

EF 101

SethPerler
.com

EF101 Course Outline, SethPerler.com

You can print this. You might want to use the printout to track the lessons you complete and to note which ones you want to revisit.

Total course watch time = 3 hours 40 minutes.

Note: This does NOT include time for homework, which may take anywhere from an hour to several hours depending on how much you like to write.

<u>ITEM</u>	Duration
MODULE 1: Start Here, 41 min	
-M1 Lesson 1: Start Here: How EF101 works	--
--- Video 1: How EF101 works: A tour and tips	6:37
--- Video 2: Background: Set the stage. My philosophy. Where I'm coming from.	9:06
--- Video 3: What you'll learn	3:58
--- Video 4: Pacing the course	3:24
Total watch time >	23:08
-M1 Lesson 2: My Story	--
--- Video 1: My Story	18:04
Total watch time >	18:04
MODULE 2: What is Executive Function? 1 hr 45 min	
-M2 Lesson 1: What is Executive Function?	--
--- Video 1: The Basics of EF	9:19
--- Video 2: Why We Don't Know About It	5:20
--- Video 3: Two Types of Adults	3:22
--- Video 4: EF and The Brain	8:34
---Video 5: My Iceberg Theory	6:05
---Video 6: Does The Diagnosis Matter?	5:32
Total watch time >	38:14
-M2 Lesson 2: Students and EF Problems	--
--- Video 1: The Latin Root "Educare"	3:23
--- Video 2: Resistance and The Nervous System	5:28

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<p>--- Video 3: Can't vs. Won't Total watch time ></p>	<p>2:47 11:38</p>
<p>-M2 Lesson 3: Aspects of EF ---Video 1: Aspects of Executive Function ---Video 2: Aspect 1- Emotional Regulation & Dysregulation ---Video 3: Aspect 2- Working Memory, Forgetfulness, Missing Details ---Video 4: Aspect 3- Inhibition & Impulsivity ---Video 5: Aspect 4- Self Reflection ---Video 6: Aspect 5- Processing Speed ---Video 7: Aspect 6- Focus, Concentration, Attention vs. Distractibility ---Video 8: Aspect 7- Organization ---Video 9: Aspect 8- Time Management, Prioritization ---Video 10: Aspect 9- Planning ---Video 11: Aspect 10- Motivation Total watch time ></p>	<p>-- 4:21 5:25 5:30 4:17 5:17 4:45 1:10 5:00 3:31 11:04 6:34 56:54</p>
<p>-M2 Lesson 4: Shame Game & Motivation Lie ---Video 1: The Shame Game Total watch time ></p>	<p>-- 4:23 4:23</p>
<p>-M2 Lesson 5: Blueprint For How To Help ---Video 1: Blueprint for how to help Total watch time ></p>	<p>-- 17:49 17:49</p>
<p>MODULE 3: Parents, 23 min</p>	
<p>-M3 Lesson 1: What Parents Need To Know ---Video 1: Keep Your Eye On The Prize ---Video 2: How Much We Put On Kids Plates ---Video 3: What Parents Say ---Video 4: Advocacy ---Video 5: My Kid Never Listens To Me ---Video 6: Meds, Medication ---Video 7: What is Modeling, and why is it so important? Total watch time ></p>	<p>-- 3:32 2:39 3:29 4:17 1:24 5:14 2:56 23:31</p>

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MODULE 4: Teachers, 17 min	
-M4 Lesson 1: What Teachers Need To Know	--
---Video 1: Keep Your Eye On The Prize	3:10
---Video 2: Mistakes Teachers Make	8:58
---Video 3: How to Help Kids Get Work In	2:00
---Video 4: How to Differentiate Creatively	2:44
Total watch time >	16:52
MODULE 5: EF Toolkit, 30 min	
-M5 Lesson 1: Tools for All Adults	--
---Video 1: Tools for ALL Adults	5:25
---Video 2: Your Own Deep Inner Work	2:54
---Video 3: 3:1 rule	2:48
---Video 4: Wait Time	3:13
---Video 5: Holding Space	1:04
---Video 6: Mirroring	3:38
---Video 7: SNO Concept	6:35
Total watch time >	25:37
-M5 Lesson 2: The Most Important Thing	--
---Video 1: The Most Important Thing	4:43
Total watch time >	4:43