

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens

By Sharon A. Hansen MSE NBCT

Download now

Read Online →

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT

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.

 [**Download** The Executive Functioning Workbook for Teens: Help ...pdf](#)

 [**Read Online** The Executive Functioning Workbook for Teens: He ...pdf](#)

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens

By Sharon A. Hansen MSE NBCT

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT

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.

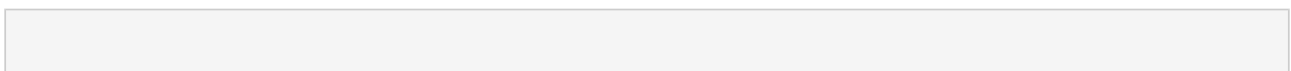
Do you know a teen who is disorganized, chronically late, forgetful, or impulsive? Do they struggle to get homework done, but never manage to turn it in on time? Perhaps it's your son or daughter, a student you work with, or even a client. It's likely that this teen suffers from executive functioning 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.

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT Bibliography

- Sales Rank: #17165 in Books
- Brand: Brand: Instant Help
- Published on: 2013-10-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 8.00" w x .25" l, .67 pounds
- Binding: Paperback
- 144 pages



 **Download** [The Executive Functioning Workbook for Teens: Help ...pdf](#)

 **Read Online** [The Executive Functioning Workbook for Teens: He ...pdf](#)

Download and Read Free Online The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT

Editorial Review

Review

“An excellent resource for students, educators and families. As a middle school counselor, I will definitely use this as a tool to help our students succeed in the area of executive functioning!”

—**Lisa Koenecke**, Wisconsin School Counselor Association President

“I think it would be an invaluable resource for executive skills coaches and for teachers developing executive skills seminars for groups of students. The activities and exercises are versatile enough that they could be used with individual students or with groups of students—and coaches and seminar leaders could easily pick and choose which executive skills to emphasize and which exercises to use.”

—**Peg Dawson, EdD**, psychologist and author of several books on executive skills, including *Smart but Scattered*

“Many teens struggle with executive functioning challenges, especially those with attention deficit/hyperactivity disorder (ADHD), learning disabilities, high functioning autism, or other conditions. This workbook gives these teens (and their parents) strategies to improve their executive functions, which means they can develop skills to improve their lives.”

—**Dr. Kenny Handelman**, author of *Attention Difference Disorder*

About the Author

Sharon A. Hansen, MSE, NBCT, is a professionally licensed school counselor in Berlin, WI. She has a bachelor's degree in developmental psychology from the University of Wisconsin-Oshkosh, and a master's degree in education with an emphasis in school counseling from the same institution. Hansen is also a National Board Certified School Counselor, and belongs to the Wisconsin School Counselor Association (WSCA) and the American School Counselor Association (ASCA). She lives in Oshkosh, WI.

Users Review

From reader reviews:

William Fugate:

Within other case, little folks like to read book The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens. You can choose the best book if you love reading a book. Given that we know about how is important a book The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens. You can add information and of course you can around the world by just a book. Absolutely right, due to the fact from book you can recognize everything! From your country until finally foreign or abroad you may be known. About simple issue until wonderful thing you could know that. In this era, we are able to open a book or maybe searching by internet device. It is called e-book. You can utilize it when you feel bored to go to the library. Let's learn.

April Young:

This book untitled The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens to be one of several books in which best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit on it. You will easily to buy that book in the book retail outlet or you can order it by way of online. The publisher with this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smart phone. So there is no reason for you to past this e-book from your list.

Tommy Heckman:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens can be fine book to read. May be it could be best activity to you.

Donna Layne:

Guide is one of source of knowledge. We can add our expertise from it. Not only for students but additionally native or citizen require book to know the revise information of year to help year. As we know those publications have many advantages. Beside we all add our knowledge, may also bring us to around the world. By book The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens we can take more advantage. Don't someone to be creative people? For being creative person must prefer to read a book. Just choose the best book that ideal with your aim. Don't possibly be doubt to change your life at this time book The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens. You can more appealing than now.

Download and Read Online The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT #LB50XGZC1T8

Read The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT for online ebook

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT books to read online.

Online The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT ebook PDF download

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT Doc

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT Mobipocket

The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT EPub

LB50XGZC1T8: The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens By Sharon A. Hansen MSE NBCT