICE
OWNER**

For more information please, visit us or call us



551-252-5243



www.setitupinc.com

Gabriella Mullady Fink, MA, LPC, NCC, ACS

