



Instructional Studies Syllabus

Course Information

This course meets five times a week during 4th and 8th period and includes 6th, 7th and 8th grade students. This course is associated with the County wide Asperger's Program and therefore has similar guidelines as those throughout Arlington Public Schools middle and high schools.

Instructors

Emily Calhoun – Special Education Teacher (Emily.calhoun@apsva.us)

Heidi Neunder – Special Education Teacher (Heidi.neunder@apsva.us)

Goal

The purpose of this course is to strengthen executive functioning skills as they relate to a student's life in all areas, academically, socially, and emotionally. Students in middle school hit a critical point in middle school where the demands for independent work increases.

Curriculum

This year's units of study will include but are not limited to certain cognitive abilities that control and regulate what we do in day-to-day life.

- The ability to initiate and persist in activities
- How to plan and organize assignments and long term projects
- Goal setting
- Problem solving
- How to regulate emotions
- How to monitor behavior
- How to become more flexible about plans and assignments

Texts

- Lesson materials are compiled from a variety of resources including but not limited to :
- *Flipp the Switch: Strengthen Executive Function Skills* – Sheri Wilkins and Carol Burmeister
- *The Executive Functioning Workbook for Teens: Help for the Unprepared, Late and Scattered Teens* - Sharon A. Hanson

Materials

Each student will use the assignments that have been assigned by their general education teachers. They will have a folder to keep in the classroom for any work or projects that will stay at school for them to continue working on unless they need to also work on them at home.

Grading

This class is a pass/ fail class because we are working on increasing appropriate behaviors and successfully managing assignments and projects. The skills that will be assessed in the class are:

- Following Directions
- On Task Skills
- Organization
- Time Management
- Long Term Project Management
- Studying Strategies

Strategies

Some strategies the students will be incorporating and working on are:

- Time organizers
- Step by step approach with visual organizers
- Visual schedules with frequent review
- Written instructions
- Planning and structuring transition times
- Writing the due date on the top of the assignment as soon as we know
- Use technology whenever possible
- Checklists with estimated time for completion of each step
- Scheduled times to organize binders and folders

