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EXECUTIVE FUNCTION SKILLS

Elementary-age Strategies

SPEAKER: SARAH WARD, M.S., CCC-SLP

December 3, 2025 | 10:00 AM - 1:15 PM Central Time

ZOOM - INTERACTIVE WEBINAR

PACIFIC	MOUNTAIN	CENTRAL	EASTERN
Start Time: 8 am	Start Time: 9 am	Start Time: 10 am	Start Time: 11 am

This Webinar will replay as a recording on Saturday, December 6th, beginning at 10am Central Time. This is not a recording that can be downloaded and replayed at your own pace. All registered attendees will receive a link to the live webinar and a link to the recording replay on Saturday. Full attendance will be taken during the replay and will still qualify you for a certificate of attendance and other professional development opportunities listed. "Live" Q&A feature with the speaker will not be available, however you will have the ability to use the "chat" feature to interact with other participants. Same registration process for both live webinar and the recording replay.

COURSE DESCRIPTION

The 360 Thinking Executive Function Curriculum is designed to develop independent executive function skills in students. Whether this is your first or your fifth time hearing Sarah Ward and or you are familiar with the program, this webinar will provide new insights and reinforce your understanding of the core features. Executive function (EF) skills are essential attention-regulation abilities that allow individuals to sustain attention, keep goals and information in mind, refrain from immediate response, resist distraction, tolerate frustration, consider the consequences of different behaviors, reflect on past experiences, and plan for the future. The 360 Thinking program facilitates the development of 6 key skills for students: initiation, transition, planning, time management, self-regulation and meta-cognition. By reading the room and envisioning the steps of a task, potential obstacles can be anticipated and students can develop problem-solving skills and independence. During this practical strategies webinar, we will define EF skills for the purpose of treatment interventions and explore concepts such as "mind MIME" and forethought skills. You will learn strategies to decrease impulsivity and increase self-regulation skills, as well as techniques for teaching goal-directed behavior, devising plans to achieve goals, using self-talk, understanding rules, and controlling impulses and emotions to complete tasks successfully. You will learn practical strategies for helping early learners understand the concepts of sequence, duration, and analog time in order to develop their ability to perceive and grasp the passage of time. These strategies will enable them to complete tasks within designated time frames, a key skill for success in any setting. Through hands-on activities, visual aids, and real-world examples, you will gain the tools necessary to effectively teach these essential executive function skills to young children and set them on the path to independence and to be successful learners.



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LEARNER OBJECTIVES:

1. Participants will be able to state the functional working definition of what is meant by the term “executive function skills” as it pertains to therapeutic interventions
2. Participants will be able to identify and explain the typical developmental course of the executive function skills and define Executive Dysfunction.
3. Participants will be able to define and explain how situational awareness, self talk, forethought , gesture/ movement and episodic memory are the foundational skills for successful task execution.
4. Participants will be able to develop an intervention program to foster a student’s ability to form more independent executive function skills by describing therapeutic activities to improve:
 - Situational awareness and forethought
 - Task planning, task initiation and transition within and between tasks
 - Active self management of the factors related to the passage of time - sequence, duration, analog time, time markers
 - Organized thinking

COURSE OUTLINE *(All times are Central Time)*

10:00 am - 10:45 am	Introductions, Disclosures, Overview of Executive Function Skills, the 360 Thinking program & 6 key skills, Defining Executive Function Skills for Treatment Interventions
10:45 am - 11:45 am	“Mind MIME” and forethought, strategies to decrease impulsivity & increase regulation. Routines, transitions and cognitive flexibility
11:45am - 12:00pm	Break
12:00 pm - 12:45pm	Goal directed behavior techniques & plans to achieve goals
12:45 pm - 1:05 pm	Time management & Self-Regulation Hands on activities, Perception of time passage & task completion strategies
1:05 pm - 1:15 pm	Question and Answer Session



SARAH WARD, M.S., CCC-SLP

Sarah Ward has over 25 years of experience in diagnostic evaluations, treatment and case management of children, adolescents and adults with language learning disabilities, nonverbal learning disabilities, attention deficit disorder, executive dysfunction, Asperger’s disorders and social pragmatics. Her particular specialty is in the assessment and treatment of executive function deficits. Ms. Ward holds a faculty appointment at the Massachusetts General Hospital Institute of Health Professions where she provides instruction to graduate level students in the assessment and treatment of individuals with traumatic brain injury and other cognitive communication disorders. A popular speaker, Sarah regularly presents nationally and internationally on the topic of executive functions to a variety of professional and parent organizations, school and lay groups. She has presented to and consulted with over 450 public and private schools in Massachusetts and across the United States. Awards received include the MGH Expertise in Clinical Practice Award, the Distinguished Alumni Award and the Faculty in Excellence Award from the Massachusetts General Hospital Institute of Health Professions (2002, 2011).

Disclosure: Sarah Ward’s company Cognitive Connections produces and sells products on her website, which are tools, that support students in developing an internal sense of time. Some of these materials will be referenced in the presentation. Many of these materials can also be purchased at local stores. The website also sells treatment programs and games to develop independent executive function skills. In addition, the website offers many free resources and references. Sarah Ward receives a speaker’s fee for presentations. There are no non-financial relationship to disclose.



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WHO SHOULD ATTEND?

Special Education teachers, SLPs, OTs, counselors, regular education teachers, administrators, psychologists, psychiatrists, social workers, PTs, principals, nurses, parents, and anyone who works with someone on the autism spectrum, ADHD, bi-polar, or other learning disabilities or has executive functioning deficits. This course is designed to support staff who support elementary-age students.

PROFESSIONAL DEVELOPMENT OFFERED:

- 1. CERTIFICATE OF ATTENDANCE** 3.0 clock hours for the day. Attendance will be confirmed via Zoom log in/ logout.
- 2. NBCC** AEP Connections, LLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7173. Programs that do not qualify for NBCC credit are clearly identified. AEP Connections, LLC is solely responsible for all aspects of the programs.
Available NBCC Clock Hours: 3
- 3. ASWB** AEP Connections, LLC, #1332, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 1/27/2025- 1/27/2028. Social workers completing this course receive 3 continuing education credits. Full attendance, a course evaluation and an additional post test is required for satisfactory completion.
- 4. AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID 06519. This distance learning – interactive is offered for up to .3 CEUs (3 contact hours). Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures. A course evaluation with additional post test questions is required for satisfactory completion.
- 5. ASHA** - Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures. Full attendance and a course evaluation are required.
- 6. NASP** - AEP Connections is approved by the National Association of School Psychologists to offer continuing education for school psychologists. AEP Connections maintains responsibility for the program. NASP Approved Provider #1165. A code to access the course evaluation will be provided in segments throughout the webinar, to ensure full participation.
- 7. NASW** This program is Approved by the National Association of Social Workers (Approval #886925205-1340) for 3 continuing education contact hours. Course approval expiration: 5/31/2026.



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Intermediate Level
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REGISTRATION FORM

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ONLINE REGISTRATION | Credit card and purchase order payments at: aepconnections.com

REGISTRATION FORMS: Please send completed registration forms and purchase orders via mail, email (info@aepconnections.com), or fax.

Name: _____ School District: _____
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 State: _____ Zip Code: _____ Phone: _____
 Email: _____

Confirmations and communications will be sent by email. Please print email clearly.

REGISTRATION COST

EARLY BIRD \$149
 (First 50 participants to register)

REGULAR PRICING \$169

- Early bird registration-\$149
 - Regular Price registration-\$169 \$ _____
- Total Paid: \$ _____

CANCELLATION POLICY: More than 45 days before the first day of the conference: Full Refund, less a \$25 processing fee. Less than 45 days, but more than 14 days before the first day of the conference: Credit towards a future conference or a substitute may be sent in your place, with prior approval by AEP Connections. Less than 14 days before the first day of the conference: No Refunds. AEP Connections reserves the right to substitute speakers in the event of a speaker cancellation. AEP Connections reserves the right to change "live in person" conference to a "Live-stream" webinar in the event of weather, pandemic, Acts of God, national or local guidelines. Our refund policy applies to all registration payments including those by purchase order.