

Time-Ordered Agenda for

An Executive Functioning View of Poor Impulse Control, Motivation, and Self-Regulation

Instructor: Lori Benson Adams

Time (minutes)	SLP-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
8	Review of Agenda, Goals, Learning Outcomes	Lecture
10	Defining and exploring EF	Lecture, demonstration, discussion
12	Self-awareness, self-regulation, flexibility	Lecture, discussion
15	Self-regulation and sensory needs	Lecture, discussion, student examples
15	Impulse control strategies	Lecture, student examples
15	Importance of inner language for self-regulation	Lecture, examples
20	Play as purposeful tool for self-regulation	Examples, discussion, lecture
15	Meditation and Mindfulness Strategies and Resources	Examples, lecture, discussion
5	Conclusion, Q & A	Discussion
120	TOTAL RUN TIME	