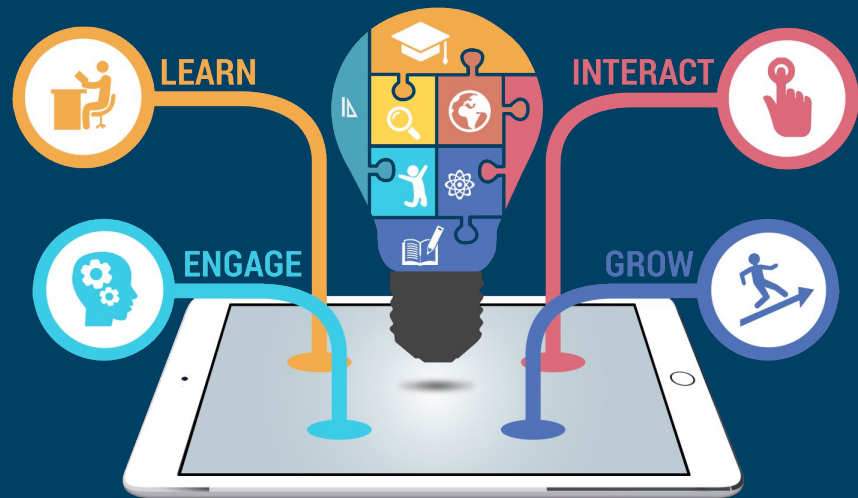


Appy Hour: Tech Tools for EF



HAYUTIN

Disclosures

No relevant information to disclose.

What is Executive Functioning?

Think → Pair → Share



What is Executive Functioning?



What is Executive Functioning?

Inhibitory
Control



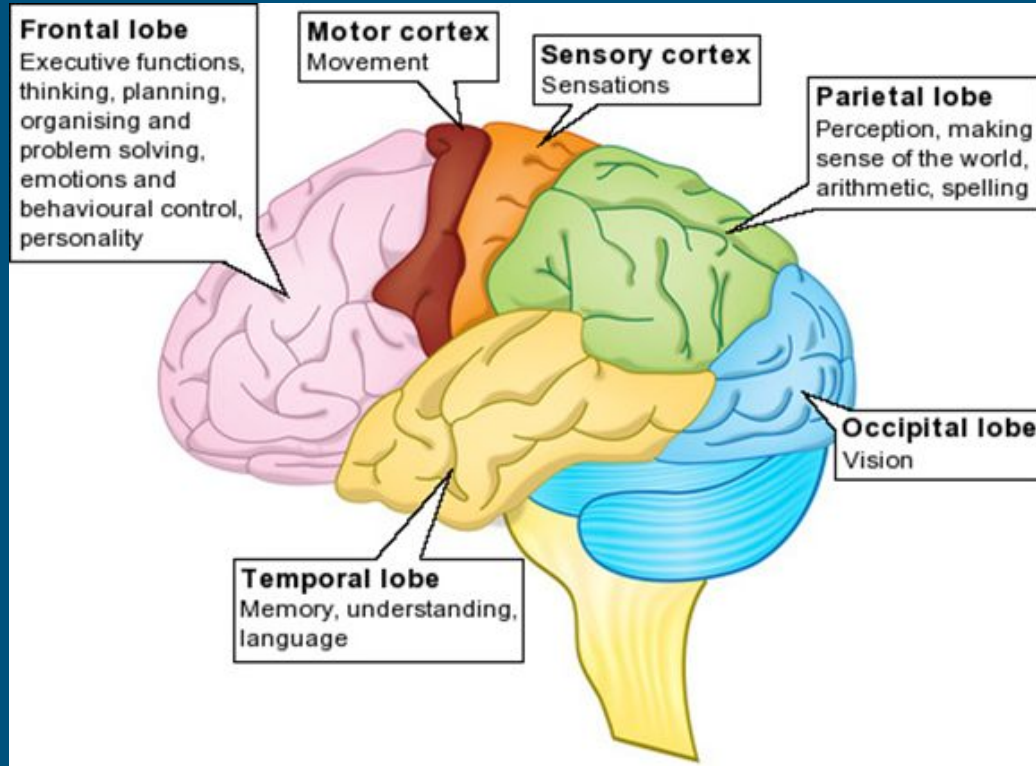
Working
Memory



Cognitive
Flexibility



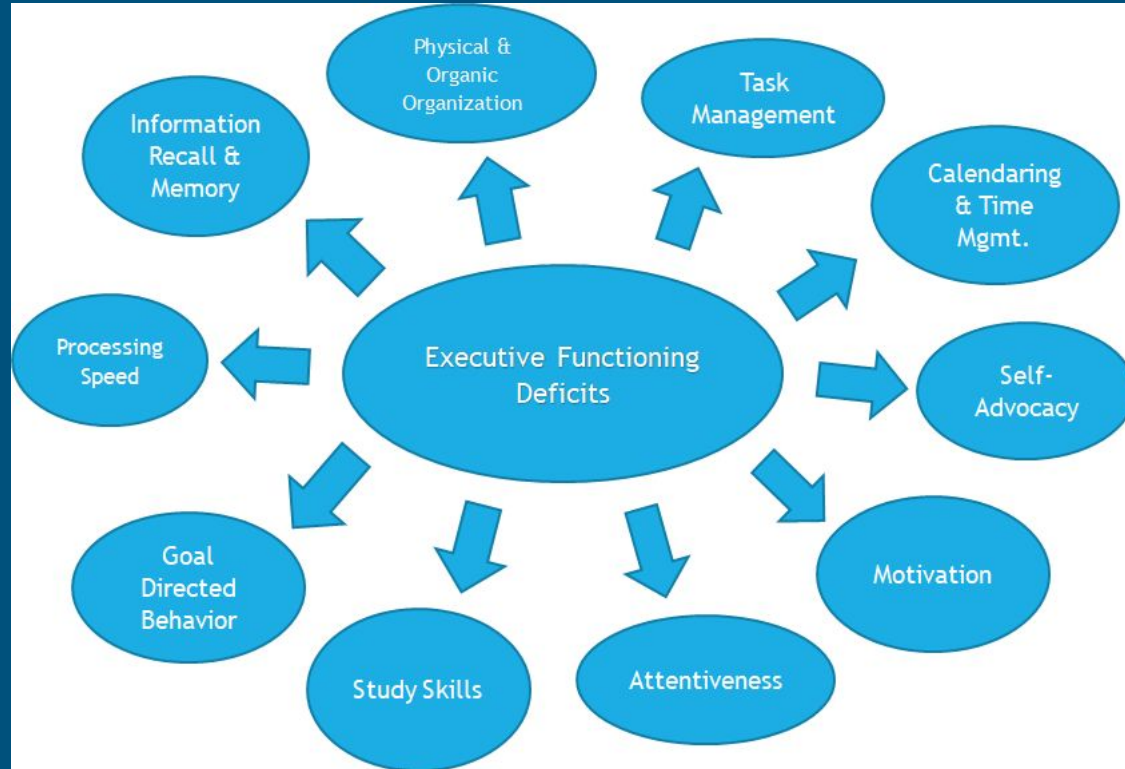
Anatomy of the Brain



What Constitutes Executive Functioning?



EF Deficits Create Academic Challenges



How to Develop EF Skills

1. Describe the problem behaviors
2. Set a goal
3. Establish a procedure
4. Supervise the student following the procedure
5. Evaluate the process and make changes
6. Fade the supervision

EF & Tech: Pause to Reflect

What are your strengths and obstacles when it comes to executive functioning and tech?



Tech Tools at Work

- Emotional investment
- Trial and error of apps
- 3-part learning curve
 - Student
 - Parent
 - Practitioner



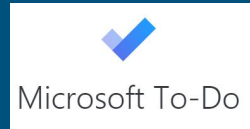
What Makes a Good App?

- User experience
- Device syncing: accessibility across devices
- “Share-ability” with other users
- Integration with other apps and tools



GTD: Getting Things Done

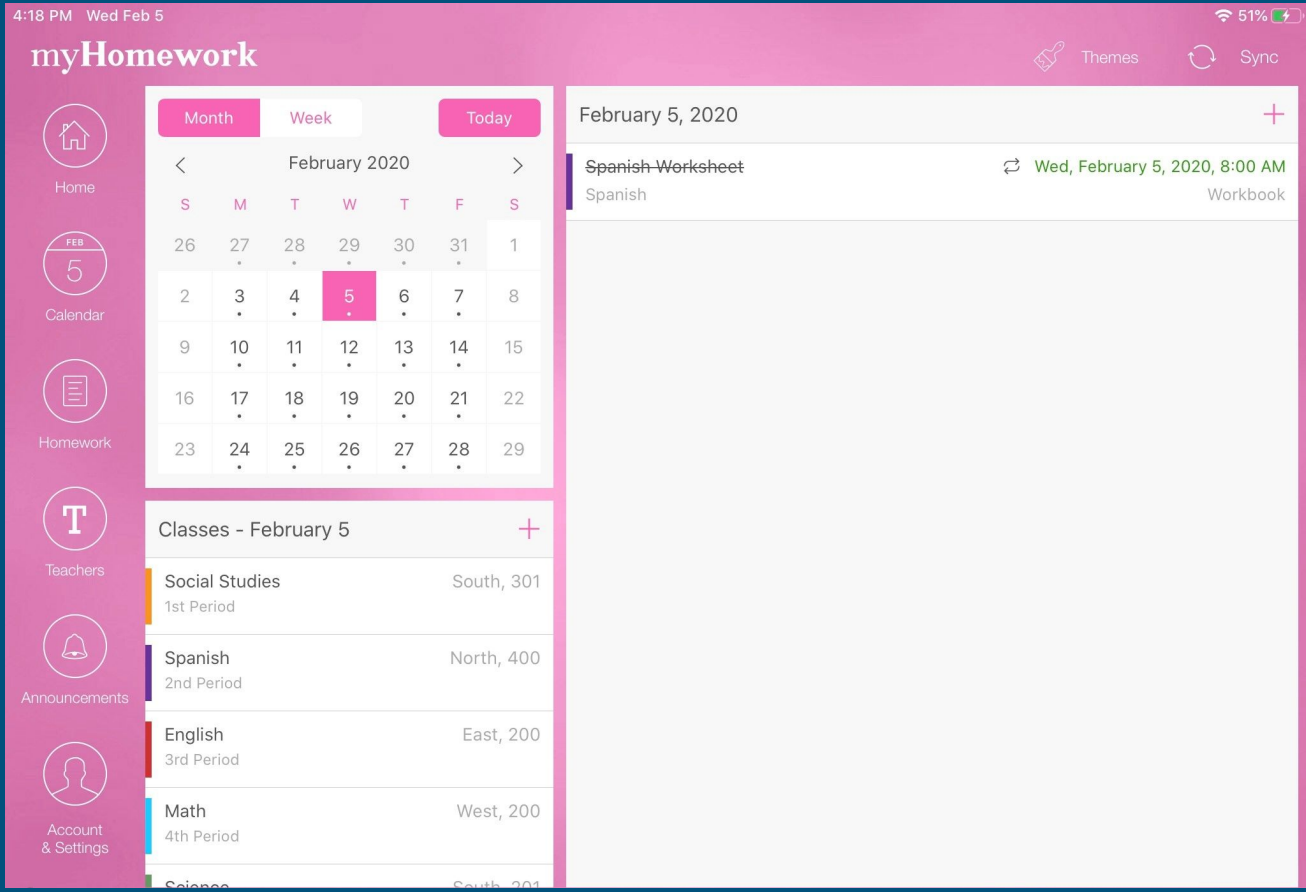
- Big picture calendar overview
- Multiple alert systems
- Syncing across devices



MyHomework

- Input classes and schedule
- Customize and categorize assignments
 - Type
 - Due dates
 - Level of priority (Low, medium, high)
- Set reminders
- Connect with teachers





Toggle back and forth between weekly and month views

Split screen presentation of classes and homework



4:17 PM Wed Feb 5

myHomework

Themes Sync

- Home
- Calendar
- Homework
- Teachers
- Announcements
- Account & Settings

Complete	Late	Upcoming
<p>English Paper Fri, Mar 6 English Paper</p> <p>Math Test Fri, Mar 6 Math Test</p>	<p>You don't have any late homework.</p>	<p>Spanish Worksheet Thu, Feb 6 Spanish Workbook</p> <p>Chapter 23 Mon, Mar 9 Social Studies Read</p> <p>Chapter 24 Tue, Mar 10 Social Studies Read</p> <p>Chapter 25 Wed, Mar 11 Social Studies Read</p> <p>Math problems Wed, Mar 11 Math Workbook</p> <p>Lab Report Mon, Mar 16 Science Lab</p>

Categorize by date, priority, or assignment type



Easily keep track of complete, late, and upcoming assignments



Home



Calendar



Homework



Teachers



Announcements



Account & Settings

Complete

English Paper

English

Math Test

Math

Close

Edit

Math Test

Math

Friday, Mar 6, 8:00 AM

Attachments

Attach a file

Quick Edit

Priority

High

Reminder

Night before

Additional Info

Completed



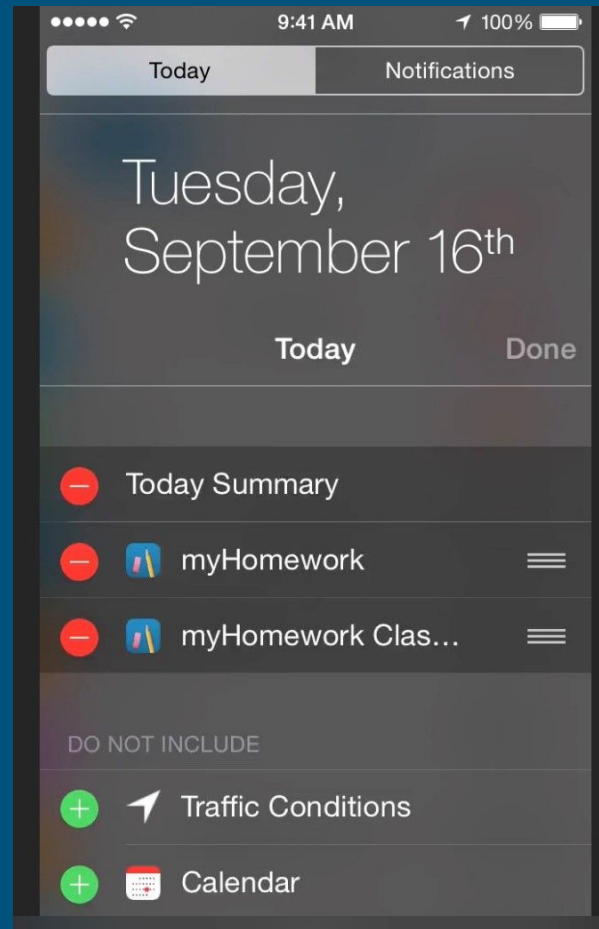
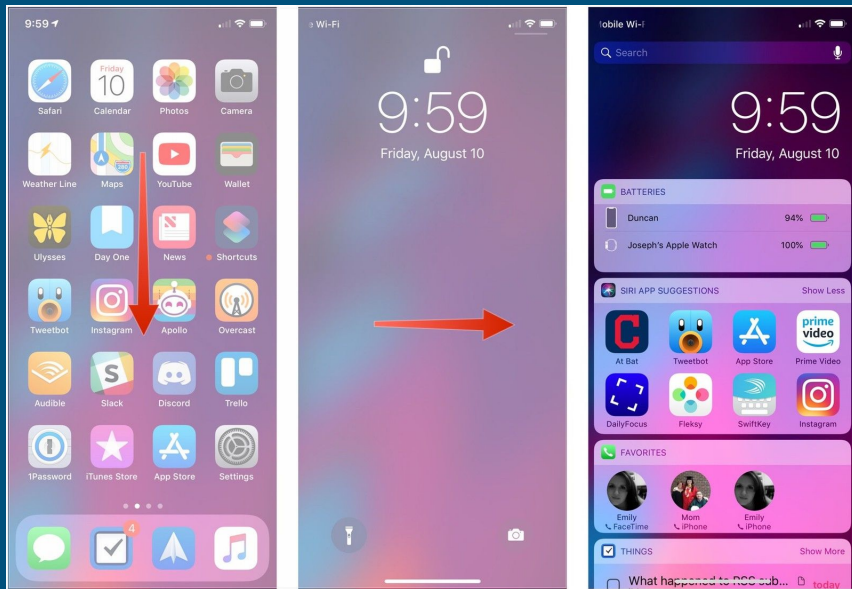
Delete

Attach files to specific assignments



Add in as many details as needed and set reminders for each assignment





Add the
MyHomework
widget



Things

- Clean interface
- Syncs across devices
- Multiple views





“Today” shows a single day while “Upcoming” list shows everything on the list for the week ahead

Today

★ Today

- Marc's birthday
- 07:00 Hit the gym with Alex
- 08:30 Coffee with Sarah
- 11:00 Team meeting
- 15:30 Budget review

Borrow Sarah's travel guide
Vacation in Rome

Finish expense report
Work

Review quarterly data with Olivia
Prepare Presentation

Organize catering
Plan Yearly Retreat

Get car inspected
Family

Confirm conference call for Wednesday
Work

🌙 This Evening

Book a hotel room
Vacation in Rome

Read article about nutrition
Run a Marathon

Buy party decorations
Throw Party for Eve

Upcoming

All Important

9 Tomorrow

- 10:00 Interview with Lydia
- 13:00 Benefits presentation

Prepare interview questions
Work

Make reservation for dinner
Throw Party for Eve

10 Wednesday

- Work from home
- 13:00 Monthly conference call

Buy movie tickets for Friday

Get copy of signed contract
Onboard James

Order a cake
Throw Party for Eve

Call Mom and Dad
Family

11 Thursday

Vacation in Rome

🕒 Vacation in Rome

We'll go from June 14-22 and visit Jane and maybe do a night out in Trastevere.

and Important

... dates to calendar

ights

about the metro

ow Sarah's travel guide

... a hotel room

buy

... camera battery (Errand)

adapter (Errand)

do

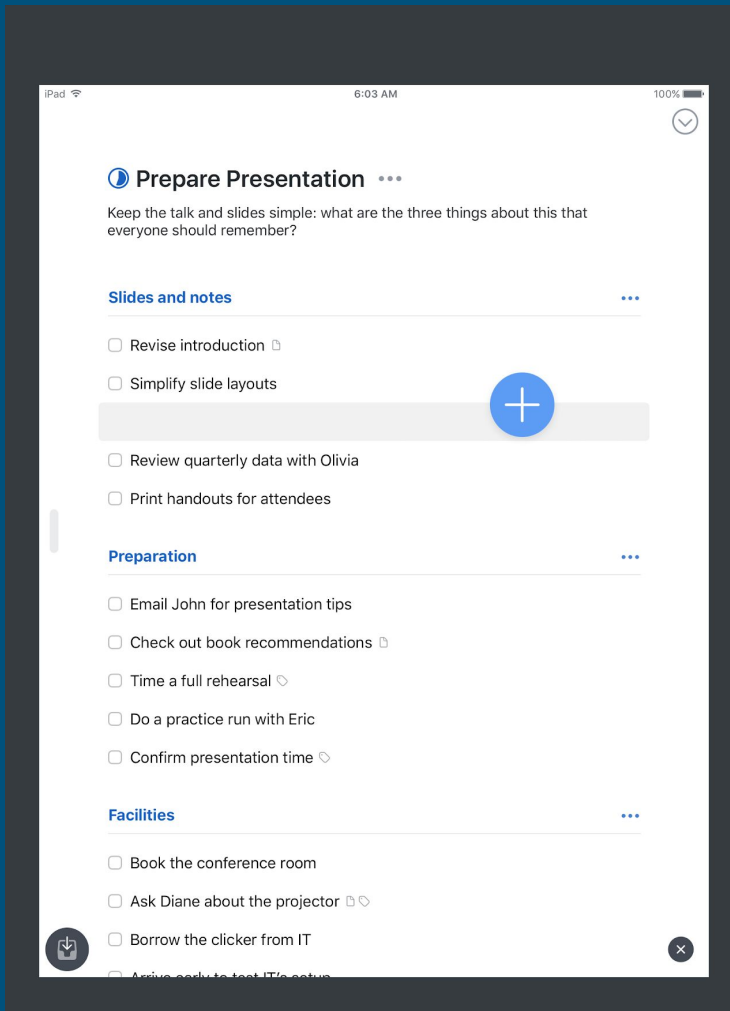
... cooking class

day trip to the Vatican

Chunk long term projects and schedule granular to do



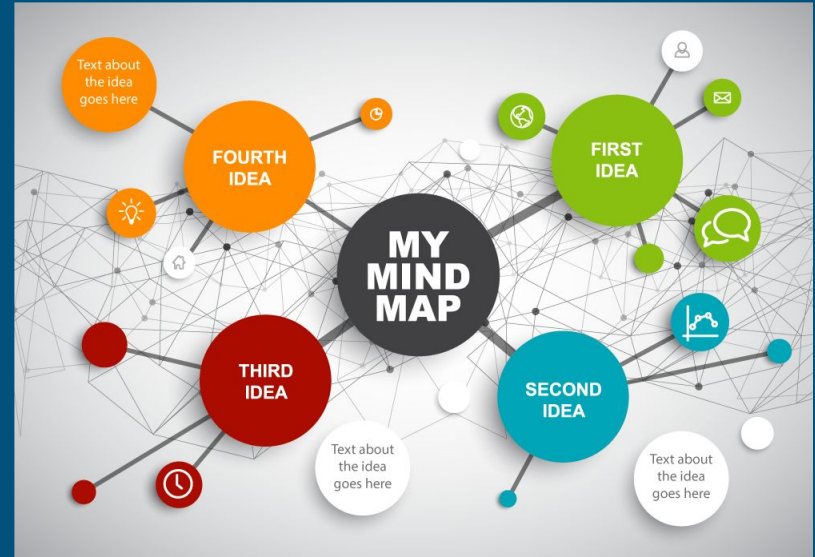
Keep your to do list organized with headings



Check off to dos as you complete tasks

Mind Mapping

- Hierarchical structure
- Visually based
- Starts with one focal point that then branches off
- Gives structure and meaning to ideas



Popplet



- Platforms:
 - iPad
 - iPhone
 - Computer
- Requires Flash Player
- Share creations with others
- Access to others' popplets



What is a popple?

A popple is a bubble that lives on a popplet.

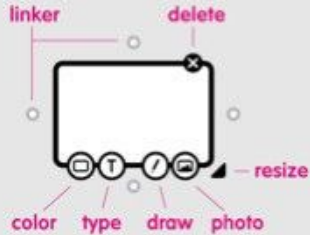
How do I select multiple popples?

Tap each popple with two fingers to multi-select.

What is a popplet?

A popplet is a big board that popples live on.

Just double tap to make a popple.



Drag the linker to connect them.

Can I transfer my "iPad" popplets to the "online" section?

Unfortunately, not yet. We're working on it. That being said, you can copy popples from one and paste into the other.

How do I change the title of my popplet?

Just tap on it and a keyboard will pop up.

How does VGA output work?

Please connect the VGA adapter before launching Popplet.

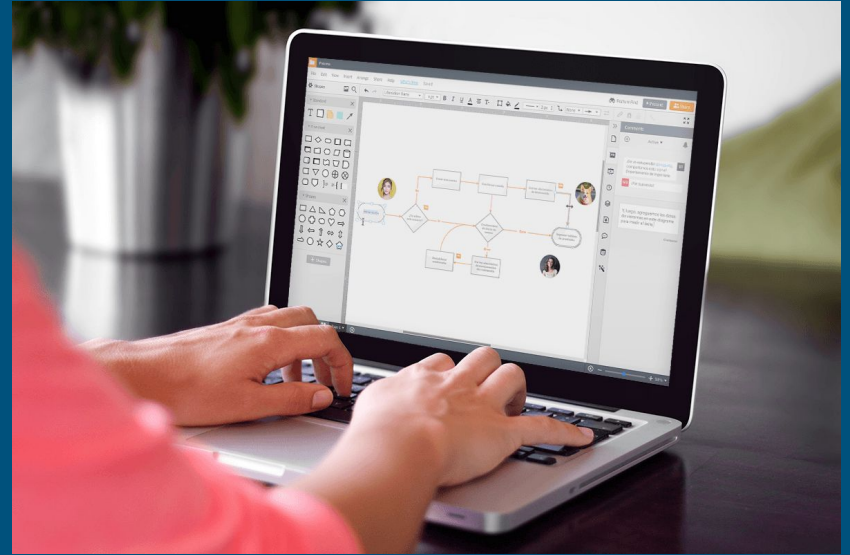
Where can I find out more?

Go to popplet.com or email support@popplet.com

Lucidchart



- Platforms:
 - Web, Windows, macOS, Android, Linux
- Real-time collaboration
- Presentation mode with ability to generate a URL



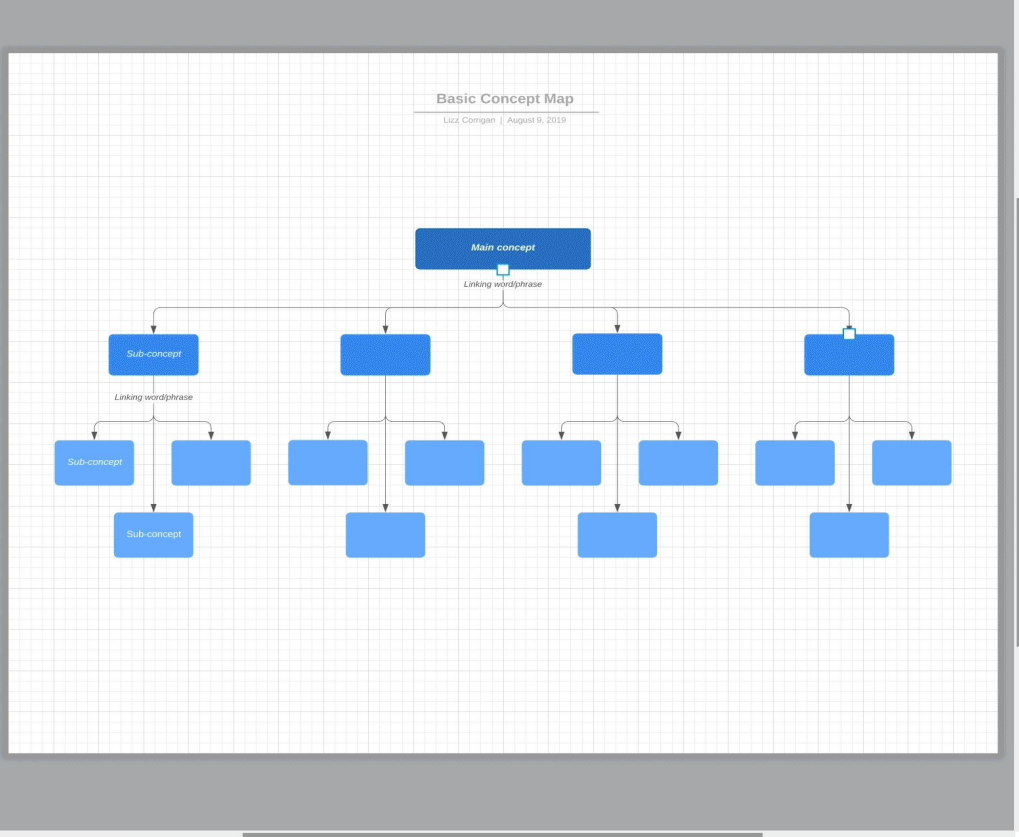
Standard

Flowchart

Shapes

+ Shapes

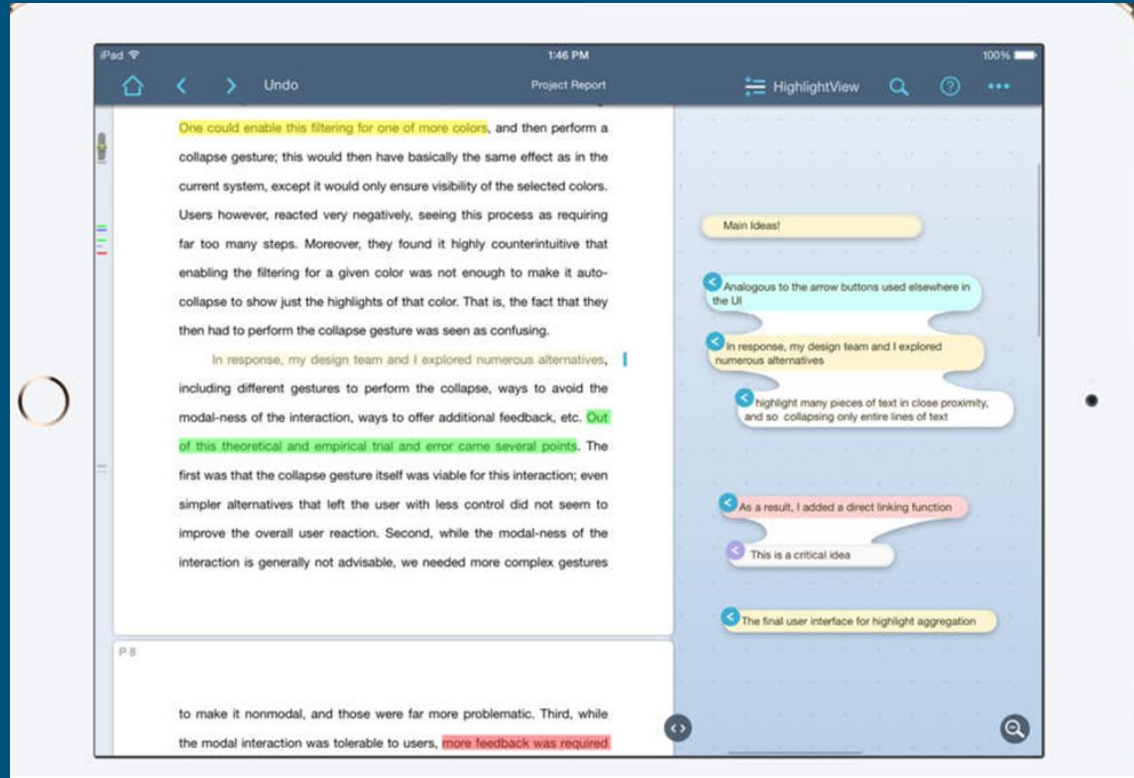
Import Data



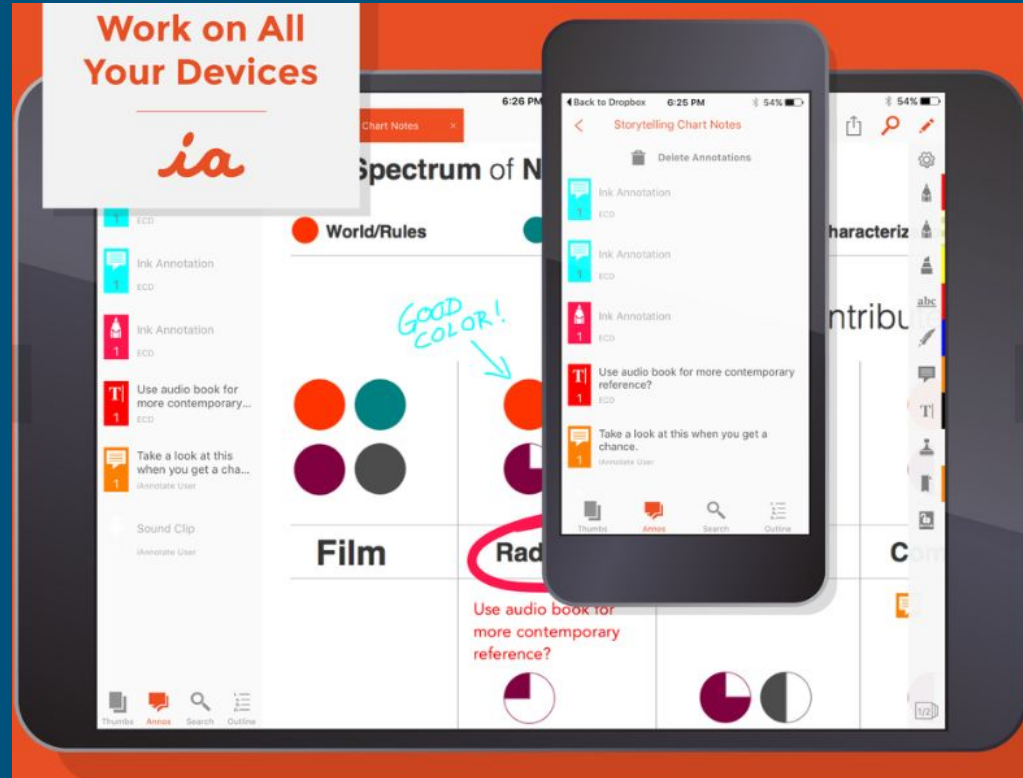
Digital Annotation & Note-Taking



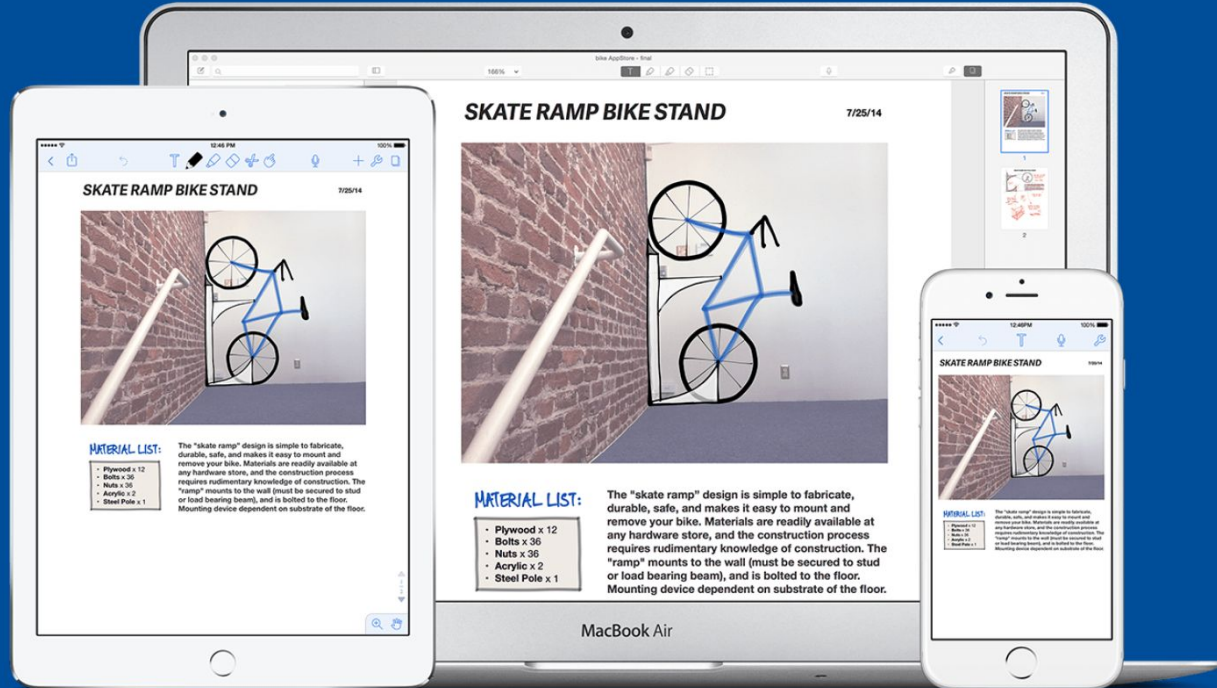
Liquid Text



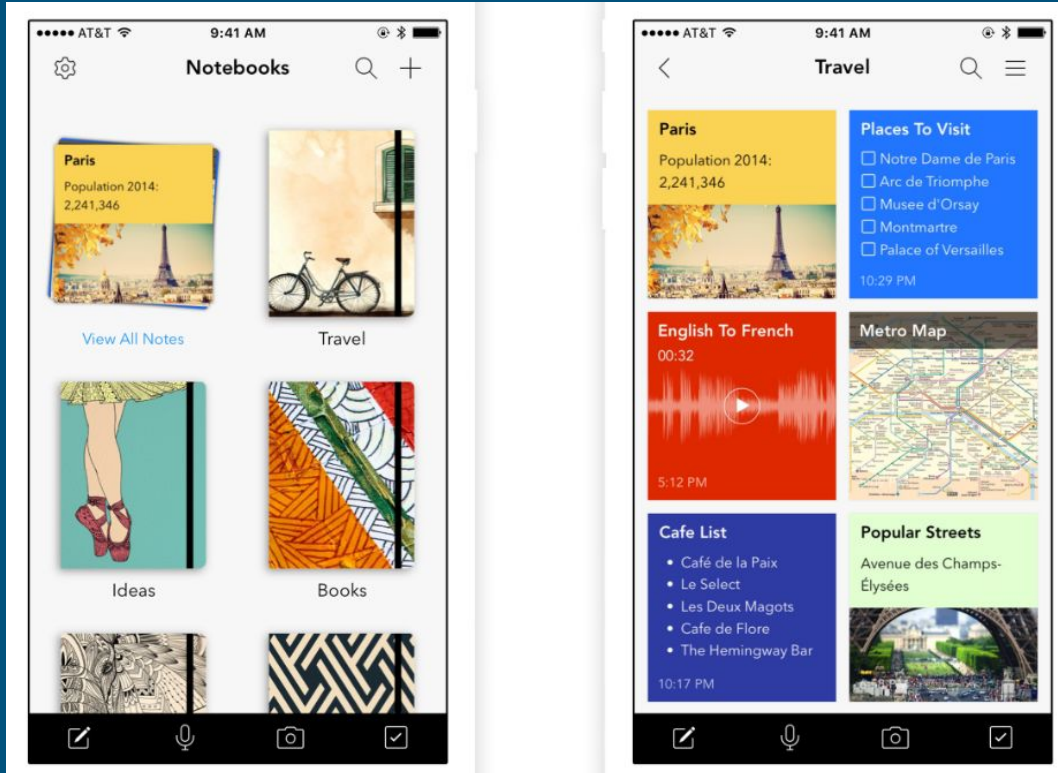
iAnnotate



Notability



Notebook



Inhibition Tech Tools

- Reclaim control
- Quiet the noise
- Enhance productivity



Freedom

The screenshot displays the Freedom web application interface. At the top, a green navigation bar contains the Freedom logo and the text "freedom" on the left, and links for "join our team", "upgrade", "support", and "profile" on the right. The main content area is divided into three sections: "Devices", "Sessions", and "Blocks".

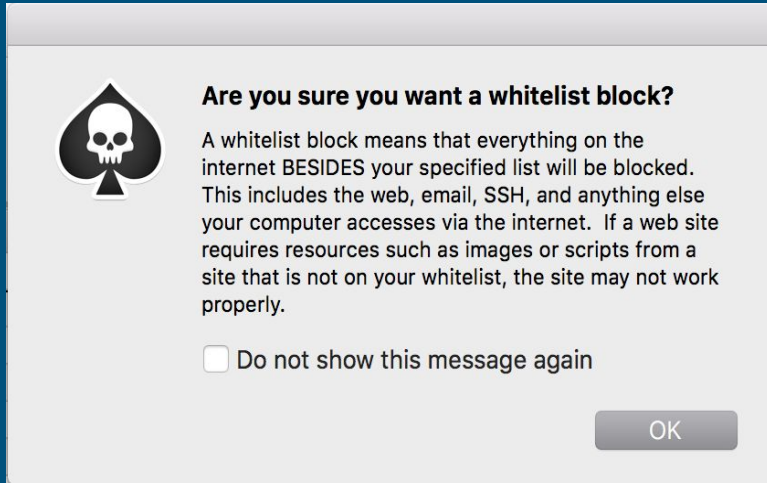
Devices: A list of devices is shown, including "Work Desktop" and "My MacBook". A green "+ Add a device" button is located at the bottom of this section.

Sessions: This section is titled "Sessions" and features three tabs: "Start now", "Start later", and "Recurring session" (which is selected). Below the tabs, there are time pickers for "Begin:" (09:00 am) and "End:" (05:00 pm), followed by a green "Save" button. A "Repeat every:" section includes checkboxes for days of the week: Mon, Tue, Wed, Thu, Fri (all checked), Sat, and Sun (unchecked). Below this are two selection boxes: "Select Blocklists:" with "Work" (checked) and "Weekend" (unchecked); and "Select Devices:" with "Work Desktop" (checked) and "My MacBook" (unchecked). The "Timezone:" is set to "US/Eastern". A green "+ Add a Session" button is at the bottom of this section.

Blocks: A section titled "Blocks" is partially visible at the bottom. A green circular help icon with a question mark is located in the bottom right corner of the interface.

Inhibition Tech Tools

SelfControl

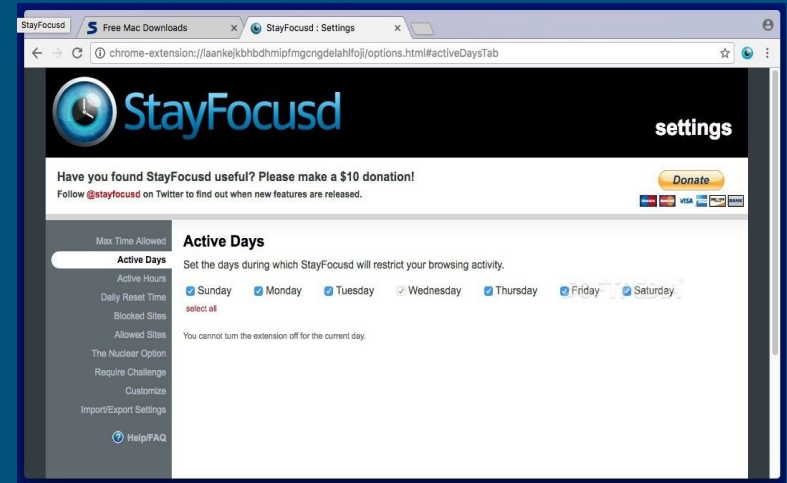


A dialog box with a white background and a grey border. On the left is a black spade icon containing a white skull. To the right of the icon is the text: **Are you sure you want a whitelist block?** A whitelist block means that everything on the internet BESIDES your specified list will be blocked. This includes the web, email, SSH, and anything else your computer accesses via the internet. If a web site requires resources such as images or scripts from a site that is not on your whitelist, the site may not work properly.

Do not show this message again

OK

StayFocusd



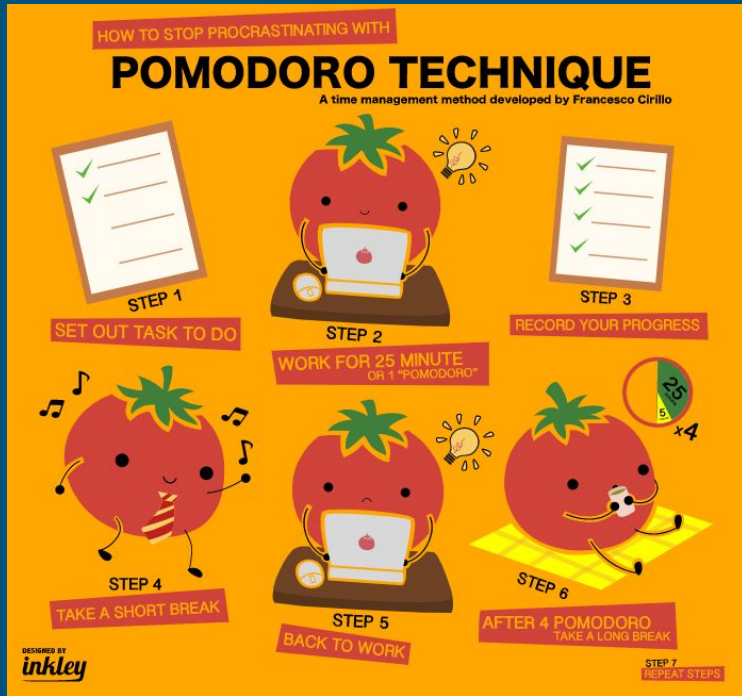
A screenshot of a web browser showing the StayFocusd settings page. The browser tabs include 'StayFocusd', 'Free Mac Downloads', and 'StayFocusd - Settings'. The address bar shows 'chrome-extension://laankejkbhbdhmpfmgcngdelahfoj/options.html#activeDaysTab'. The page has a dark header with the StayFocusd logo and the word 'settings' in the top right. Below the header is a donation prompt: 'Have you found StayFocusd useful? Please make a \$10 donation!' with a 'Donate' button and social media links. The main content area is titled 'Active Days' and contains the text: 'Set the days during which StayFocusd will restrict your browsing activity.' Below this text are checkboxes for 'Sunday', 'Monday', 'Tuesday', 'Wednesday', 'Thursday', 'Friday', and 'Saturday', all of which are checked. A 'select all' link is also present. At the bottom of the settings area, it says 'You cannot turn the extension off for the current day.' A sidebar on the left lists various settings: 'Mix Time Allowed', 'Active Days', 'Active Hours', 'Daily Reset Time', 'Blocked Sites', 'Allowed Sites', 'The Nuclear Option', 'Require Challenge', 'Customize', 'Import/Export Settings', and 'Help/FAQ'.

Task Initiation

- Time awareness
- Multiple timers available
- Schedule work periods and breaks



Task Initiation



EF & Tech: Pause to Reflect

What are opportunities you can pursue when it comes to executive function and tech?



Q&A

