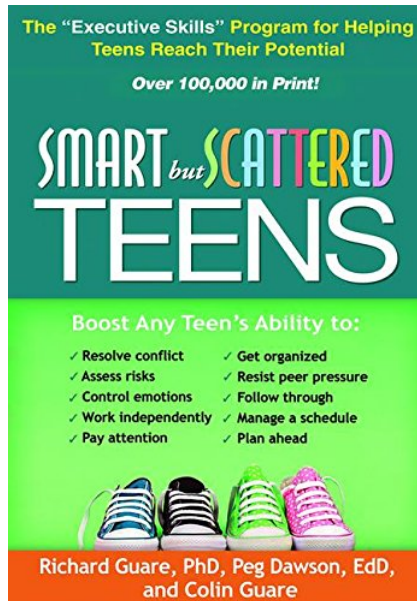


saQFg [GET] Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential



CONTINUE ►

"I told you, I'll do it later." "I forgot to turn in the stupid application." "Could you drive me to school? I missed the bus again." "I can't walk the dog--I have too much homework!" If you're the parent of a "smart but scattered" teen, trying to help him or her grow into a self-sufficient, responsible adult may feel like a never-ending battle. Now you have an alternative to micromanaging, cajoling, or ineffective punishments. This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Executive skills experts Drs. Richard Guare and Peg Dawson are joined by Colin Guare, a young adult who has successfully faced these issues himself. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. See also the authors' *Smart but Scattered* (with a focus on 4- to 13-year-olds) and their self-help guide for adults. Plus, *Work-Smart Academic Planner: Write It Down, Get It Done*, designed for middle and high school students to use in conjunction with coaching, and related titles for professionals. Winner (Third Place)--American

Journal of Nursing Book of the Year Award, Consumer Health Category

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