

Welcome!



Under the “Social Studies” row in your Planner on today’s date...

How did you practice Steps to Success skills since our last lesson?

- Planning
- Organization
- Working Memory
- Goal-setting
- Being Proactive
- Self-Advocacy
- Sustained Attention
- Time Management
- Growth Mindset
- Persistence
- Self-regulation





Steps to Success lessons left:

Please mark these dates on your planner so that you remember & don't plan to leave your Eagle Time!

1. **Monday, April 9:** Goal Setting
2. **Friday, April 13:** Quarter 3 Purge
3. **Monday, April 23:** Mindfulness
4. **Monday, May 7:** Test-taking Tips
5. **Friday, June 15:** Quarter 4 Purge



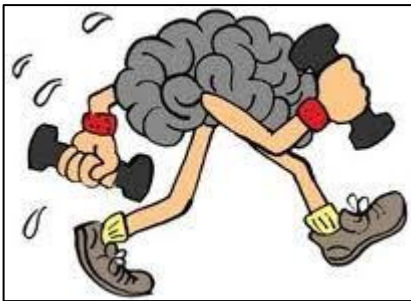
Cognitive Flexibility



Today we are learning about **Cognitive Flexibility**.

What do you think **Cognitive**

Flexibility means?



What is Cognitive Flexibility?



Definition

Cognitive Flexibility is the ability to revise plans in the face of:

- obstacles
- setbacks
- new information
- mistakes



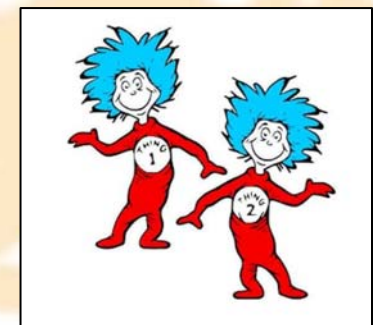
It relates to an *adaptability* to changing conditions.

--*Smart but Scattered Teens* by Richard Guare et al.

Examples

- Some people can “go with the flow” and adjust fairly easily to a change in plans.
- Others plan out in their head in advance how something will go and get upset if it doesn't happen as planned.

Which type are you?



Quote

“The hardest part of learning something new is not embracing new ideas, but letting go of old ones.”

- Todd Rose

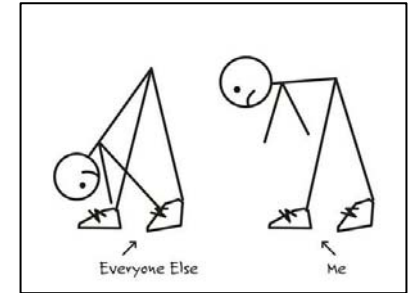


Flexible



- “Go with the flow”
- “Roll with the punches”
- Don’t get thrown by last minute changes in plans
- Instead of being overtaken by disappointment or aggravation, they start thinking about how they can solve the problem

Inflexible



- Struggle with unexpected change & open-ended tasks
- Insist on sameness and routine or is easily upset
- Unable to generate multiple answers to questions
- Can’t figure out a new approach to completing a task when the first one doesn’t work



4:00

How flexible are you?

Directions: For each row, decide whether the statement to the left (*Statement 1*) or right (*Statement 2*) describes you better. Then, rate the degree to which that statement applies to you using a checkmark.

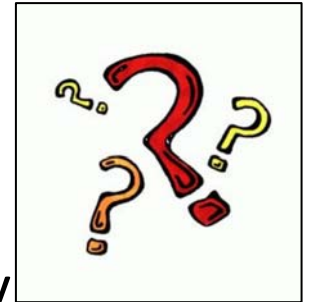
Open-ended tasks



- Have multiple correct answers
- Have different ways to achieve the correct answer or desired result
- It's not clear when it's done (up to you)
- No obvious starting point (you have to decide what to do first)

Examples of Open-ended tasks

- Using vocabulary words in a sentence
- Writing assignments
- Several ways to solve a math problem i.e. “How many different ways can you group 24 items into even-numbered groups?”
- Selecting a strategy to solve a more complex problem
- Answering “Why?” questions
- Looking for answers to History questions in the text that are not one word or a concrete concept



Solution: Meet Obstacles with Creativity!



Strategies Brainstorm



1. What are 3 things you can do if you start your math homework and realize you can't remember exactly how to do the assignment?
2. What can you do if you get stuck on part of an assignment and start feeling frustrated or angry?



Possible Strategies



- Talk the task through with someone else
- Narrow down choices
- Create “cheat sheets” or to-do lists
- Break down task into small chunks i.e. read 10 pages a day to finish 70 in a week
- Use your words, not tears when upset
- Brainstorm & evaluate solutions

Hard Times Board

HARD TIMES BOARD



Triggers: What Makes Me Mad—

1. When I have to stop listening to my ipod.
2. When it's time to do an assignment I don't like.
3. When my plans don't work out.



"Can't Do's"

1. Hit Somebody
2. Break or Throw Anything

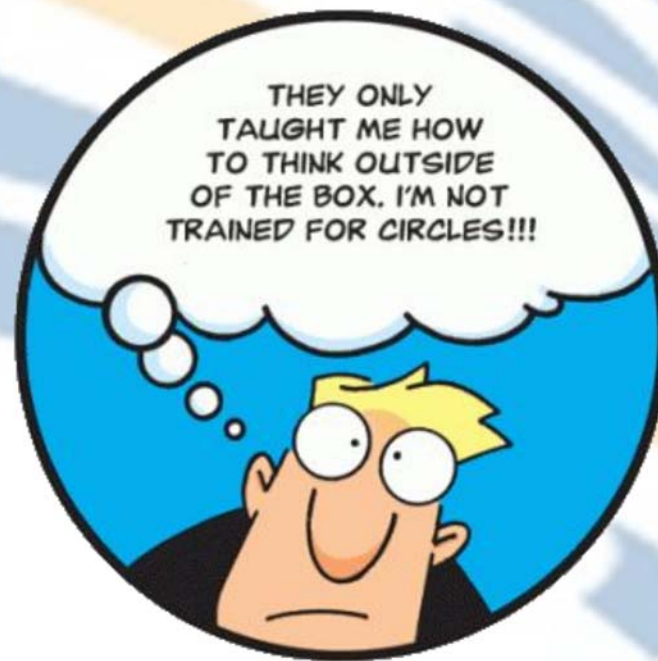


When I'm Having a Hard Time, I Can

1. Talk to the teacher
2. Count to 10
3. Close my eyes and take a deep breath

4:00

Cognitive Flexibility Activities



Give One/Get One



Brainstorm!

1. Make a list of ideas related to SUMMER.
2. You have 2 minutes to create as long of a list as possible.
3. Draw a line after your final idea.
4. Stand with your lists in your hand & talk, *one on one*, with as many other people as you can in 3 minutes.
5. Given each other person you meet at least one idea from your list; you must also write down one new idea from each partner's list underneath your line.

Share!



Vanity Plates

What can you infer about the people who have the following licence plates?

- LRD V8R
- MIS ZAYN
- 3XX 1XY
- FRNT 180
- 12THMAN
- ROBLX2



Time Travel

Pick one of the following items and explain it to someone from 1850 using terminology they could understand.

- a) A computer
- b) iPad
- c) Angry Birds
- d) Cable television



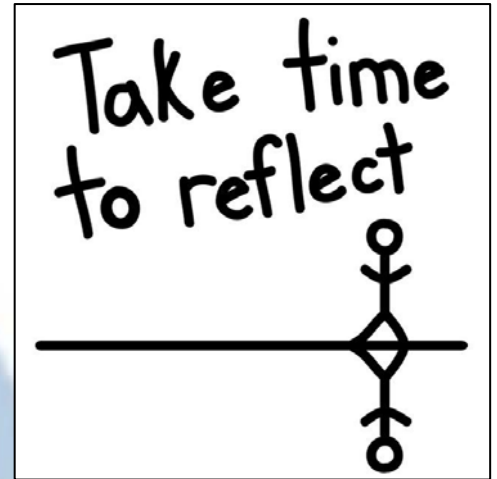
Stuck in a Pit

You are stuck in a 20-foot-deep pit. In the pit with you have a shovel, a snowmobile, a bucket of steak subs from the cafeteria, and a hippopotamus. Describe how you will escape?



Reflect

- What is Cognitive Flexibility?
- Why do we want to have it?
- What you do between now and our next lesson to practice Cognitive Flexibility?



Don't forget to hold onto your worksheet or give to a parent or teacher you would like to share it with!