SMARTS: A Research-Based Executive Function Curriculum That Teaches Students to Learn How to Learn

Why SMARTS Elementary Works:

• SMARTS has been developed by Lynn Meltzer, Ph.D. and her team of educational specialists. Dr. Meltzer is a leader in the field of executive function in education.

• SMARTS teaches executive function strategies for common academic tasks, (e.g., reading, time management, writing, and more!)

• SMARTS can be applied flexibly across subject areas and academic settings, from 1:1 tutoring and small groups, to large classrooms.

• SMARTS teaches students how to reflect and understand their strengths and challenges, promoting metacognitive awareness, the key to life-long learning.

• SMARTS benefits all students and is essential for students who struggle academically.

The SMARTS Elementary curriculum includes:

• 30 structured lesson plans organized into 6 units: Metacognition, Goal Setting, Flexible Thinking, Organizing, Remembering, and Self-monitoring and Checking

• PowerPoint® presentation for each lesson

• Teacher training webinars

• Student workbook

Go to: www.smarts-ef.org for more information and to get started today!
SMARTS: Executive Function and Educational Impact

When executive function strategies are taught explicitly, students:

- Approach problems flexibly
- Gain confidence and self-esteem
- Succeed academically
- Demonstrate increased self-understanding

Goal Setting
Setting short and long-term goals across all academic subjects

Organizing & Prioritizing
Organizing time, materials and information

Remembering & Accessing Working Memory
Memorizing information, taking notes, studying for tests

Cognitive Flexibility
Shifting flexibly from themes to details and back; the foundation of reading, writing, and test-taking.

Self-Monitoring & Checking
Checking and editing on final drafts when working on projects, reports, and tests

Students who learn HOW to learn can persist and succeed in school and in life.

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