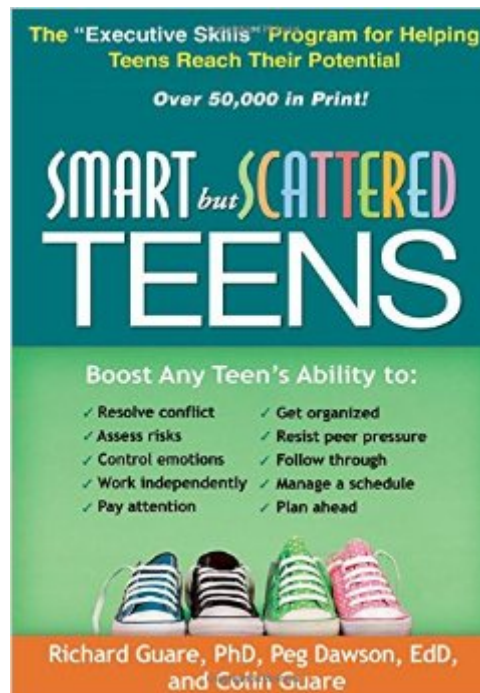


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# Smart But Scattered Teens: The "Executive Skills" Program For Helping Teens Reach Their Potential



## Synopsis

"I told you, I'll do it later." "I forgot to turn in the stupid application." "Could you drive me to school? I missed the bus again." "I can't walk the dog--I have too much homework!" If you're the parent of a "smart but scattered" teen, trying to help him or her grow into a self-sufficient, responsible adult may feel like a never-ending battle. Now you have an alternative to micromanaging, cajoling, or ineffective punishments. This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Executive skills experts Drs. Richard Guare and Peg Dawson are joined by Colin Guare, a young adult who has successfully faced these issues himself. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. See also the authors' Smart but Scattered (with a focus on 4- to 13-year-olds) and their self-help guide for adults. Plus, Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, and related titles for professionals. Winner (Third Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category

## Book Information

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## Customer Reviews

I have a kid who's gifted & in gifted classes. Understands high level concepts, but can't figure out

how to organize his locker or manage to turn in his homework - even though he's completed it. It's been bandied about maybe he has autism or ADD, but those didn't fit. This book describes him to a T. Not having the frontal lobe of his brain maturing at the same rate as his peers is a simple, logical explanation & the ensuing ways to deal are enlightening & helpful. This book was a god-send. It was suggested by his gifted teacher after she spent time with him.

As a clinical psychologist I regard this as one of the best resources for parents of teens. This helps parents to look at the teen with ADHD as having some executive skills impairments that need remediation and understanding. Parents also rate their own executive skills and can try to be a better fit in parenting these adolescents. There are many constructive suggestions in this book and I highly recommend it.

The best part was when the author brought up the point that we may see their deficits and want to help our teens improve, but if they don't see it as a problem, or necessarily even want our help, it's never going to work. Excellent advice to keep in mind as we work WITH teens, not against.

An excellent reference. I read the entire book through, completed the quizzes. I have had a few talks about executive skills with my daughter, but after about 5 minutes, I can see her eyes glaze over, and know that all she's hearing is BLAH BLAH BLAH (if I could just get to my phone...) BLAH BLAH BLAH. Finally, I just gave her the book and told her what to read. Thankfully, she loves quizzes and checklists, so when she took the ones in the book, everything I had been saying suddenly became crystal clear. When she scored those quizzes, she could see exactly where her strengths and weaknesses are. For a teen, the ability to step back and take an objective look at your own behaviour is a huge step! We now have a broader, more objective picture of her abilities, and from there we can work out a plan. That is the next hurdle. I recommend using this book as a tool to empower your teen and open up a dialogue about working with your own strengths and weaknesses. It has been a great help for us.

Smart but Scattered Teens is a must for any proud parent of a teen coping with a learning disability. Unlike many similar books, it presents information and suggestions in a real-life, applicable manner. The authors present the material in an organized, readable, fashion, where a parent (or even a teen, for that matter) could read the book from cover to cover, or select individual sections most applicable to their situation. The book also contains several hypothetical situations that many teens

may find themselves in (think of speeding in a car). It then contains some interesting reactions, both from professionals and from real life teens, on how to respond, learn, and grow based on from such experiences. Ultimately, if your teen could use a little, or a lot, of help developing the executive skills necessary to succeed in life, this book is for you. A+

I have a high school freshman who needs help pulling it all together. This book is great...gives you some perspective on why they do the things they do (or maybe don't do the things they need to do). Sometimes when you ask them why, and they say I don't know why....they really don't know why!!!! Includes strategies they need to help work through and deal with the executive skills they are lacking.

Executive skills help keep us on track, and many students and adults struggle with this. As a high school teacher I see examples of how a lack of this skill drag students down and keep them from being successful in every aspect of their lives. A must read!

I've been working with my son with ADHD for ten years trying to find something that actually works. This books provides the tools to help parents work in a positive way to teach their teens skills that they lack or are weak with.

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The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens  
Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized)  
The Final Frontier in Mental Toughness Training for Tennis: Using Visualization to Reach Your True Potential  
How to Reach Your Full Potential for God: Never Settle for Less Than His Best!  
The 15 Invaluable Laws of Growth: Live Them and Reach Your Potential  
Unconventional Mental Toughness Training for Cycling: Using Visualization to Reach Your True Potential  
Smart but Stuck: Emotions in Teens and Adults with ADHD Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens)  
The Power to Prevent Suicide: A Guide for Teens Helping Teens Getting Real: Helping Teens Find Their Future  
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