

# Who's the Boss? Executive Functioning, LD and ADHD



PRESENTED BY

**Tanya Keto- Registered Psychologist**

SERIES SESSIONS

Date	Time
March 16, 2023	4:00 PM - 6:00 PM



LOCATION

**Online**

FEE

**\$25.00**

QUESTIONS?

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## Program

Executive Functions (EF) are mental processes that help to connect **past** experience with **present** action to guide **future** behaviour. Individuals with Learning Disabilities and/or ADHD may experience increased difficulty in the development and use of these functions compared to their same-aged neurotypical peers. These functions underlie activities such as planning, organizing, strategizing, paying attention to and remembering details, and managing time and space. When students struggle in these areas, it can result in behaviours that are often labelled as "attention-seeking", "defiant", "showing off", "unmotivated" or "lazy", "emotional overreactions", and "inflexible", just to name a few.

Teaching and parenting students with EF deficits can be challenging, and understanding the how and why of EF deficits can significantly impact how we work with these children. This session will increase your knowledge of how EF deficits impact learning and what you can do to maximize their success. With a focus on cognitive neuroscience research and brain-based strategies that you can use to increase engagement, motivation, and self-management, we will discuss:

- The Executive Functions and how they work
- Discuss the development of EF
- How EF deficits impact student emotions, behaviour, and academics
- How to best support students with EF deficits

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## Presenters

**Tanya Keto- Registered Psychologist**

(Registered Psychologist #6405 and Permanent Professionally Certified Teacher-AB) has a Bachelor of Education from the University of Alberta and a Masters of Education (Child and Applied School Psychology) from the University of Calgary. She is the Manager of Professional Development and Parent Education for Foothills Academy Society, a leader in Learning Disabilities (LD) since 1979. Tanya has over 20 years of experience working with individuals with LD and ADHD as a teacher, learning strategist, guidance counselor, and educational psychologist. She now specializes as an adult educator, university instructor, and advocate for individuals with LD and ADHD at school and in the workplace. With a unique ability to combine her real-world experiences with empirically driven practices, Tanya presents from a place of knowledge, empathy, and expertise, making evidence-based information accessible and practical to all participants.

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## Registration Notes

This session will be recorded.



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