

# EF 101

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## EF101 Homework Collection

**About:** Here are all of the homeworks from the EF101 course in one location. Remember, the more you write, the more you will get out of these, so feel free to go deep.

### **MODULE 1: Start HERE**

#### **Lesson 1: Start Here: How EF101 works**

Video 1: How EF101 works: A tour and tips

**Homework:** Write your “intention” for the course. In other words, in detail, write what you hope to get out of this and why you are taking this course. Writing this in great detail will help you get more out of it.

Video 2: Background: Set the stage.

**Homework:** Write your philosophy of education and/or executive function. In other words, write all about WHY education matters to you? For example: Why are you learning this? Why does it matter to you? What’s the point of all this? What are your concerns about what might happen if children do not get a good education or do learn to work on executive function skills? What are your hopes about education and the kids you care about? Be specific and detailed.

Video 3: What you’ll learn

**Homework:** None

Video 4: Pacing the course

**Homework:** Print pdf of the outline, pacing, etc.. See left sidebar for PDFs

#### **Lesson 2: My Story**

Video 1: My Story

**Homework:** None

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## MODULE 2: What is Executive Function?

### Lesson 1: What is Executive Function?

Video 1: The Basics

**Homework:** Write my own simple, basic definition of Executive Function (although this may seem redundant to some of you, please trust me that this is important to write out at this point.

Video 2: Why We Don't Know About It

**Homework:** None

Video 3: Two Types of Adults

**Homework:** None

Video 4: EF and The Brain

**Homework:** None

Video 5: My Iceberg Theory

**Homework:** None

Video 6: Does the Diagnosis Matter?

**Homework:** None

### Lesson 2: Students and EF Problems

**Homework:** None

### Lesson 3: Aspects of EF

**Homework:** None

### Lesson 4: Shame Game, Motivation Lie

Video 1: The Shame Game

**Homework:** Write about how the shame game has shown up in your life. How did you experience shame as a child? How about now? Do you feel shamed by people you know? By society? Do you shame yourself? Your child? Be as specific as possible. You may want to journal for several pages all about this topic. The deeper you dive into this, the more you will learn and be able to help your child.

### Lesson 5: Blueprint For How to Help

Video 1: Blueprint To Help

**Homework:** What are the principles behind the Frankenstudy philosophy and why is it so important for outside-the-box students?

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## MODULE 3: Parents

### Lesson 1: What Parents Need To Know

#### Video 1: Keep Your Eye on the Prize

**Homework:** Write out YOUR definition of “the prize”. In other words, explore questions like this: How do YOU define the prize? WHY is your child in school? What do YOU want most for your child? What are your greatest hopes for your child’s future? What do you want your relationship to be like when your child grows up? What do you hope about their career? Their social life? Their lifestyle? Their health? etc.. Explore this question in as much depth as you want. The more you write, the deeper you’ll get!

#### Video 2: How Much We Put On Kids’ Plates

**Homework:** What expectations are piled on your child’s plate? Is it reasonable? What do you wish was different? How might that change?

#### Video 3: What Parents Say

**Homework:** Explore in your journal, what messages did YOU receive about how you are “supposed” to be? How have those messages impacted my life? What would have worked better for me? What would that have felt like if I felt deeply seen and understood? What messages do you send to your child? What messages do you want to send? How can you do this more effectively?

#### Video 4: Advocacy

**Homework:** How do I want/need to proactively advocate for my child this coming school year? How do I need to speak my truth?

#### Video 5: My Kid Never Listens to Me

**Homework:** Contact the awesome role models your child has and tell them how much you appreciate them and how you want them to continue to show up for your child.

#### Video 6: Meds. Medication

**Homework:** None

#### Video 7: What is Modeling and Why is it So Important?

**Homework:** What is the reality of what I model? What do I want to model? How can I do this more effectively? What is one thing I want to do to better take care of myself and to do my own deep inner work?

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## MODULE 4: Teachers

### Lesson 1: What Teachers Need To Know

Video 1: Keep Your Eye On The Prize

**Teacher Homework:** What's your *why*? Why did you get into teaching? How do you want to grow as a professional in the upcoming years?

Video 2: Mistakes Teachers Make

**Homework:** None

Video 3: How to Help Kids Get Work In

**Homework:** None

Video 4: How To Differentiate Creatively

**Homework:** None

## MODULE 5: EF Toolkit

### Lesson 1: Tools For All Adults

Video 1: Tools For All Adults

**Homework:** None

Video 2: Your Own Deep Inner Work

**Homework:** What are the next steps I want to take to continue my own deep, inner-work? Journaling, new therapist, find a great self-development event or conference, find an online course that will help me, dive into a book that helps me, commit to self-care in certain ways, etc??? Write out these ideas in-depth and take action to set myself up for success.

Video 3: The 3:1 Rule

**Homework:** For the next 3 days, consciously do the 3:1 rule at least 3 times a day. Celebrate your child's efforts. Make them feel seen. Give countless genuine compliments, notice everything they do "right."

Video 4: Wait Time To Build Trust

**Homework:** Wait. Listen. For the next 3 days, practice waiting for our children to think and share without responding automatically. Create safety. Let them experience that you VALUE what they think. Ask, "what do YOU think?" and listen.

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## Video 5: Holding Space For Your Child

- Homework:** 1. Write about 3 people who hold space for you and write HOW they do it. These are people who make you feel heard, seen, understood, safe, free to be yourself.
2. Write about 3 people who do NOT hold space for you and HOW that makes you feel.
3. Write one idea about HOW you can hold space more powerfully for your child.

## Video 6: Mirroring and Coregulation

**Homework:** Simply NOTICE how coregulation works in your life with the people (and pets!). Notice how others are feeling and consider simply stating what you notice to the person. Then use WAIT time to see what they tell you.

## Video 7: SNO Concept

**Homework:** Plan a regularly scheduled time to help your child overhaul their key systems. Be patient and consistent. Maintainers vs. overhaulers. Most kids with EF struggles are NOT maintainers, so they need to do regular system overhauls. Walk them through the process of maintaining on a regular basis – organizing school papers, backpack, planner, inbox, etc..

## **Lesson 2: The Most Important Thing**

### Video 1: The Most Important Thing

**Homework:** What you do matters! So what are your most important takeaways? Write out a big bulleted list of the most important things that come to mind about what you've learned here? Finally, write out your heart's intention. In other words, how do you intend to use this information and your experience to move forward as you impact the lives of the young people you are trying to help? How are you going to build healthy, secure relationships with kids so they can count on you to see them, hear them, understand them, & support them because these kids need you to optimize their quality of life!