



Help Your Teen Succeed in School: Support Executive Function Skills

Active Study

Time Management – Time Padding

- Write down where and when you need to be somewhere
 - What time do you need to leave?
 - Think about obstacles that may keep you from arriving to school on time
 - Traffic
 - Running back into house because you forgot something
 - The car has no gas
 - Re-Think about when you should leave to account for obstacles.
 - Set reminder for that time

