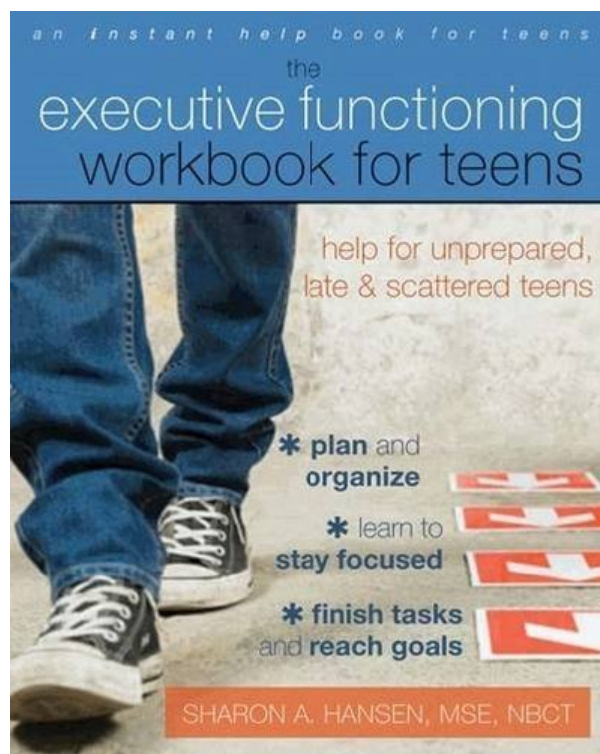
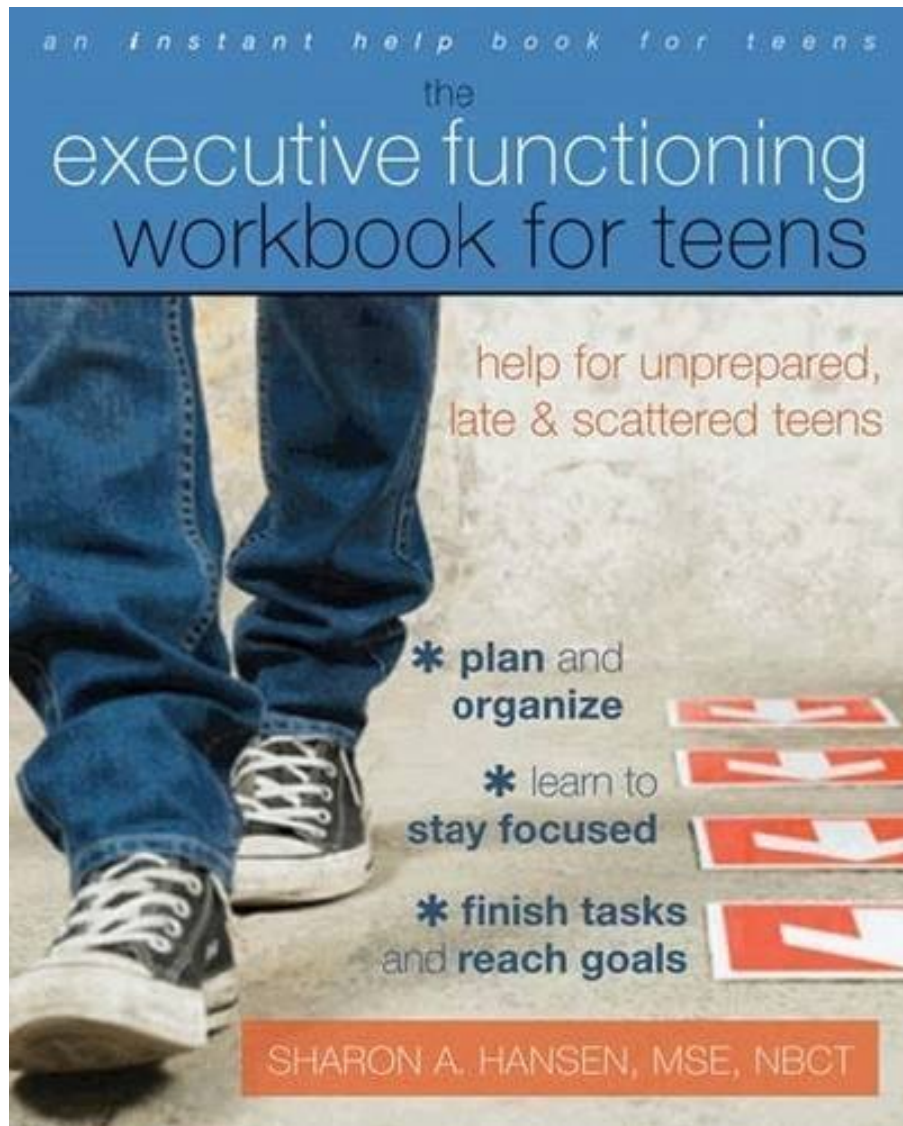


THE EXECUTIVE FUNCTIONING WORKBOOK FOR TEENS: HELP FOR UNPREPARED, LATE, AND SCATTERED TEENS BY SHARON A. HANSEN MSE NBCT



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Review

“An excellent resource for students, educators and families. As a middle school counselor, I will definitely use this as a tool to help our students succeed in the area of executive functioning!”

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“I think it would be an invaluable resource for executive skills coaches and for teachers developing executive skills seminars for groups of students. The activities and exercises are versatile enough that they could be used with individual students or with groups of students—and coaches and seminar leaders could easily pick and choose which executive skills to emphasize and which exercises to use.”

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“Many teens struggle with executive functioning challenges, especially those with attention deficit/hyperactivity disorder (ADHD), learning disabilities, high functioning autism, or other conditions. This workbook gives these teens (and their parents) strategies to improve their executive functions, which means they can develop skills to improve their lives.”

—Dr. Kenny Handelman, author of *Attention Difference Disorder*

About the Author

Sharon A. Hansen, MSE, NBCT, is a professionally licensed school counselor in Berlin, WI. She has a bachelor's degree in developmental psychology from the University of Wisconsin-Oshkosh, and a master's degree in education with an emphasis in school counseling from the same institution. Hansen is also a National Board Certified School Counselor, and belongs to the Wisconsin School Counselor Association (WSCA) and the American School Counselor Association (ASCA). She lives in Oshkosh, WI.

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The Executive Functioning Workbook For Teens: Help For Unprepared, Late, And Scattered Teens By Sharon A. Hansen MSE NBCT When creating can change your life, when writing can improve you by providing much money, why don't you try it? Are you still quite confused of where getting the ideas? Do you still have no concept with exactly what you are going to write? Currently, you will certainly need reading *The Executive Functioning Workbook For Teens: Help For Unprepared, Late, And Scattered Teens By Sharon A. Hansen MSE NBCT* An excellent writer is a good viewers simultaneously. You could define how you create depending on what publications to read. This *The Executive Functioning Workbook For Teens: Help For Unprepared, Late, And Scattered Teens By Sharon A. Hansen MSE NBCT* could aid you to solve the problem. It can be among the best resources to establish your creating ability.

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A wonderful resource for anyone who knows or works with teens who suffer from executive functioning disorder (EFD)—including parents, teachers, counselors, or clinicians. From handling frustration to taking notes in class, this book will help teens hone the skills they need to succeed.

Do you know a teen who is disorganized, chronically late, forgetful, or impulsive? Do they struggle to get homework done, but never manage to turn it in on time? Perhaps it's your son or daughter, a student you work with, or even a client. It's likely that this teen suffers from executive functioning disorder (EFD), an attention disorder marked by an inability to stay on task that is common in people with learning disabilities. If this teen has tried to manage his or her time and meet deadlines with little success, he or she may feel like giving up. There is a light at the end of the tunnel, however. You just need to show them the way.

In *The Executive Functioning Workbook for Teens* a licensed school counselor provides an evidence-based, easy-to-use, and practical workbook written directly for a teen audience. The book is designed to provide teens with the skills needed to get organized, retain information, communicate effectively, and perform well in school and in everyday life. Based in proven-effective cognitive behavioral therapy (CBT), the book offers activities that will help teens better understand their disorder and cope with it effectively.

With one chapter for each of the ten main areas of EFD, the book also includes tips for initiating positive action and change, improving flexibility in thinking, sustaining attention, organizing, planning, enhancing memory, managing emotions, and building self-awareness. Written in a fun, engaging format, this book is designed to motivate and inspire teens to carry out and complete tasks with ease.

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- Binding: Paperback
- 144 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

32 of 33 people found the following review helpful.

Not For High-School Students

By Agnes Crow

I can't fathom why this book is specifically labeled for use by teens; it isn't appropriate for that age range. Rather than practical interventions, most of the exercises are self-help activities (like imagining your inner fears as a beast and then drawing a picture of that beast) that would only be welcome and useful for younger children and maybe adults. Most teens with executive dysfunction or other LDs are already sensitive to being infantilized, and a lot of Hansen's exercises assume a level of self-reflectiveness that most teens-- especially teens with EF issues-- simply developmentally don't yet have. For useful, teen-appropriate exercises, I recommend Peg Dawson's book "Coaching Students with Executive Skills Deficits."

12 of 12 people found the following review helpful.

Not quite for teens

By Barb

More for middle-schoolers; very little help for teens who are smart but who have Executive Function issues.

13 of 14 people found the following review helpful.

Helpful Resource for Struggling Students

By Tracy McCafferty

I am a counselor who works with students in areas of organization, planning, goal setting and more, and found this book offered some very useful insights and exercises for working with teenage students. The initial self-assessment that targets and labels specific deficiencies in executive functioning seems particularly helpful. Sometimes it's difficult to put a name on where the weakness lies, and this assessment helps to break up student challenges into various areas, with coinciding activities and further insights to focus on later in the book. I do think this book would be most effective as a joint effort between counselor or caring adult and students, as difficulty with individual homework completion is often a reality for these students, and more

such exercises that the book offers to do on their own might prove daunting or unattainable. All in all, I think this book could serve as a valuable resource for providing insight, encouraging reflection, and practicing, developing and honing skills for better school and life success.

See all 24 customer reviews...

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