

# First Literacy Workshop: “Executive Function for Lesson Design and Student Motivation” Takeaways

The executive function skills I would most like to work on are: \_\_\_\_\_  
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How can I reduce the extraneous cognitive load of my next lesson?

- Post and review class objectives
- Pre-teach
- Provide concise instructions in multiple modalities
- Establish routines
- Minimize visual and auditory distractions
- Break tasks into smaller, more manageable chunks
- Provide guided notes
- Teach strategies for planning and organization
- “Gradual Release of Responsibility”

Choose 1 strategy above and briefly explain how you intend to implement it:

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After class: How did it go? What worked well? How can I improve this strategy next time?

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How can I encourage my students’ sense of self-efficacy?

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What can I add to my next lesson to increase student motivation?

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How can I modify an upcoming lesson to add an element of choice to increase student motivation?

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Create a SMART goal based on your answers to one of the above questions and utilize the “Sample Curious Questions” to talk about your motivation and intention behind this goal.

Specific: \_\_\_\_\_

Measurable: \_\_\_\_\_

Achievable: \_\_\_\_\_

Relevant: \_\_\_\_\_

Time-Bound: \_\_\_\_\_

If you have any questions, would like additional resources, or would like to read some of the research behind the ideas presented in this workshop, please email me any time at [iconnors@faesl.org](mailto:iconnors@faesl.org).