Learning Effectiveness Program

Webinar  May 17, 2023

We will begin at 6:00pm MT.

While you are waiting- consider the following:

High School vs. College

What are some of the differences that you have been thinking about?
Students, please let us know you are here! (via the poll)
Introductions
Summer F.A.Q. & Timeline
L.E.P. Services: Executive Function Coaching
Next Steps
Questions
Staff Introductions

Name

• Megan Davis, she/her

Role
Staff Introductions

Name
• Sunshine Holmes she/her

Role
Staff Introductions

Name: Jesse Ruderman
Role: Executive Function Specialist
Fun Fact About Me: I was an English professor at Metropolitan State University of Denver.
What I love about the L.E.P.: The camaraderie amongst students and staff.
Staff Introductions

Name: Jim Bailey
Role: Director, L.E.P.

Fun Fact About Me:
- I am a retired HS Principal, a DU Alum, a 4th Degree Black Belt and my favorite people call me "Grandpa."

What I love about the L.E.P.:
- I love the work that we do to create equitable access to higher education! Our students are so resilient, creative, and just all around awesome people.
Summer FAQ & Timeline
F.A.Q. & Feedback

We need dates in order to plan!

This is a lot of information!

Too many acronyms!

It is a challenge because all communication goes to students!

What are the pros and cons of early arrival?

What's the difference between FLYTE Orientation and Discoveries Orientation?

What should we bring? And will it be hot???

What is the food situation?
F.A.Q. & Feedback

- We need dates in order to plan!
- This is a lot of information!
- Too many acronyms!
- It is a challenge because all communication goes to students!

What are the pros and cons of early arrival?
What's the difference between FLYTE Orientation and Discoveries Orientation?
What should we bring? And will it be hot???
What is the food situation?
17 May
FLYTE Orientation Weekend

**Early Move-In**
Beat the rush and move into the dorms two days early.

**Programming for All**
Participate in parent/family and student programming.

**Meet Others**
Meet your L.E.P peer leaders and get to know other first-year students.
L.E.P. Services: Executive Function Coaching
All L.E.P. students receive executive function support during their Academic Counselor meetings.

Academic Counselors are trained and supported by the Executive Function Coach and have consultations as needed.

About 20% of L.E.P. students utilize additional executive function coaching each quarter.

The most requested executive function supports are time management and task initiation.
Define: Executive Function Skills

Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and successfully manage multiple tasks simultaneously.

Just as an air traffic control system at a busy airport must manage the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses.

Executive Function skills can be continuously improved upon.
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<tr>
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<th>Executive Function Skills</th>
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<tr>
<td>1</td>
<td>Time Management, Planning, &amp; Prioritizing</td>
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<td>2</td>
<td>Organization of Materials</td>
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<td>7</td>
<td>Initiating</td>
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<td>8</td>
<td>Working Memory</td>
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The L.E.P. provides a MODERATE level of support.
Executive Function Skills and Your Transition to College
Setting an alarm
Personal hygiene and eating
Arriving places on time
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<td><strong>Working Memory</strong></td>
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<td>Summer Ideas</td>
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| Get yourself where you need to go | Set your alarm, and practice getting yourself up, ready, and where you need to be on time. |
| Keep important dates in your phone and set reminders. Manage email. |

| Keep things tidy | Take charge of your own laundry this summer. |
| Take care of house cleaning chores without reminders; practice keeping your room tidy. |

| Manage your health | Get familiar with grocery shopping; selecting snacks based on nutrition, cost and storage needs. |
| Become aware of setting aside time for exercise. |
Taking medicine on time
Ordering new medicine
Picking up medicine
Time Management, Planning, & Prioritizing

Organization of Materials

Initiating

Working Memory
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<tr>
<td><strong>Take charge of daily medicine</strong></td>
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<td>Practice without reminders</td>
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<td>Use alarms &amp; pillboxes</td>
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<td><strong>Be responsible for prescriptions</strong></td>
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<td>Track medication levels</td>
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<td>Order, Pick Up, and Store Medication *Some medicines cannot be prescribed across state lines- talk to your provider</td>
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<td><strong>Manage your appointments</strong></td>
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<td>Learn how to make your own medical appointments</td>
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<td>Understand what insurance you have and how to use it</td>
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Dealing with Stressful Situations & Managing Emotions
Inhibiting
Shifting
Emotional Control
Self-Monitoring
Initiating
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<td><strong>Take an inventory of your stress management tools</strong></td>
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<td>Use the L.E.P. Resource &quot;Caring for the Whole Person&quot; to think about what you already do to manage stress.</td>
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<td>Make a list of what tools/resources that you would like to add.</td>
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<td><strong>Connect with specialists</strong></td>
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<td>Create a plan to stay connected with your at-home support team.</td>
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<td>Understand what the Health &amp; Counseling Center at D.U. can provide.</td>
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<td><strong>Have a family conversation</strong></td>
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<td>Use the L.E.P. resource &quot;Finding your Purpose&quot; to discuss your motivation for attending college and clarify expectations.</td>
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<td>Use the L.E.P. resource &quot;Collaborative Communication&quot; to support your family in understanding each other’s communication needs.</td>
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Next Steps
Here's a list of things to do:

- Submit your photo for your I.D.
- Apply for accommodations.
- Get in the habit of checking your D.U. email!
- Use the MyDU checklist.
- Mark your calendar with important dates.
- Make some summer goals for independent living!
Resources

- Independent Living Skills
- High School vs. College
- Caring for the Whole Person
- Finding your Purpose
- Collaborative Communication
Questions?
A follow up email containing:
- A copy of this presentation
- Resources
- Links to upcoming Webinars
- FLYTE Orientation Weekend registration link
THANK YOU

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