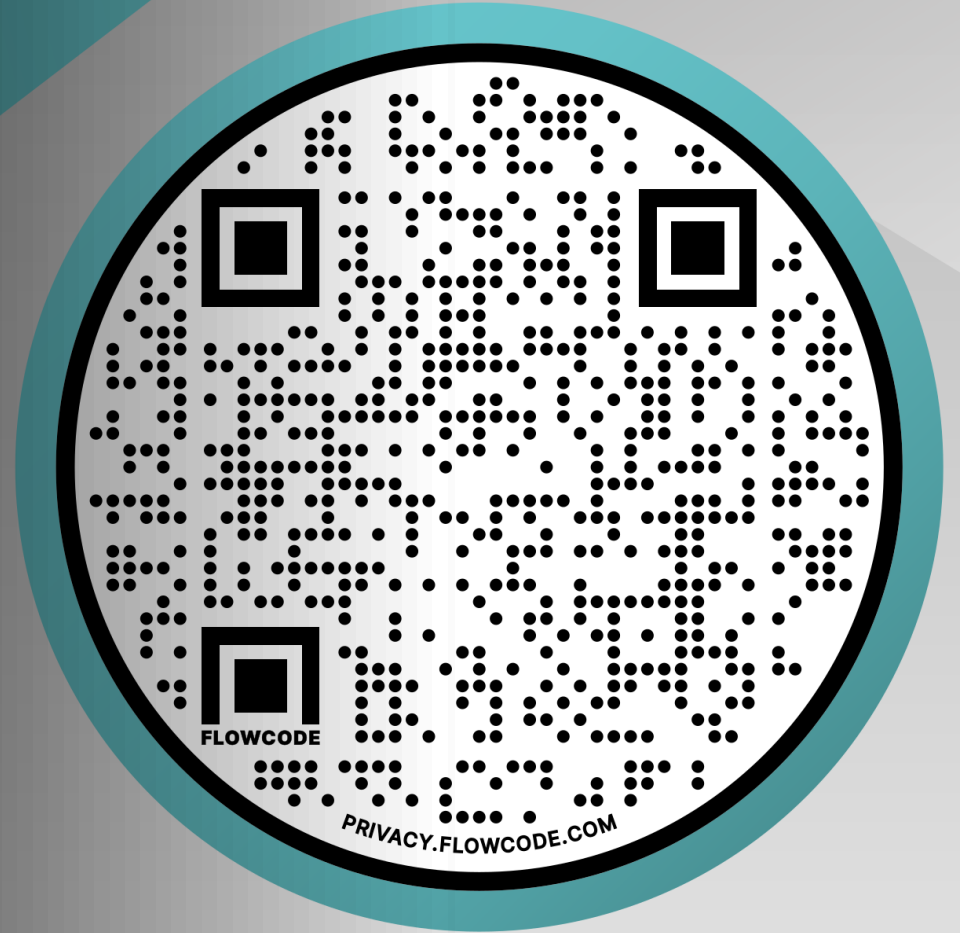




THE THINKBANK

Executive Functioning Skills for High School Students

Brian Barrett- 2022 UNC MEITE Learning Engineer



OPEN
ZOOM
SCAN

Outline

THE PROBLEM

THE RESULT

WHAT IS THINK BANK?

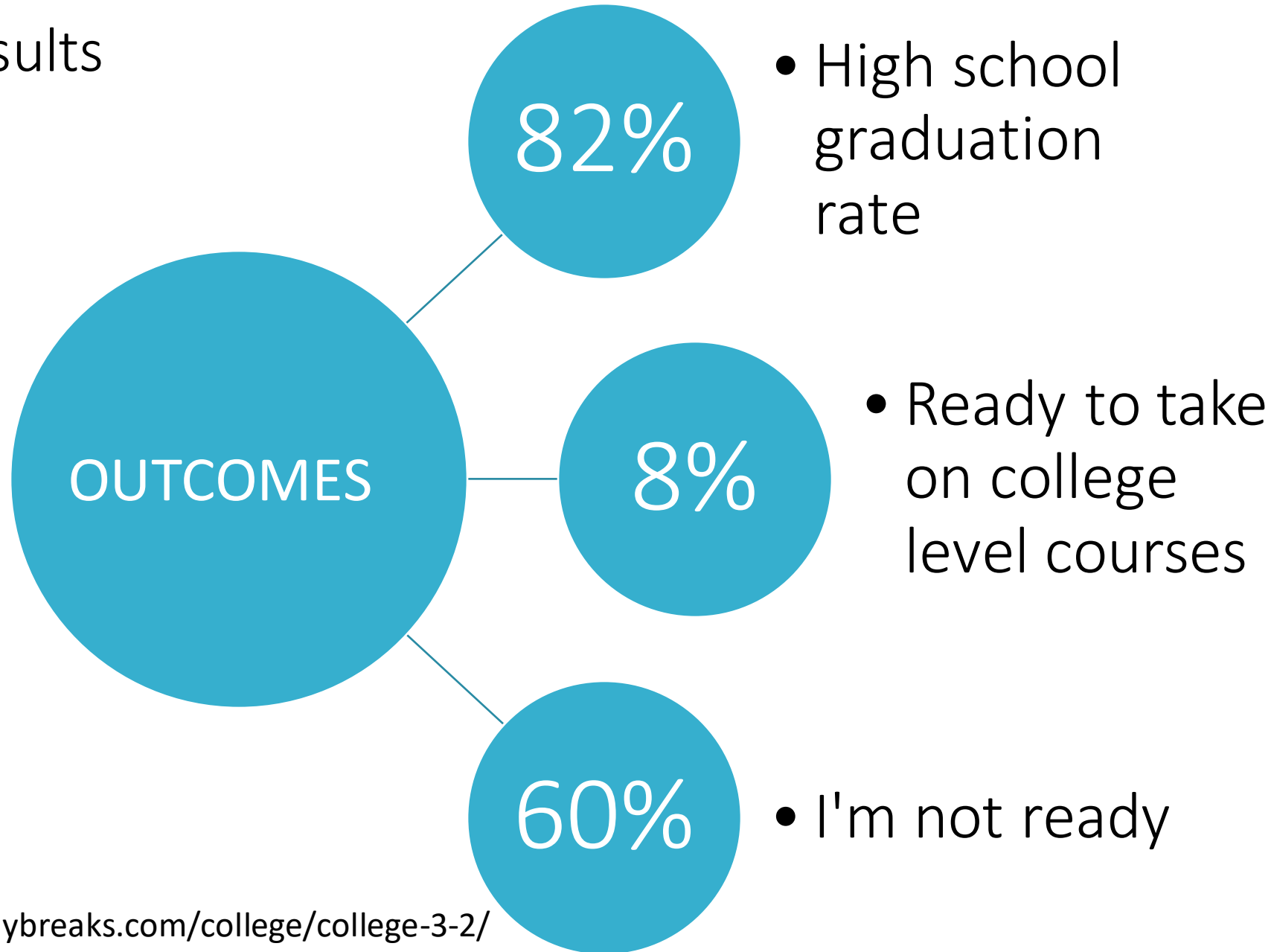
WHAT MAKES IT UNIQUE?



Mental Preparation for Academic Success



Results



What is it?



THE THINKBANK



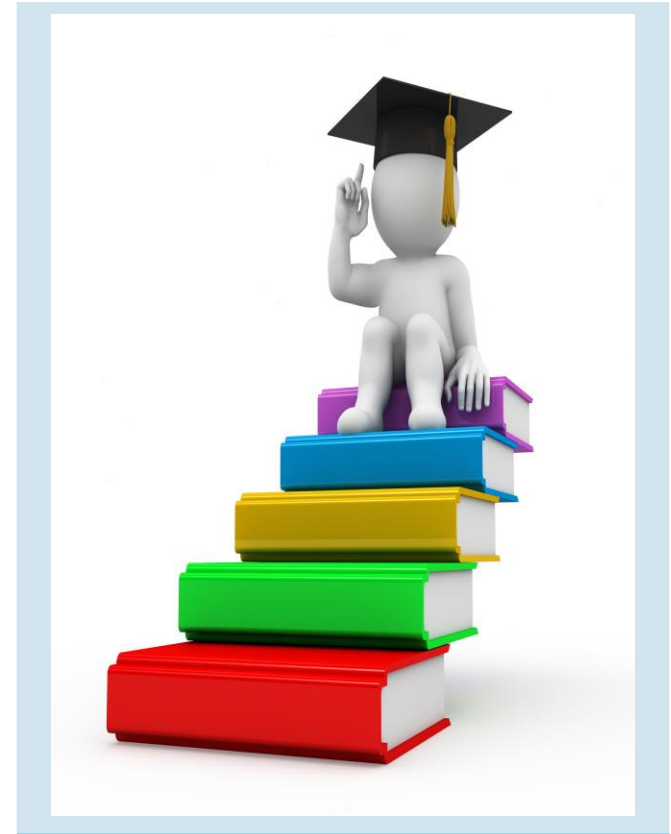
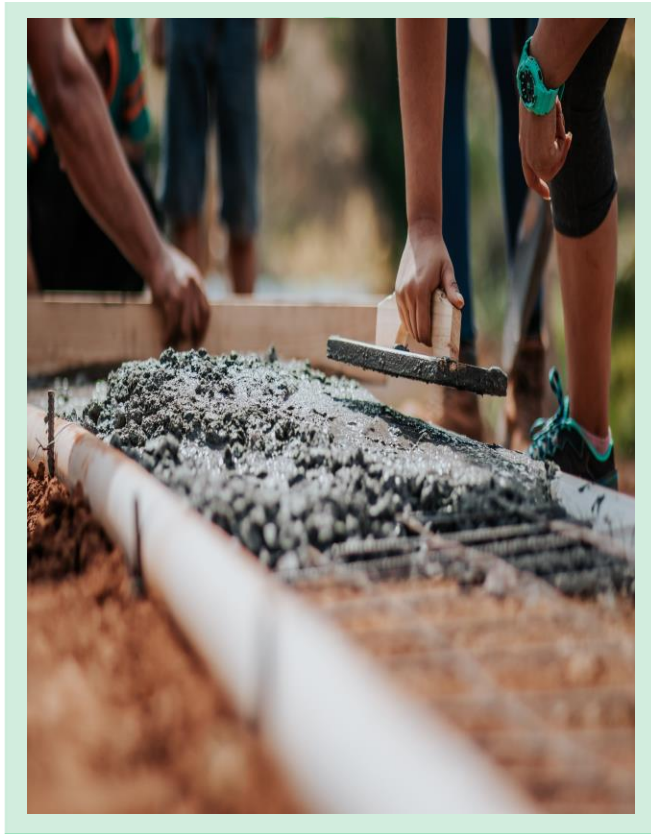
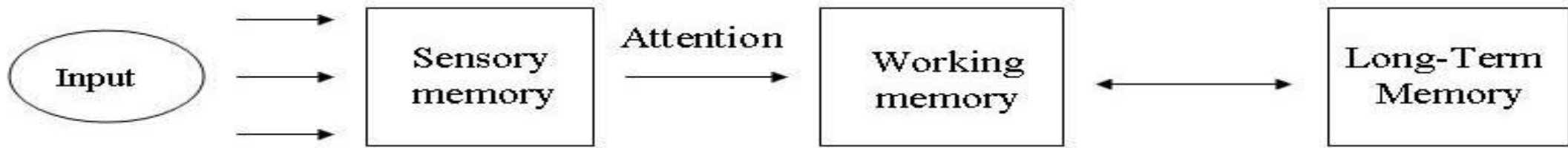
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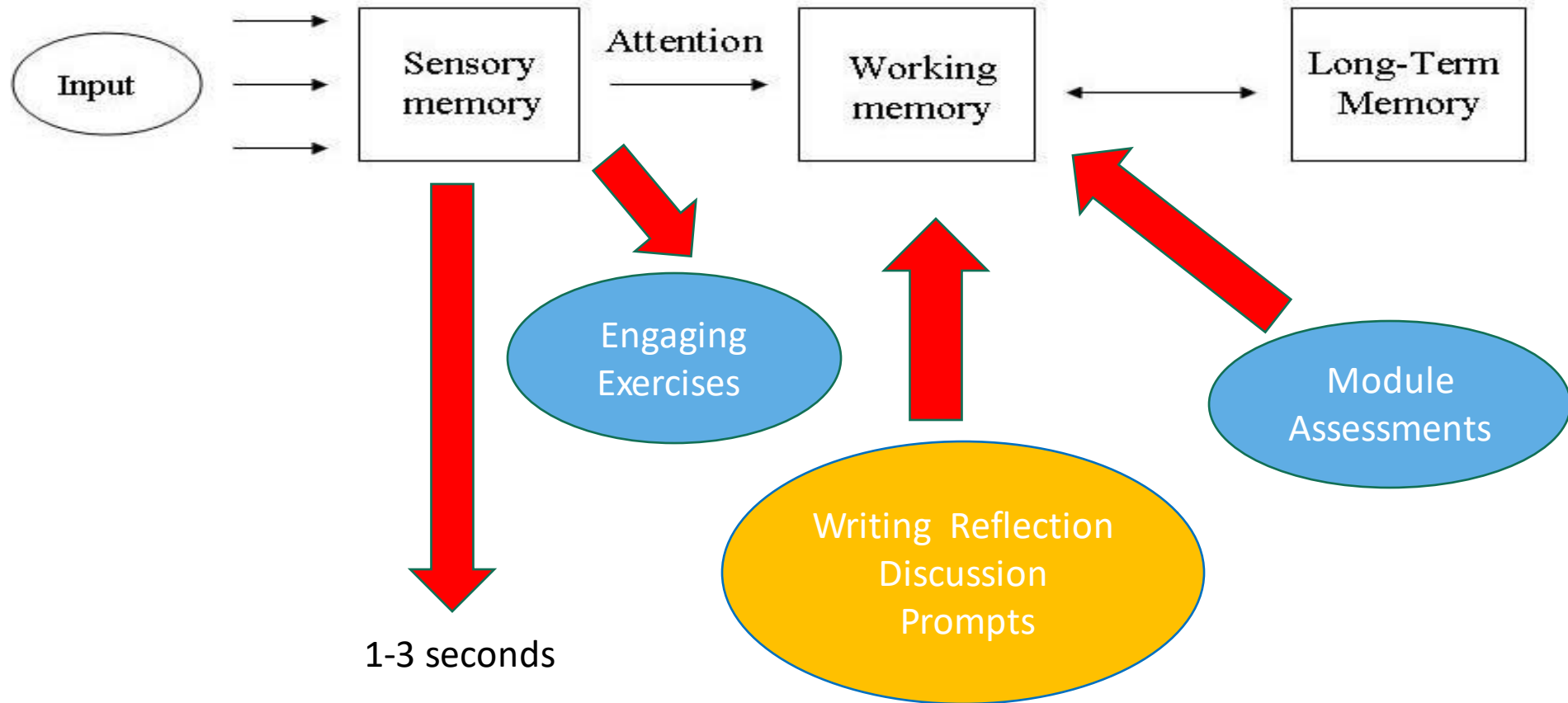


Working Memory has replaced STM



Working Memory has replaced STM

← (Short Term Memory)



UNIQUENESSS

Example-Recall
Engaging Exercises

5 Tips To Keep Your Chin Up

- 

1 Do something impulsive.
Do something impulsive that you haven't planned every day. It's better to have no plan so we can seize the opportunities that may arise.
- 

2 Have rituals.
We are less who we are than what we do. Do 3 things that you love every day. As a result, feeling the gratitude will help you better sleep. Better sleep helps to be in a better mood. A better mood helps to make better decisions.
- 

3 Exercise at least 10 minutes a day.
Exercising has an influence on your brain, on your mood, on your ability to reflect and on your health.
- 

4 Take breaks.
Prevent burnouts by stopping what you are doing and do something else. Create a different atmosphere, add some novelties in your daily routine.
- 

5 Learn something new.
Learning helps to create new connections in your brain and to come up with new ideas and new opportunities.

Source



Target Audience "Students"



Thank You!



"Relevant Skills for Student Empowerment"