



FOR IMMEDIATE RELEASE:

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**Commonwealth Academy and Landmark College to Offer Workshop
on Executive Functioning**

Putney, VT – July 14, 2009 – Commonwealth Academy of Alexandria, VA, in conjunction with Landmark College, is sponsoring a workshop for educators and parents on “Meeting the Challenge of Executive Functioning.” Executive functioning refers to an individual’s capacity to plan, organize, strategize, and carry tasks through to completion. Executive functioning is especially challenging for adolescents with learning disabilities and attention deficit disorders; it is the cause of many difficulties at school and home, despite abundant intelligence and good educational opportunities. This one-day workshop explores the theoretical basis for executive functioning challenges, providing educators and parents with insights for designing effective interventions that promote academic success. Participants will develop a repertory of strategies for meeting the challenges of time and task management, with a focus on efficient study routines and coaching approaches for student self management.

The presenter will be Linda Hecker, Lead Education Specialist at Landmark College Institute for Research and Training, in Putney, Vermont. Landmark College is recognized as the premier college for students with learning disabilities and AD/HD. Ms Hecker has given workshops, courses and seminars at schools and colleges around the world. The workshop will take place at Commonwealth Academy (1321 Leslie Avenue, Alexandria, VA) on Tuesday, August 21st beginning at 9 am and is open to secondary and postsecondary educators, parents, counselors, vocational rehabilitation specialists, as well as others who work with students with learning challenges. The \$80 fee includes all materials, snacks, and lunch. For more information contact: institute@landmark.edu, and to register online: www.landmark.edu/nova.