

Increasing Engagement in Students

by Jessica Minahan,

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Notetaking Sheet

Underdeveloped skills: Self-Regulation Accurate Thinking Social Skills Executive Functioning Flexible Thinking	
Why students seek negative attention	
Hot Spots Unstructured Times Transitions Writing Tasks Social Demands Novel / unexpected change Independent work	
Accommodations to promote initiation, persistence, and help-seeking	
Teaching Initiation	For charts and summary of information go to: Helping Anxious Students Move Forward – Reduce Work Avoidance
Teaching persistence	
Help-Seeking Behaviors	

Breakout Session

ACTIVITY		
SKILL	STRATEGY	USED?
Initiation		
Persistence		
Help-Seeking		
Self-Regulation Body checks Calming box		
Self-regulation Apps	<input type="checkbox"/> Calm <input type="checkbox"/> Headspace <input type="checkbox"/> Moodnotes (not free) <input type="checkbox"/> Moodpath <input type="checkbox"/> Pacifica <input type="checkbox"/> Pixel Thoughts	<input type="checkbox"/> SuperBetter (game to teach resilience) <input type="checkbox"/> 7 Cups <input type="checkbox"/> Anxiety Relief Hypnosis <input type="checkbox"/> Happify <input type="checkbox"/> Talkspace
Shift Reinforcement to Skill Development		
Helpful Responses		
Self-Monitoring Chart		

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Breakout Session
Additional Notes: