



SUMMER GROUP INFO & CONSENT FORM

Dear Parent(s) and/or Guardian(s),

We are pleased to extend an invitation to all students entering or currently attending high school to participate in our Executive Functioning Skills Group this summer. This program is designed to enhance various essential skills that contribute to both academic and personal growth and is open to all students who are interested in developing their executive functioning and self-management abilities. This group is not considered mental health treatment and your student will not be provided with a mental health diagnosis. Instead, the group will provide students the opportunity to learn executive functioning skills.

The Executive Functioning Skills Group will run for two weeks, from Monday, June 3rd, through Friday, June 14th, meeting every weekday. This group will be held at Copley High School from 12:30 to 2:00 PM.

Overview of Session Topics

The Executive Functioning Skills Group will engage participants in structured sessions, each focusing on a specific aspect of executive functioning. These sessions are designed to enhance participants' abilities in the following key areas:

- Emotional Control and Task Initiation: Developing strategies to manage emotions effectively and begin tasks promptly.
- Planning and Organizing: Learning techniques to effectively plan and organize activities and responsibilities.
- Time Management and Goal-Directed Persistence: Cultivating skills to manage time efficiently and persist in achieving set goals.
- Working Memory and Flexibility: Enhancing the capacity to retain information while adapting to changing circumstances.
- Response Inhibition and Sustained Attention: Focusing on controlling impulses and maintaining attention on tasks.
- Metacognition: Building awareness of one's own thought processes and learning to adjust them for better outcomes.

Group Leaders

This group will be led by Denise Polak (School Psychologist) & Ryan Lawrence (Prevention Specialist).

For more information or questions, please contact Ryan Lawrence (ryan.lawrence@copley-fairlawn.org) or Denise Polak (denise.polak@copley-fairlawn.org)



Consent

Please sign the attached form if you would like your child to participate in this group.

Permission for Group

Student Name: _____

☐ I give permission for my child to participate in the Wellness and Success Group

Parent/Guardian Signature _____ Date _____

Parent/Guardian Printed Name _____

Please submit your documents to Ryan Lawrence or Denise Polak. You can either hand them in personally or scan and email them directly.