

EXECUTIVE COGNITIVE FUNCTIONS: WHY THEY ARE IMPORTANT AND WHAT PARENTS CAN DO TO PROMOTE THEIR DEVELOPMENT

Thursday, May 2, 2024, 10:00 am – 11:30 am

DESCRIPTION: Executive cognitive functions (EF) are focused attention, self-control, flexible thinking, use of categories in thinking and working memory. They are better predictors than IQ of school success, help prevent drug abuse and depression, and predict success in life after graduating from school. Development of EF can be decreased by excessive use of certain types of computer games and stress life events. They are also decreased in children with ADHD. Dr. Wexler will describe some things parents can do to help their children develop important EF skills.

WHO SHOULD ATTEND:

Parents, family members, caregivers and professionals who want to enhance the lives of children, teenagers & young adults. We welcome anyone who strives to achieve the same goals.

LANGUAGE:

English (With Spanish & Mandarin Interpretation)

REGISTRATION IS REQUIRED

By web: [Click Here](#)

By Email familyconnect@adaptcommunitynetwork.org

By Phone: (718) 436-7979 Ext.704

ABOUT THE SPEAKER



Bruce E. Wexler is Professor of Psychiatry and a neuroscientist at Yale University. Professor Wexler's book "[Brain and Culture](#)" presented new ideas about neuroplasticity and the relationship between people and their social and cultural environments (MIT Press). Professor Howard Gardner of Harvard School of Education called it "A pioneering and bold effort to construct a bridge between scientific findings about the brain and the diversity, strengths, and fragilities of human cultures."

Based on understanding the ways our brains and thinking abilities are shaped by stimulation from the environment, Professor Wexler and colleagues developed the first program that integrates computerized brain exercises and physical exercises to improve learning ability, a program in use by thousands of children in schools across the U.S. and internationally. In studies published in leading scientific journals, Wexler's team showed robust improvements in executive cognitive function and improved academic performance. For this work, Professor Wexler received an NIH Director's Award for "high innovation, high impact, paradigm-changing research." He has published over 130 scientific papers and been an invited speaker in four continents.

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