



Merrimack School District Presents



Peg Dawson, Ed.D., NCSP

Is This Normal? Understanding Your Teen's Executive Skill Development

March 16, 2022 7:00 – 8:30 PM

Students are experiencing stress because they have not learned how to organize their tasks to make time for both work and fun. Students and parents who use time and task management strategies experience less of this stress. In this webinar, Dr. Peg Dawson, co-author of the books *Smart but Scattered* and *Smart but Scattered Teens*, will review how executive skills are the keys to getting things done. She will then link these executive skills to their role in the management systems students need to be successful in their lives.

Please join us using the Zoom meeting information below:

Zoom meeting link: <https://sau26-org.zoom.us/j/81560398281?pwd=SWU0eWZ4eU9ZVWx2OU5BOC9EQ2t3UT09>

Meeting ID: 815 6039 8281

Passcode: Merrimack

How Can You Help? Creating Systems to Support Your Teen's Executive Skills

March 30, 2022 7:00 -- 8:30 PM

Do you repeatedly have the same conversation with your teen about how they are stressed and overwhelmed? Do they resist your attempts to help? Centering your conversations on executive skill challenges and how they impact the time and task management systems students need to be successful is one way to support them.

In this interactive workshop, Dr. Peg Dawson, an expert on executive functioning and author of the *Smart but Scattered* books for children, teens, and adults will guide participants in exploring approaches to manage executive skill challenges that occur in the every day lives of teens and adults. This workshop will also explore developmentally appropriate management systems and communication strategies that you can implement immediately.

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If you have any questions, please reach out to Jessica.gott@sau26.org or angela.maslanka@sau26.org.