



ResearchILD  
Research Institute for  
Learning and Development

34<sup>TH</sup> ANNUAL

# LEARNING DIFFERENCES CONFERENCE



**EXECUTIVE FUNCTION AND METACOGNITION:**  
Reducing Stress and Promoting Resilience in the Classroom


**MARCH 22–23, 2019**

**CHAIR: LYNN MELTZER, Ph.D.**

**At the Harvard Graduate School of Education**

## EXECUTIVE FUNCTION AND METACOGNITION: Reducing Stress and Promoting Resilience in the Classroom

*Chair: Lynn Meltzer, Ph.D.*



March 22-23, 2019  
at the Harvard  
Graduate School  
of Education

### WHO SHOULD ATTEND?

This conference is designed for professionals in education, psychology, child development, speech and language pathology, school psychology, and other related fields.

This 34th Annual Learning Differences conference will emphasize current work on the importance of executive function strategies in mediating stress and fostering persistence and resilience in students as they navigate school challenges. Presentations will focus on innovative research and the implications for effective clinical practice and classroom teaching. There will be an emphasis on executive function strategies that benefit all students from kindergarten into high school and college, and span reading, writing, math, as well as content area subjects.

- *How do we promote a school culture that fosters metacognitive awareness and the teaching of executive function strategies?*
- *How do executive function weaknesses affect the performance of students with LD, ADHD, ASD, and other learning difficulties?*
- *How do we promote students' strengths and reduce their anxiety and stress in the context of the classroom?*
- *How do we promote self-regulation and executive function strategies in the early elementary grades?*

The conference will include a combination of plenary sessions and smaller concurrent sessions to provide opportunities for in-depth discussion with faculty. The program will emphasize the application of theory and research to educational practice.

For more information, including a brief description of the conference talks, go to: [www.researchchild.org/l dc2019](http://www.researchchild.org/l dc2019)

### PROGRAM FEE

The program fee includes breaks, a networking lunch, and a certificate of completion. Instructional binders with course information are available for an additional \$65. Registrations made up to January 25, 2019 receive the early registration rate of \$595, after which the \$665 rate applies. Limited seats are available for full time students at a rate of \$260. See the registration form or website for details.

### CANCELLATION POLICY

Cancellations must be made in writing. Full refunds will be granted until February 8, 2019. Cancellations received between February 9 and February 22 are subject to a 10% administrative fee. Cancellations after February 22 and no shows are subject to full payment.

ResearchILD reserves the right to cancel the program and change faculty at its discretion. In the unlikely event of program changes, ResearchILD is not responsible for non-refundable travel arrangements or other planning costs incurred.


To register online and for more information:  
[www.researchchild.org/l dc2019](http://www.researchchild.org/l dc2019)  
Phone: 781-861-3711 x 206

### HOTEL RESERVATIONS

Participants are responsible for their own travel and accommodation expenses. Please refer to our website for information about local hotels.

### FURTHER INFORMATION

[www.researchchild.org/l dc2019](http://www.researchchild.org/l dc2019)  
Bee Keswa: [bkeswa@researchchild.org](mailto:bkeswa@researchchild.org)  
Tel: 781-861-3711, Ext 206



*“I thoroughly enjoyed these 2 days. I learned new information and the program reinforced my ideas on why we need to do what we do. I loved the strategies, based on concrete scientific data.”*

- 2018 Conference Attendee



# DAY 1

- 7:45 - 8:30 **Registration**
- 8:30 - 8:50 **Welcome**  
*Lynn Meltzer, Ph.D.*
- 8:50 - 9:50 **Stretching and flexing the mind: Executive function strategies that promote resilience and academic success**  
*Lynn Meltzer, Ph.D.*
- 9:50 - 10:40 **Executive function, motivation, and stress in students with ADHD**  
*Thomas Brown, Ph.D.*
- 10:40 - 11:00 **Coffee break**
- 11:00 - 11:50 **Bright students who can't keep up: The impact of slow processing speed on performance**  
*Ellen Braaten, Ph.D.*
- 11:50 - 12:20 **Questions & discussion**  
*Panel: Lynn Meltzer, Ph.D., Thomas Brown, Ph.D., Ellen Braaten, Ph.D.*
- 12:20 - 1:30 **Networking lunch**
- 1:30 - 2:30 **Learning and attention differences: The building blocks of creative thinking and leadership**  
*Panel: Lynn Meltzer, Ph.D., Dan Koh, M.B.A., Sasha Forbath, B.A., Billy Warren, B.S.*
- 2:30 - 2:50 **Break**

- 2:50 - 4:30 **CONCURRENT SESSIONS**
1. **Promoting executive function processes across the grades: Fun, form, and content**  
*Michael Greschler, M.Ed., Wendy Stacey, M.S., Kim Davis, M.Ed., Shelly Levy, M.Ed., M.S.*
  2. **Keys to comprehension: Teaching main ideas, note taking and summarizing to support comprehension**  
*Joan Sedita, M.Ed.*
  3. **Reaching for joy in math learning: Embracing executive function processes and strategic instruction for students who struggle**  
*Joan Steinberg, M. Ed.*
  4. **Building resilience in children with language learning difficulties using mental flexibility and perspective-taking strategies**  
*Sucheta Kamath, M.A.*
  5. **Verbal working memory: Its role in executive control and language performance**  
*Anthony Bashir, Ph.D., Bonnie Singer, Ph.D.*
- 4:45 - 6:30 **Reception for Speakers, Alumnae, and SMARTS Subscribers**

**“Thank you! This conference was uplifting and inspiring with amazing information!”**

*- 2018 Conference Attendee*

# DAY 2

- 8:30 - 8:45 **Overview**  
*Lynn Meltzer, Ph.D.*
- 8:45 - 9:30 **Executive function strategies to support reading comprehension**  
*Kelly B. Cartwright, Ph.D.*
- 9:30 - 10:15 **Social thinking and social competencies: Teaching more than social skills**  
*Michelle Garcia Winner, SLP, MA-CCC*
- 10:15 - 10:40 **Coffee break**
- 10:45 - 11:30 **The power of mentoring in school-based and after-school settings: From research to practice**  
*Jean Rhodes, Ph.D.*
- 11:30 - 12:00 **Panel: Questions & answers**
- 12:00 - 1:15 **Lunch (On your own in Harvard Square)**
- 1:15 - 2:20 **Embedding executive function strategies into the classroom using the SMARTS curriculum**  
*Panel: Administrators and teachers from selected schools*

- 2:30 - 3:50 **CONCURRENT SESSIONS**
1. **Developing students' strengths through projects and technology: Why makerspaces matter for students with learning differences**  
*Colin Meltzer, M.A., Josh Mulready, B.S.*
  2. **Practical strategies for reducing anxiety and defiant behavior in the classroom**  
*Jessica Minahan, M.Ed., BCBA*
  3. **Self-regulated learning in urban English language learners: A first look**  
*Kalyani Krishnan, M.A., M.Ed., Ph.D candidate*
  4. **Making mindfulness stick for kids with executive function challenges**  
*Christopher Willard, Psy.D., Mark Bertin, M.D.*
  5. **Case Studies of Adolescents with ASD: Strategies to promote social competencies while also managing anxiety and sadness**  
*Michelle Garcia Winner, SLP, MA-CCC*
- 4:05 - 4:30 **Closing: Practical strategies for use on Monday morning**  
*Panel: Donna Kincaid, M.Ed., Nancy Trautman, M.A.T., Kim Davis M.Ed.*

**“My 3rd year attending. Every year this conference becomes more inspiring. Relevant to my work and truly feels like a warm community.” -**

*2018 Conference Attendee*

## FACULTY LIST



### LYNN MELTZER, Ph.D., CONFERENCE CHAIR

Dr. Lynn Meltzer is the President and Director of the Institutes for Learning and Development (ResearchILD and ILD) in Lexington, MA. She is a Fellow and Past-President of the International Academy for Research in Learning Disabilities. She is the Founder and Program Chair of this Annual Learning Differences Conference which she has chaired for the past 34 years. For 30 years, she was an Associate in Education at the Harvard Graduate School of Education and an Adjunct Associate Professor in the Department of Child Development at Tufts University. Her 40 years of clinical work, research, publications, and presentations have focused on understanding the complexity of learning and attention problems. Her extensive publications include articles, chapters, and books, most recently, *Executive Function in Education: From Theory to Practice (2018)*, *Promoting Executive Function in the Classroom (2010)* and *The Power of Peers in the Classroom: Enhancing Learning and Social Skills (2015)*, co-edited with Karen Harris. Together with her ResearchILD staff, she has developed SMARTS, an evidence-based executive function and peer mentoring/coaching curriculum for middle and high school students ([www.smarts-ef.org](http://www.smarts-ef.org)).

**ANTHONY BASHIR, Ph.D.**  
Adjunct Faculty, The Lynch School of Education, Boston College

**ELLEN BRAATEN, Ph.D.**  
Co-Director, The Clay Center for Young Healthy Minds, Massachusetts General Hospital, Boston, MA

**THOMAS E. BROWN, Ph.D.**  
Director, Brown Clinic for Attention & Related Disorders, Adjunct Clinical Associate Professor of Psychiatry & Behavioral Sciences, Keck School of Medicine of USC, Los Angeles, CA

**MARK BERTIN, M.D.**  
Developmental Pediatrician, New York Medical College

**KELLY B. CARTWRIGHT Ph.D.**  
Professor of Psychology, Neuroscience, and Teacher Preparation, Christopher Newport University

**KIM DAVIS, M.Ed.**  
Senior Associate for Research and Teacher Training, Research Institute for Learning and Development

**SASHA FORBATH, B.A.,**  
Product Management Intern, Iron Mountain

**MICHAEL GRESCHLER, M.Ed.,**  
Director, SMARTS Program, Research Institute for Learning and Development

**SUCHETA KAMATH, M.A.,**  
**M.A. - BC (ANCDS), SLP**  
Founder, ExQ, Executive Function Specialist

**DONNA KINCAID, M.Ed.**  
Assistant Director, ILD, Director of Outreach and Training, ResearchILD and ILD

**DAN KOH, M. B. A.**  
Former Chief of Staff, Mayor's Office, Boston

**KALYANI KRISHNAN, M.A., M.Ed.,**  
**Ph.D CANDIDATE**  
Northeastern University

**COLIN MELTZER, M.A.**  
Director of Academic Technology and Fab Lab, Carroll School

**JESSICA MINAHAN, M.Ed., BCBA**  
Expert in Mental Health and Behavioral Best Practices

**JOSH MULREADY, B.S.**  
Fab Lab Aid, Carroll School

**JEAN E. RHODES, Ph.D.**  
Frank L. Boyden Professor of Psychology, Director of the Center for Evidence-Based Mentoring, University of Massachusetts, Boston

**JOAN SEDITA, M.Ed.**  
Founder, Keys to Literacy

**BONNIE SINGER, Ph.D.**  
Founder & CEO, Architects For Learning

**WENDY STACEY, M.S.**  
Director of Reading & Language, ILD, Senior SMARTS Teacher Trainer, ResearchILD

**JOAN STEINBERG, M.Ed.**  
Director of Educational Therapy, Institute for Learning and Development

**NANCY TRAUTMAN, M.A.T.**  
Reading and Educational Specialist, ILD

**BILLY WARREN, B.S.**  
Senior Associate Scientist, Life Biosciences

**CHRISTOPHER WILLARD, PSY.D.**  
Lecturer in Psychiatry, Part-Time, Harvard Medical School

**MICHELLE GARCIA WINNER, SLP,**  
**MA-CCC**  
Speech Language Pathologist, Founder, CEO and President, Center for Social Thinking

*The Institutes for Learning and Development Websites:*  
<http://smarts-ef.org>  
[www.researchchild.org](http://www.researchchild.org)  
[www.ildlex.org](http://www.ildlex.org)

## REGISTRATION FORM

### The Research Institute for Learning and Development's 34<sup>TH</sup> ANNUAL LEARNING DIFFERENCES CONFERENCE

March 22–23, 2019

#### REGISTRATION ONLINE IS FAST AND EASY!

Go to: [www.researchchild.org/ldc2019](http://www.researchchild.org/ldc2019)

You can also register by mail/fax, using the following form.

Please complete all information:

NAME \_\_\_\_\_

POSITION/TITLE \_\_\_\_\_

SCHOOL/ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ COUNTRY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

HOW DID YOU HEAR ABOUT THIS CONFERENCE? \_\_\_\_\_

#### PLEASE SPECIFY CONCURRENT SESSION PREFERENCES:

PREFERENCE	FRIDAY SESSIONS #1-5	SATURDAY SESSIONS #1-5
1ST CHOICE:		
2ND CHOICE:		

CONFERENCE FEES:	REGISTER BY JAN. 25:	REGISTER AFTER JAN. 25
Program	\$595	\$665
Student Rate (Limited Seats)	\$260	\$260
Optional Binder	+\$65	+\$65
	Total:	Total:

**PAYMENT IS DUE WITH YOUR REGISTRATION.** Credit card, check, and school purchase order (PO) accepted.

MASTERCARD OR VISA NUMBER: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

NAME AS IT APPEARS ON THE CARD: \_\_\_\_\_

BILLING ADDRESS FOR CARD: \_\_\_\_\_

Send registration form to: ResearchILD, 4 Militia Drive, Suite 20, Lexington, MA 02421

Or Fax (credit card or PO only) to: 781-861-3701. Any questions? Please call us at: 781-861-3711, x 206.

#### PLEASE TELL US ABOUT YOUR WORK:

##### School Setting:

- Elementary  
 Middle School  
 High School  
 District-wide

##### School Setting:

- Public  
 Charter  
 Private  
 Other

##### Other:

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