



REGION 10 COORDINATING COUNCIL presents an  
EXECUTIVE FUNCTIONING TRAINING

## **FLIPP the Switch: Strategies to Build Flexibility, Leveled Emotionality, Impulse Control, Planning, and Problem Solving**

AKA “No, I Don’t Believe Your Dog Ate Your Homework”

**Sheri A. Wilkins, Ph.D. & Carol Burmeister, M.A.**

**Innovative Educational Solutions LLC**

Students in today’s classrooms often struggle with executive function (EF), a collection of mental processes that assist in organizing, planning, problem-solving, managing time, attending to and remembering details, remaining calm under pressure, and being flexible when things do not work out right the first time. Although many educators associate deficits in EF skills with students on the autism spectrum, the reality is that many young people struggle with executive functioning. In fact, it is accurate to say that all young people are learning executive functioning as these skills are not fully developed until people are well into their twenties. The good news is that there are evidence-based strategies that can be used at home, in school, in the community, and in work situations that can significantly improve the executive functioning of individuals who struggle in this area. In this dynamic, hands-on, content-rich learning opportunity, you will be introduced to 25 powerful evidence-based strategies that will enable students with executive function deficits to thrive in today’s classrooms as well as other environments.

The presenters, Dr. Sheri Wilkins and Carol Burmeister, are the authors of the best-selling book, *FLIPP the Switch: Strengthen Executive Function Skills*. Participants will leave with a copy of the presenter’s book as well as strategies that can be used immediately to support students in general education and special education settings.

- OUTCOMES:** Participants will:
- Gain knowledge of executive function (EF) skills and how EF deficits can impact learning and behavior in preschool through high school students
  - Learn about how EF deficits are manifested and what disorders exhibit these deficits
  - Discover powerful, evidence-based strategies that can be used to support the learning and behavior of students with executive function deficits

**LEVEL:** Intermediate

**WHO:** General and special education teachers, speech and language pathologists, para-professionals, mental health professionals, school psychologists, occupational therapists, other related service providers, administrators, and parents.

**COST:** \$110 per person (includes a copy of *FLIPP the Switch: Strengthen Executive Function Skills* book and refreshments) \$99 per person when registering three or more participants. (Lunch is on your own)  
<https://goo.gl/forms/VCdEQ8UvaISW4IVB3> and follow the online registration instructions.

**WHEN:** Wednesday, February 13, 2019  
Registration: 8:00 a.m. - 8:30 p.m.  
Presentation: 8:30 a.m. - 3:30 p.m.

**WHERE:** **Jurupa Unified School District**  
10223 Bellgrave Ave., Mira Loma, CA 91752  
From CA-60 E  
Take exit 42 for Van Buren Blvd toward Etiwanda (0.4mi)  
Take Van Buren Boulevard to Bellegrave Ave. (1.8mi)  
Use the right 2 lanes to turn right onto Mission Boulevard (0.2mi)  
Continue onto Van Buren Boulevard (1.4 mi)  
Turn right onto Bellgrave Ave. (0.2 mi)  
Destination will be on the right.



**Pre-registration** is required. Go to <https://goo.gl/forms/VCdEQ8UvaISW4IVB3> and follow the online registration instructions. *Please submit requests for disability accommodations at least fifteen working days prior to the training by noting your request when registering at <https://goo.gl/forms/VCdEQ8UvaISW4IVB3>.*

**REGISTRATION DEADLINE:** Wednesday, **January 30, 2019** (seating is limited). Please send checks payable to **Ontario-Montclair School District/SELPA, c/o Adrienne Ochoa**, 950 West “D” Street, Ontario, CA 91762. Purchase orders may be faxed to **(909)459-2530, attention: Adrienne Ochoa**. Cancellations will be accepted through January 30, 2019 with a full refund, but **WILL NOT** be issued after the deadline. In the event that the presentation is canceled, registrants will receive a full refund. For registration assistance, please call **Adrienne Ochoa at (909)418-6503**.

This project is partially funded by the Federal State Improvement Grant (SIG) of California (CFDA 84.323A) as allowed in Part D of Public Law 105-17, IDEA 1997. Participating Agencies: Corona/Norco Unified • Desert/Mountain SELPA • East Valley SELPA • Fontana Unified • Inyo County SELPA • Mono County SELPA • Morongo Unified • Moreno Valley Unified • Riverside County SELPA • Riverside Unified • San Bernardino City Unified • West End SELPA • California School for the Deaf, Riverside • California State Polytechnic University, Pomona • California State University, San Bernardino • University of California, Riverside

*(Optional registration form in lieu of on-line registration complete; and mail with the \$110/\$99 made payable to  
OMSD – SELPA c/o Adrienne Ochoa*

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Name: \_\_\_\_\_ Title: \_\_\_\_\_ District: \_\_\_\_\_  
School: \_\_\_\_\_ Daytime Phone #: \_\_\_\_\_ Email: \_\_\_\_\_