

# Individual Matters

Discover.  
Act.  
Grow.

Newsletter — February 2024 Issue

## More About Executive Function...

### Consistency is Key!

You probably know that consistency is key to success in school, work, and achieving personal goals.

**Below are some ideas for improving your (or your student's) consistency to achieve your goals:**

**1. Consistency is not the same as perfection:** For example, if you are training for a half marathon, consistent running and cross training is essential. Not every workout has to be perfect or the best session ever. One perfect training session will not yield the results that consistent training will get you.

**2. Focus on the WHY and the Endgame:** Ahead of time, identify your “why.” What is end goal, and why is it important to you? By focusing on the end goal and the “why,” you are more likely to be consistent even when you aren’t “in the mood.”

**3. Reward both the big and small consistent behavior:** In the past, I have written about the power of positive reinforcement and how it has the biggest impact on long-term success. Small and big rewards are key to building new consistent habits and achieving big goals.

**4. Harness the power of bookends:** Bookending creates a strong and powerful structure that will ensure you consistently work toward your goal. Bookending is when you start and end your day (or daily activity) the same way time. There are many reasons this is so effective (e.g., helps with transitions, takes load off working memory, creates stimulus-response, etc.). The takeaway is that if you are consistent with how you start and wrap up an activity (or day), whatever happens in the middle... you can handle!

Give these a try and see what happens. Success takes time, but when we're consistently doing the right things, we will reach our goals.

For more help/tips with consistency and other aspects of Executive Function, consider registering for our 2024 Learning About Learning Symposium (see below).

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## **New Podcast: ADHD in the Classroom - A Teacher's Perspective**

Josh Gudatt recently joined the Individual Matters podcast to talk about:

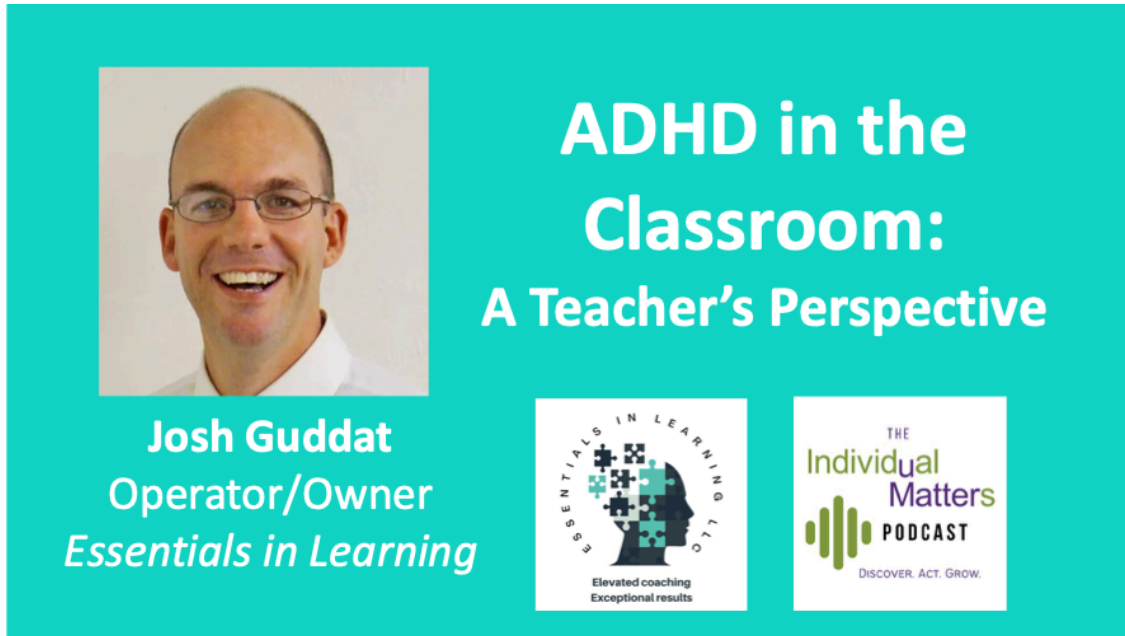
- What does ADHD look like in the classroom?
- What strategies and mindsets are most important for working with students with ADHD?
- What should parents keep in mind at home?

Click [HERE](#) to listen.

Josh is a middle school teacher and owner/operator of [Essentials in Learning](#).

He will co-facilitate our February 24th [Learning About Learning Parent Symposium](#), which will focus on Executive Functioning

(see below).



**ADHD in the Classroom:  
A Teacher's Perspective**

**Josh Guddat**  
Operator/Owner  
*Essentials in Learning*

ESSENTIALS IN LEARNING LTD  
Elevated coaching  
Exceptional results

THE Individual Matters  
PODCAST  
DISCOVER. ACT. GROW.

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**Registration is open for the 2024  
Learning About Learning Symposium!**

**Building Executive Function (EF)  
Skills for Successful Learning**  
***What Can We Do as Parents?***

for Parents of K-12 Students

Co-Facilitated by Individual Matters  
and [Essentials in Learning](#)

**Saturday, February 24, 2024**

9:00 am - 2:00 pm

An In-Person Event at Individual Matters

Registration Fee \$75

Limited to 30 seats

**Register [HERE](#)**

This interactive workshop will include simulations, panel discussions, small group practice, reflection, and application of new skills.

- What are EF skills?
- Why are EF skills key to successful learning?
- Why do some kids struggle with EF?
- What can we do as parents?
- How do I help my child get organized and take ownership over their schoolwork?

## Learning about Learning Symposium Facilitators



### **Josh Guddat, M.B.A.**

Over his 20+ years of teaching, Josh has taught everything from high school Advanced Placement courses to intervention courses for low-skilled learners and everything in between. He has coached alternative learners finding their way at R-5 High School, mainstream learners trying to get into top colleges at Grand Junction High School, and students whose 2nd or 3rd language was English at an international school in Dongguan, China. Josh has coached students with ADHD, executive skills deficits, and other barriers to success in hundreds of coaching sessions.



### **Dionne Guddat, B.A.**

Dionne is currently a 2nd grade teacher in District 51. She has spent the last 24 years as an educator in a variety of roles including classroom teacher (2nd and 4th grades), an involved parent of four children (2 now graduates of D51 schools), coach and tutor. She and her family spent 2 years overseas living in China, where she taught culturally and linguistically diverse students in an international school setting. Dionne has received training through District 51 in early literacy and the Science of Reading, as well as Advantage Math Recovery (AVMR). She is currently pursuing her Masters of Education in curriculum and instruction with an emphasis in English language learning.



### **Katrina Katen, Psy.D.**

Dr. Katrina Katen is a licensed clinical psychologist and owner of Individual Matters, a boutique private practice that provides comprehensive neurodevelopmental evaluations, therapy, and coaching. Her areas of expertise include gifted and twice exceptional, ADHD, learning disorders, anxiety, professional development, relationships, and parenting. In addition to her clinical work, Dr. Katen is a published author, professional mentor, and college instructor.



### **Andrew Katen, M.S.**

Andrew oversees administration, programs, and strategy at Individual Matters. His background includes teaching middle school and college, emergency/risk management, novel writing, blogging and podcasting. As a lifelong learner, Andrew's mission at Individual Matters is to help others discover and reach their potential.

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Wishing you a wonderful February 2024!



**Dr. Katrina Katen**  
Clinical Psychologist



**Andrew Katen**  
Executive Director



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