

Outline for Telecourses

All courses will happen in 6 one hour calls. The first 15 minutes will be a round robin discussion of successes or challenges that occurred during the week. The time will be honoured, providing everyone with an opportunity to speak. Following the introductory period will be a thirty minute lesson on the week's specific topic. Prior to every call, print material will be sent out via e-mail so that everyone understands the purpose and direction of the lesson. Outlines will be sent out prior to every class. The hope is that everyone will have a workbook with specific personal notes to use for future reference. The final 15 minutes are reserved for individual goal setting for the upcoming week.

1. Family Routine and Habits to Ensure Academic Success

This course will examine the following areas of organization:

- Why the unique brain wiring of LD/ADHD kids leads to disorganization, temper outbursts, ego-centric thinking
- Why consistent routines and development of positive habits has to be taught and re-enforced
- Strategies to assist with planning routines involving extracurricular activities (family calendar, fast, easy nutritious meals, setting up a launch pad)
- Establishing homework and study skill habits (Consistent time, study location)
- Understanding time, establishing schedules establishing priorities as well as effectively utilizing the school agenda
- Organizing spaces such as the backpack, binders, lockers

2. Positive Advocacy with School Personnel

LD/ ADHD students all have IEP's which will be written in the fall terms. These documents form a yearly road map for your child. You need to understand

- What your rights are within the educational system
- Unscrambling the educational alphabet soup (IEP, IPRC, ISRC etc.)
- Dialogue with educational personnel
- Accommodations versus Modifications and implications for the future
- Effective collaboration with educators

Outline for **Bullying: both sides of the issue** will be posted by December 2011

Outline for **Dealing with Procrastination** will be posted in January 2012.