

Griffin Regional Educational Service Agency
Executive Director, Dr. Stephanie L. Gordy

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Serving:
Butts, Fayette,
Henry, Lamar,
Newton, Pike,
Spalding, Upson
School Systems



Mental Control and Self-Regulation of Executive Functions

Humans are born with brains that are not fully developed. Executive functions are a neurological process that controls and regulates impulses, attention, remembering information, planning, and organizing time and materials, responding in social situations and more. Students develop these skills through explicit instruction, practice opportunities, and self-reflection.

In this class, participants will explore and simulate these functions, as well as fill their toolboxes with ideas to incorporate executive function instruction into the everyday classroom.

This professional development opportunity is provided by a grant for our regional school systems. Therefore, it is open only to educators in the Griffin RESA region: (Butts, Fayette, Henry, Lamar, Pike, Newton, Griffin-Spalding, and Thomaston-Upson School Systems).

Date:	December 7 th , 2022
Time:	8:30am – 3:30pm
Location:	Griffin RESA
Cost:	\$0 (Registration is required)
Target Audience:	K-12 th Teachers

Register online at www.griffinresa.net
Registration Deadline: November 30th, 2022