

The Antidote to Stress in School: Improving Executive Functions

I will be speaking at the 35th Annual Learning Differences Conference on March 20 and 21, 2020 at the Harvard Graduate School of Education. The title of the conference, [Executive Function Strategies: The Antidote to Stress in School](#),



reflects how executive functioning skills can help students with the demands of school. Lynn Meltzer, Ph.D., The conference founder and chairperson, Lynn Meltzer, Ph.D., is one of the thought leaders about executive functions in school settings.

The conference is designed for professionals in education, psychology, child development, speech and language pathology, and school psychology. Topics to be covered include: social-emotional learning, worry and anxiety about school, metacognition, and flexible mindsets. Many leaders in the field of executive functioning will be presenting including, Peg Dawson, Ed.D., NCSP, who has a session entitled [Smart but Scattered](#), also the title of her excellent book on executive functioning.

My presentation is entitled Digital Technologies for Improving Thinking Skills in Children. I will discuss how digital media and technologies have the potential to practice and support executive functions, but often require that parents,

educators, and clinicians become involved. I will provide strategies that help generalize the skills that children use with technology to real-world situations. If you are a clinician, educator, or work in the schools, I encourage you to attend the conference. It is a great opportunity to learn about executive functions, and about improving school-based executive-functioning strategies.