

# Executive Functioning



## Consultation & Diagnostic

Executive functioning coaching is a **highly personal process**, which is why every family receives a free consultation and optional cognitive assessment.



## Goals, Systems, Redundancies

By setting goals and systems a student can "**touch and feel**," like prioritizing time-sensitive demands, we **celebrate wins and build confidence** efficiently.



## Accountability Check-Ins

In addition to live-sessions, Marigold Prep's coaches **proactively check in** with their students several times per week to establish accountability and build consistency.



## Metacognition & Self-Control

Once students are effectively managing their day to day, we develop less tangible skills like metacognition and self-control to enable **long term and autonomous success**.

# Essential Skill Development



## Time Management & Prioritization

We help our students develop **calendar and reminder systems**, resulting in fewer late assignments, less procrastination, and decreased stress.



## Physical & Digital Organization

A clear mind starts with a clean space, be it a locker or laptop. We help students **develop internal motivation to take ownership** of their physical and digital spaces.



## Study Skills & Test-Taking Strategy

We tutor for **all major high school and college subjects**, while emphasizing strong study habits, efficient note-taking, and strategic test taking techniques.



## Coping Mechanisms & Self-Advocacy

Low grades and test scores are often **symptoms of underlying issues**. We help students understand the "why" behind their habits and how/when to ask for help.