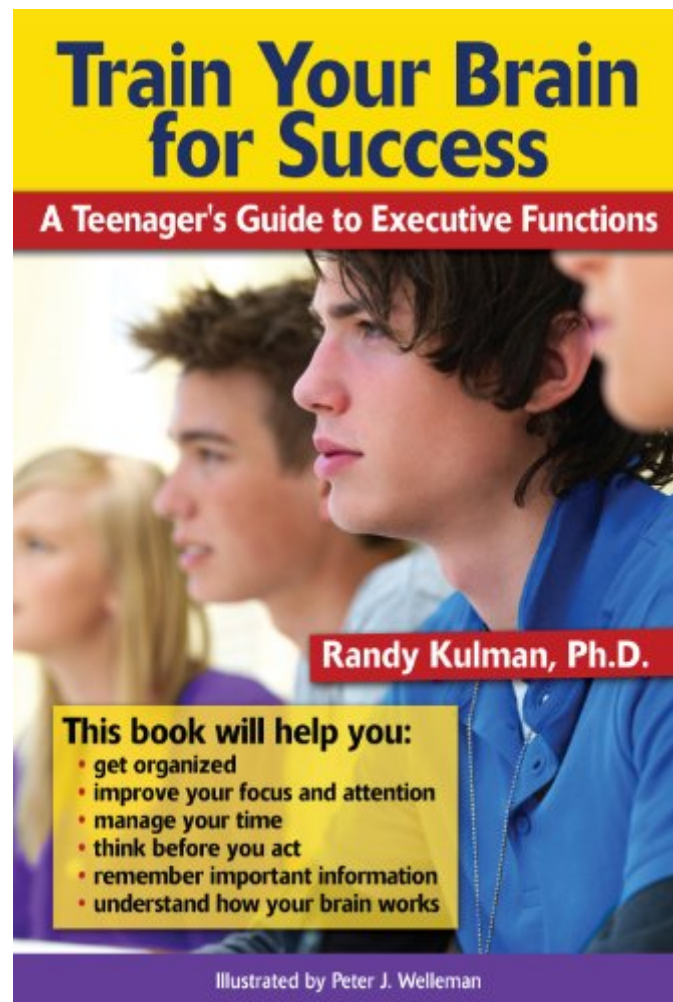


Train Your Brain for Success: A Teenager's Guide to Executive Functions PDF



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Train Your Brain for Success: A Teenager's Guide to Executive Functions by Randy Kulman PhD
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Executive functions are a set of thinking, problem-solving, and self-control skills that tell the brain what to do, and this book demonstrates the ways kids use executive functions in school, at home, and in their other activities and shows how these skills can be improved through sustained effort. Beginning with a test to determine executive-functioning strengths and weaknesses, the book then explores in detail eight distinct sets of skills, including planning, organization, focus, time management, self-control, flexibility, memory, and self-awareness. In addition to giving an overview of each executive-functioning skill and how these skills are used in the real world, the book—intended as a self-directed learning guide for students themselves—also provides teens tools and tips for improving executive functions, including how to use video games, iPods, cell

phones, and other electronic media to their advantage. A section for teachers and parents who may be dealing with a teenager with one or more executive dysfunctions is also included, as well as information for teens on how to recognize when they need help and where to go for help when a problem arises.

Train Your Brain for Success: A Teenager's Guide to Executive Functions Review

This Train Your Brain for Success: A Teenager's Guide to Executive Functions book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Train Your Brain for Success: A Teenager's Guide to Executive Functions without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Train Your Brain for Success: A Teenager's Guide to Executive Functions can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Train Your Brain for Success: A Teenager's Guide to Executive Functions having great arrangement in word and layout, so you will not really feel uninterested in reading.