



A Research-Based Executive Function Curriculum for Students to Learn How to Learn

What is SMARTS?

- SMARTS teaches executive function strategies for common academic tasks (e.g., reading, time management, writing) for students in middle and high school developed by Dr. Lynn Meltzer and her team of educational specialists.
- SMARTS helps students with a wide range of academic profiles navigate challenging academic content and become independent and strategic learners.
- SMARTS can be applied flexibly across subject areas and academic settings, from 1:1 tutoring and small groups, to large classrooms and district-wide implementation.

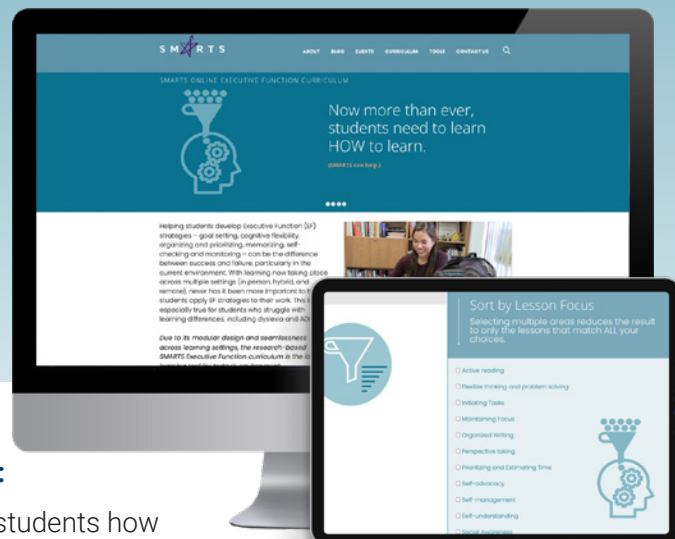
SMARTS benefits all students and is essential for students who struggle academically.

Why SMARTS works:

- SMARTS teaches students how to reflect on and understand their strengths and challenges, promoting metacognitive awareness, the key to life-long learning.
- SMARTS is easy to use and easy to customize. Educators can create customized strategy sequences to meet the needs of any student or classroom.
- SMARTS strategies can be used across grades and content areas, a powerful supplement to any classroom.

The SMARTS curriculum includes:

- **30 structured lesson plans** organized into 7 units: Goal Setting, Shifting and Flexible Problem Solving, Organizing and Prioritizing Materials and Time, Organizing and Prioritizing Ideas and Information, Remembering, and Self-monitoring and Checking, plus a "Getting started" unit.
- **PowerPoint® presentation** for each lesson providing teacher and student supports and accessibility features.
- **Extension follow up activities** for extending strategy use to common areas of need (e.g., community building, self-advocacy, STEM, test taking, projects, essays, and more). There are over 400 extension ideas to choose from!
- **Unique tools such as the Lesson Focus Sorter** or customized Getting Started Report to help teachers pick the right lesson for the right moment.
- **Teacher training videos** and opportunities to learn from fellow SMARTS teachers.
- **Hundreds of student handouts** for use both digitally and hardcopy
- **Surveys and reflection sheets** to assess students' growth. For an extra charge, SMARTS educators can have access to MetaCOG Online, an interactive assessment tool for use with individual students up to full grades.



EXECUTIVE FUNCTION & MENTORING PROGRAM

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Go to: www.smarts-ef.org for more information and to get started!