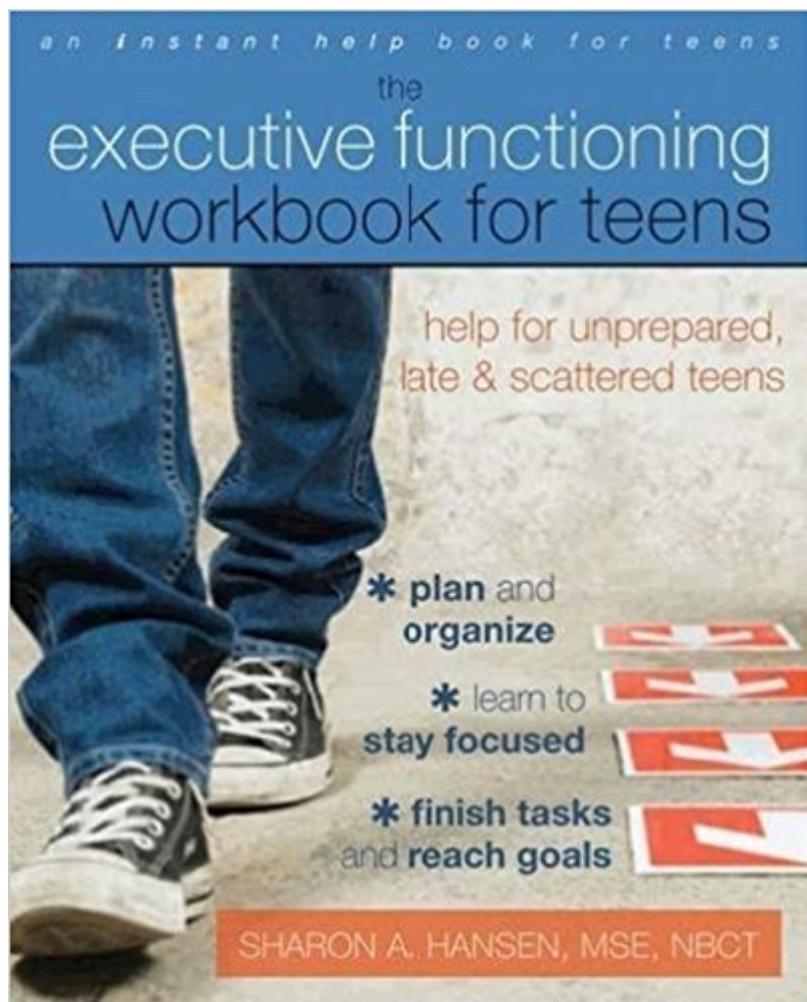


The book was found

# The Executive Functioning Workbook For Teens: Help For Unprepared, Late, And Scattered Teens



## Synopsis

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.

## Book Information

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Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #20,273 in Books (See Top 100 in Books) #10 in Books > Teens > Personal Health > Self-Esteem #18 in Books > Medical Books > Psychology > Adolescent Psychology

## Customer Reviews

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."

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.

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

I absolutely love this book. As a Therapist I use specifically when working with ADHD kids and others with anxiety, however this book can apply to a realm of children with different mental health disorders.

Most of the interventions in this book are for lower functioning teens, I actually use this book with

some of my elementary age kids.

I ordered the kindle addition, It is a good book with good advice and worksheets. But the workbook format dose not work well on the kindle so I will have to order the hard copy.

This may help you understand why your child does some of the things they do. I have a special needs child who I often thought was being defiant. Truth is he couldn't process the information being presented to him which led him to become confused and then he gets frustrated. Not making excuses for him, but instead understanding him and his behavior; which includes his level of functioning. This has led to us towards learning how to help him and us as a family.

Fantastic workbook for my middle-school-aged son. He does the activities and then we discuss them. First lesson has the child evaluate their skills and then work through the book in sets of three activities starting with their weakest skill and working towards their most challenging. 3-4 pages per activity with "how would you approach this situation" or "now you try it" style activities. Fantastic resource for parents and children alike!!

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