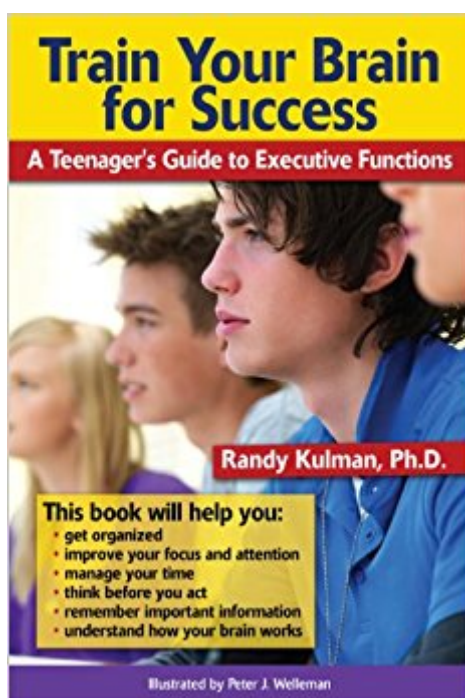


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# Train Your Brain For Success: A Teenager's Guide To Executive Functions



## Synopsis

Executive functions are a set of thinking, problem-solving, and self-control skills that tell the brain what to do, and this book demonstrates the ways kids use executive functions in school, at home, and in their other activities and shows how these skills can be improved through sustained effort. Beginning with a test to determine executive-functioning strengths and weaknesses, the book then explores in detail eight distinct sets of skills, including planning, organization, focus, time management, self-control, flexibility, memory, and self-awareness. In addition to giving an overview of each executive-functioning skill and how these skills are used in the real world, the book is intended as a self-directed learning guide for students themselves; also provides teens tools and tips for improving executive functions, including how to use video games, iPods, cell phones, and other electronic media to their advantage. A section for teachers and parents who may be dealing with a teenager with one or more executive dysfunctions is also included, as well as information for teens on how to recognize when they need help and where to go for help when a problem arises.

## Book Information

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Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

"Fills an important gap in clinical practice by providing adolescents with practical, user-friendly strategies to improve their organizational, planning, memory, and time-management skills. . . . Dr.

Kulman has done an excellent job of interweaving his wealth of clinical experience with empirically based research in describing strategies that teenagers can use independently or in collaboration with their parents." — George J. DuPaul, PhD, professor of school psychology and chair, department of education and human services, Lehigh University

Randy Kulman, PhD, is the founder and president of LearningWorks for Kids, an educational technology company that specializes in using video games to teach executive-functioning and academic skills. For the past 25 years, Dr. Kulman has also been the clinical director and president of South County Child and Family Consultants, a multidisciplinary group of private practitioners that specializes in assessment and interventions for children with learning disorders and attention difficulties. He is the author of numerous essays on the use of digital technologies for improving executive-functioning skills in children and is the coauthor of a chapter in the book *Designing Games for Ethics: Models, Techniques, and Frameworks*. He lives in Wakefield, Rhode Island.

This book packs a wealth of information into a practical, readable format. The author has a talent for simplifying potentially complex concepts into clearly understandable segments. He first introduces a simple survey to identify executive functions that the reader most needs to strengthen. He then works methodically through the eight executive functions, explaining each one in detail in terms of how it helps, how to grow it, and how a child can help themselves to improve each particular function. He includes appropriate suggestions to utilize modern technology such as search engines and social media. He concludes with valuable, concise recommendations to parents that will help them form a partnership with their child to work on executive functions constructively. Overall, I highly recommend this book for teachers, families, and students facing issues with paying attention, self-control, and problem solving skills. It is a solid contribution to the field.

Over my 20 years of primary care practice, I have seen the social and mental health consequences of teens with poor executive function. This book offers step-by-step very practical tools that teens can do on their own. Its down to earth, sometimes folksy, style draws in the reader. By being so concrete and concise, it's a book both teens and their parents can easily understand. Almost every chapter (organized by the particular skill one wants to work on) has suggestions for incorporating technology which speaks directly to this digital generation. I would expect high school teachers and guidance counselors to find this book enormously valuable as well.

Easy to understand. Wish book could be expanded with more details and diagrams and pictures that keep attention focused. Good Book.

My son has high functioning aspergers. We co-read this book for a book report and found the info extremely helpful w/questionnaires to help put into order what needs to be worked on the from the most to the least and helps the child be reflective about his own self. Highly recomend this very easy to read and understand book.

An easy read for students 12 and older. A good read for parents reading with a child 8-11 years of age.

The auther is very clear in providing an outline for success. The prose is succint, easy to read, and extremely helpful for teens and adults who struggle with issues of organization and study skills , regardless of the reason. Highly recommended.

This is a great book for older kids who have executive function challenges and can acknowledge them and want to try to work to improve them. It is readable and doesn't talk down to teens.

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