

"ADHD Wilderness Survival Guide" (ADHD & Executive Functions)

9:15 – 10:15 am

[Click here to Zoom](#)

Passcode: SPIN2021

Workshop Description

Hike over to this workshop and meet your expert guide on ADHD. Uncover the secrets to how executive functioning affects all aspects of our lives and get survival tips on how executive functioning is impacted by ADHD.



Earn Your Badge:

Learn: The criteria for diagnosing ADHD.

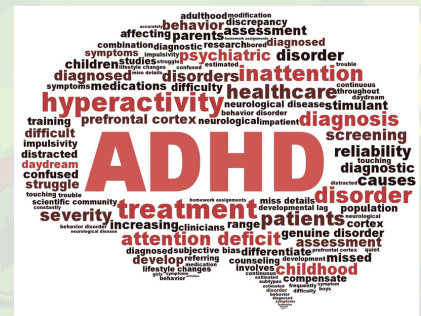
Understand: How ADHD affects executive functioning in children and youth.

Demonstrate: How to use behavioral interventions and teaching strategies to support your child with ADHD at home.

Find: Resources to support your child.

Executive function is a set of mental skills that include working memory, flexible thinking and self-control. We use these skills every day to learn, work and manage daily life. Trouble with executive function can make it hard to focus, follow directions and handle emotions, among other things.

~ Understood.com



Meet your Expert Guide



Rockey Knox started her career as a special education teacher in the HIDEOE and is now an assistant professor in the Department of Special Education at UH Manoa. Her fields of interest include ADHD, educational neuroscience, and the relationships between emotions, cognition, and learning. Rocky often blends her personal experiences growing up with ADHD with her insights as a teacher and researcher to address the issue from a variety of perspectives.