

McCloskey's EF Model: Self-Regulation Skills by Division

Attention	Perceive, Focus, Sustain
Engagement	Energize, Initiate, Inhibit, Stop, Pause, Flexible, Shift
Efficiency	Sense Time, Pace, Sequence, Execute
Memory	Hold, Manipulate, Store, Retrieve
Inquiry	Anticipate, Gauge, Analyze, Estimate Time, Compare
Solution	Generate, Associate, Prioritize, Plan, Organize, Decide
Optimization	Monitor, Modulate, Balance, Correct

Strategy #1: Reframing Adolescent Minds

Feature	Upside	Downside
Novelty Seeking	<ul style="list-style-type: none"> ● Open to new experiences and ideas ● A sense of adventure ● Fascination with life 	<ul style="list-style-type: none"> ● Act without thinking ● Engage in dangerous behaviors
Social Engagement	<ul style="list-style-type: none"> ● Building strong relationships ● Foundational to building healthy adult relationships ● Positive implications for wellbeing 	<ul style="list-style-type: none"> ● Rejection of adult ideas and knowledge ● Peer pressure
Emotional Spark	<ul style="list-style-type: none"> ● Life lived with vitality and exuberance ● Passion for ideas, experiences, and the world around them 	<ul style="list-style-type: none"> ● Emotion drives decision making and action ● Impulsivity
Creative Exploration	<ul style="list-style-type: none"> ● Out of the box thinking ● Questioning the status quo ● Emergence of innovation 	<ul style="list-style-type: none"> ● Risk taking ● Sensation seeking ● Impulsivity

Strategy #2: Transparency

Conversations, articles, videos, and books are all great ways to share information with your daughter about the adolescent brain.

- 90 second pause
- Name it and claim it

Strategy #3: Reflection

Journal: The below articles provide a number of options, using both written and visual expression, for guided journals. As adolescence bridges the “tween” years and adulthood, there will be journals in both articles decidedly targeted toward younger audiences. BuzzFeed and the Huffington Post have additional articles with lists and descriptions of guided journals. However, they are not curated with adolescents in mind. There are some great options, but I would recommend reading through reviews on Amazon or similar sites to determine what is most appropriate for your daughter.

- Mental Floss’s article “10 Guided Journals for Organized Self-Improvement”
- readbrightly.com’s article “9 Unique Journals for Tweens and Teens”

Mindfulness: Research now affirms what we have intuited for years. Actively expressing gratitude and taking quiet moments of overall mindfulness and reflection are beneficial for our mental and physical wellbeing.

- Attend our next parent education workshop focused on mindfulness and gratitude.
- Check out the Huffington Post article “Teaching Mindfulness to Teenagers: 5 Ways to Get Started” by Sarah Rudell Beach
- Check out the research and resources of Dr. Robert Emmons and his Gratitude Project at UC Davis. (www.emmons.faculty.ucdavis.edu)

Self-questioning: Whether you and your daughter address reflective questions in a conversation or she does so on her own, evaluating an experience after it has occurred is a critical metacognitive tool to help adjust behavior for greater success next time. A 3-2-1 exercise is one way to structure reflection.

3 . . .	2 . . .	1 . . .
things I learned; questions I still have; things I’ll do to find the answer; things that surprised me; things that intrigued me; ways I was creative; things I’ll do next time; ways I might approach it differently; person/people I can ask for help; things I want to know more about; things I did that worked really well; things that inspired me; things that made me think differently; things that made me laugh; things I appreciate; things I’d like to push back on; emotions I’m having; things I wonder about; ways I would advise a friend to do in a similar situation; things I enjoyed; things that I admire; things of beauty I saw today; of my best moments today; way I thought about something differently today; time I was at my best today; thing I can do with what I learned		

Strategy #4: Bridging

Modeling

- talking aloud through your own fully developed PFC thought processes, particularly, planning, monitoring, reflection, and revision.
- looping her in to planning and decision making for aspects of your family life
- modeling the grit, resilience, curiosity, creativity, reflection, revision, etc. required for, as your daughters might put it, “adulting”

Reflective questioning: Adolescents often know the “what” and “when” of a situation, but struggle with the “how”. Asking open-ended “how” questions, may result in very quick, “I don’t know” responses. In the beginning, giving your daughter several options to resolve a given “how” is a great way to start.