

TABLE 1.3 Teaching Executive Function Strategies While Incorporating UDL

	MULTIPLE MEANS OF REPRESENTATION—THE “WHAT” OF LEARNING: WHAT YOU CAN DO TO PRESENT THE INFORMATION	MULTIPLE MEANS OF ACTION AND EXPRESSION—THE “HOW” OF LEARNING: HOW THE STUDENT WILL ORGANIZE AND EXPRESS LEARNING	MULTIPLE MEANS OF ENGAGEMENT—THE “WHY” OF LEARNING: WHY THE STUDENT WANTS TO BE MOTIVATED TO LEARN AND REMAIN FOCUSED
Tool	<ul style="list-style-type: none"> • Lectures • Discussions • Books, magazines, newspapers • Guest presenters • Storytelling • Timelines • Modeling • Diagrams • Listening to music • Demonstrating • Videos • Podcasts • Role playing • Choral reading • Popcorn reading • Experiments • Games • Manipulatives • Dressing up like a character and acting a role • Pictures • Paintings • Post-it Notes 	<ul style="list-style-type: none"> • Reports (written, oral) • Singing • Rapping • Acting • Demonstrating • Interviewing • Dancing • Diagrams • Creating videos • Creating podcasts • Dioramas • Drawing • Portfolios • Tests (written, short answer, true/false, multiple choice, dictated response) • Projects • Sequencing activities • Manipulatives • Highlighting, underlining text, bolding text • Self-assessment of learning • Post-it Note Summaries 	<ul style="list-style-type: none"> • Background knowledge • Extending time for task completion • Color-coding • Highlighting, underlining text, bolding text • Discussions • Pro/con activities • Demonstrating • Group activities • Journaling • Summarizing information • Work centers • K-W-L-S Chart • Games • Reinforcers

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Supportive Technology	<ul style="list-style-type: none"> • Videos • PowerPoints • Cameras • Computers/iPads/ APPS iPads • iPods • Microphones • Promethean boards • Prezi • Glogster • Lino • Speech to Text Software • Learning Ally (https://www.learningally.org/) • Websites • ZOOM Sessions • Facetime • Skype • Text on tape 	<ul style="list-style-type: none"> • Videos • PowerPoints • Cameras • Microphones • Promethean boards • Prezi • Glogster • Lino • Speech to Text Software • Learning Ally (https://www.learningally.org/) • Websites • ZOOM Sessions • Facetime • Skype • Text on tape 	<ul style="list-style-type: none"> • Videos • PowerPoints • Cameras • Microphones • Promethean boards • Prezi • Glogster • Lino • Speech to Text Software • Learning Ally (https://www.learningally.org/) • Audio text • Websites • ZOOM Sessions • Facetime • Skype • Computers/iPads/ APPS • iPods

Executive function skills training as described in this book involves your teaching students specific skill-building strategies incorporating metacognition that, in combination with UDL, help them with the following EF processes:

- Setting goals
- Self-regulating (social/emotional, inhibiting, cognitive flexibility/shifting)
- Developing a game plan for learning
- Attending to instruction
- Organizing materials and resources