

Kindred Scholars Academy

Executive Functioning 8 Week Course

Ongoing · 1x/week · 30 minutes

Non-Member Rate: \$12/class

Member Rate: \$10/class

[Click here to request a time](#) or email mainoffice@kindredscolarsacademy.com

****Members** - enter promo code - *members* - your discounted rate will be applied**

*****Not a member?** For \$6.99/month per scholar, you will get \$2 off every class. [Enroll here!](#)

Overview

As academic expectations increase, strong executive functioning skills become essential for success. This course helps scholars develop practical strategies for improving focus, managing distractions, overcoming procrastination, and staying on task in school and everyday life.

Through interactive discussions, self-reflection, and real-world scenarios, scholars learn how attention works and discover evidence-based techniques for strengthening concentration and productivity. They explore ways to organize their environment, manage technology, establish productive routines, and recover quickly when distractions occur.

Throughout the course, scholars build a personalized toolkit of executive functioning strategies they can apply to homework, long-term projects, extracurricular activities, and future academic goals. The emphasis is on developing lifelong habits that foster independence, confidence, and self-management.

Topics Covered

- Understanding executive functioning and attention

- Identifying personal distractions and focus challenges
- Building productive work and study environments
- Time management and effective use of timers
- Managing technology and digital distractions
- Reducing procrastination and improving task initiation
- Developing organization and planning strategies
- Recovering focus after interruptions
- Setting boundaries and managing environmental distractions
- Building productive habits and routines
- Self-monitoring and goal setting
- Creating a personalized executive functioning toolkit

Perfect for Scholars Who...

This class is ideal for scholars who:

- Want to improve their focus and productivity.
- Become distracted while studying or completing assignments.
- Struggle to start or finish schoolwork.
- Want practical strategies to reduce procrastination.
- Are balancing academics, extracurricular activities, and personal responsibilities.
- Want to develop stronger organization and time management skills.
- Benefit from explicit instruction and real-world applications.
- Enjoy discussing learning strategies and solving everyday challenges.
- Want tools they can immediately apply in school and daily life.
- Are preparing for greater academic independence in high school, college, and beyond.

Who We Are

At Kindred Scholars Academy, learning is not a solo journey. It is a shared adventure. Our classes are Socratic in nature and built around the belief that scholars should take the lead in their own education.

We do not hand out answers. We ask questions. We do not just cover material. We explore it together. Every class is a chance for scholars to talk, build, test, and discover side by side with their peers.

Teaching Philosophy and Approach

Our teachers do not lecture. They create an environment where scholars explore, practice, and make connections. They bring structure, model authentic ASL, and introduce advanced grammar and vocabulary, while scholars carry the conversation forward. Each group becomes its own learning community, where curiosity sparks collaboration and practice turns into shared accomplishment.

No two classes look the same because no two groups of scholars are the same. While the themes stay consistent, the path we take always reflects the unique voices in the room. That is what makes every session meaningful.

Inclusivity Statement

Our classrooms are welcoming spaces where every learner belongs. We celebrate differences and invite scholars to bring their full selves to the table. Collaboration works best when everyone has a voice, and at KSA every voice matters.

Homework Policy

We do not believe in piling on busywork. Each week brings one purposeful activity that encourages practice beyond class. Sometimes it is reflective, sometimes expressive, sometimes interactive, but it is always designed to make learning feel alive and connected.

Family Feedback and Communication

We see families as partners in this journey. That is why we provide consistent, open communication. Not just about progress, but about the moments that matter: the breakthroughs, the questions asked, the sparks of curiosity. Together, families, scholars, and educators create a true learning community where everyone is invested in the process.