



## Video 4/4: EF Systems

Reference: SYSTEMS teachers can teach to support EF

🍎 Hi teachers and professionals. Thanks for signing up! If you like my work, please share it far and wide. 🙌 Thanks, Seth Perler

In the last video, I gave you some ACTIONS to take to support EF. In this video, I will share SYSTEMS these students desperately need to learn. Here is a simple checklist of systems, you can print and post as a reference.

1. This assessment is at the very CORE of what we need to teach directly that is often NOT.
2. SUGGESTIONS to adapt this assessment: Use it however you want, to evaluate a student, to let them self-assess, to see how well you are directly supporting these systems, you can break the assessment apart to look at 1 or 2 at a time, etc.
3. Note the word RELIABLE throughout the assessment. It is one of the most important words to me when it comes to evaluating how a student is doing with systems.
4. The language I used in this was carefully articulated to clearly explain specifically the skills we want students to build.
5. We want to help kids get to a 3 or 4 in these skills (3 is “good enough”)
6. Kids who struggle are at 1 or 2.
7. Beware, students may be unrealistic and have an inflated perception of their skill levels. If so, use it as an opportunity to empathetically explore more deeply.
8. People can score differently and that’s fine. In other words, you may score a student at a 1 and they give themselves a 3. It’s another opportunity for exploration and helping them reflect more realistically.
9. Ask students “Which ONE area do you want to focus on for domino effect?” Don’t overwhelm them with focusing on too much or all of it or it will backfire. Baby Steps are key.

Thanks for helping kids,  
Seth Perler, [sethperler.com](http://sethperler.com)  
ps -please consider sharing the micro-course with other teachers now.

PS - Check out TEFOS, The Executive Function Online Summit I run at [executivefunctionsummit.com](http://executivefunctionsummit.com)