

Prince George's SECAC meeting minutes 2/27/2024

Executive Board Members in Attendance: Janie Payne, chairperson; Jamie Anfenson-Comeau, vice chairperson; Sarah Wayland, ex-officio advisor.

Others in Attendance: See Attached Screen Capture.

Chairperson Janie Payne opened the meeting virtually at 6:31 p.m. via the Zoom online meeting platform. Ms. Payne introduced the board members present and the Prince George's County Public Schools (PGCPS) partners.

Ms. Payne introduced the night's topic, executive functioning skills, and the guest speaker, Evan Weinberger, CEO of Illuminos. Ms. Payne welcomed everyone in attendance.

Ms. Payne turned the meeting over to Dr. Trinell Bowman, PGCPS associate superintendent, Department of Special Education.

Dr. Bowman gave an update on upcoming events:

- The Parent Empowerment Conference will be held March 19-April 20, and the guest speaker will be Dr. Kristen Eccelston, social-emotional development.
- The 2nd Annual Autism Summit will be held April 20.
- The MDSE Parent Involvement Survey will be release Feb. 12-May 24. It can be found online at mdparentsurvey.com.
- The Secondary Transition Expo will be held May 4 from 10 a.m. to noon at Fairmont High School.
- The Special Education College and Career Fair will be held April 11 from 6 to 8 p.m. at Fairmont High School.
- The Secondary Transition Transitioning Youth Fair will be held April 24 from 6-8 p.m. at Largo High School.

Sarah Wayland provided a legislative update on bills being considered by the Maryland General Assembly this session related to special education.

Ms. Payne turned the meeting over to Mr. Weinberger.

Mr. Weinberger said Illuminos is an academic coaching organization designed to build executive functioning skills students need to be successful in the classroom and beyond.

Mr. Weinberger said that as a child he was diagnosed with ADD (Attention Deficit Disorder) and as he grew older, he developed an interest in industrial and organizational psychology. He said that 20 years ago, he set out to assist children with executive organizational skills.

Mr. Weinberger defined executive function and self regulation skills as the processes that enable individuals to plan, focus attention, remember instructions and juggle multiple tasks.

Mr. Weinberger said executive functioning is important for working memory, which governs the ability to retain and manipulate information. It is also important in mental flexibility, which allows individuals to sustain and shift attention and apply different rules in different situations. It is also important for self-control, setting priorities and resisting impulsive actions and responses. Finally, executive functioning allows us to develop self-motivation, which enables us to find a way to motivate ourselves to keep on task and motivated without external motivators.

Mr. Weinberger said signs of executive dysfunction include:

- Difficulty ordering or prioritizing tasks
- Difficulty organizing thoughts and materials
- Difficulty with multi-step processes
- Giving up easily or refusing to try new things
- Overreacting to small or unexpected changes
- Insistence on doing things a certain way
- Repeatedly bringing the wrong things
- Consistently focusing on the wrong points
- Forgetting instructions very quickly

Mr. Weinberger said good habits and routines to help maintain executive function at home include:

- Creating consistency to the week and keeping to it
- Keep written checklists of daily responsibilities around the house in strategic places
- Maintain an appropriate positive and negative reinforcement system and be consistent about enforcing it
- Model productive routines and live by the same expectations you have for your children
- Have a healthy “digital diet” at home for going forwards
- Recognize effort more than results or deliverables and encourage the development of a growth mindset
- Establish a consistent place for completing schoolwork outside the bedroom

Additional suggestions include:

- Have specific places for things and use labels to keep organized
- Expose your children to the things you do to keep a functioning household
- Answer questions from your children meaningfully and thoroughly
- Ask children to repeat instructions and expectations back to you to check for understanding
- Reinforce that failure represents important learning moments
- Share your own goals with your children and verbalize the steps you are taking to achieve them

- Reward steps in the right direction rather than the end product or deliverable
- Make use of visual timers and keep several around the house
- Be your children's biggest and loudest cheerleaders

Time was provided to take questions from attendees.

Ms. Payne reminded everyone about the Parent Empowerment Conference in March. She thanked everyone for attending the meeting.

Ms. Payne closed the meeting at 7:58 p.m.

The screenshot shows a Zoom meeting interface with a list of 20 participants. At the top, there is a search bar labeled "Find a participant". Below it, the participants are listed with their initials, names, roles, and status icons (mute, video, chat). At the bottom, there are control buttons for "Invite", "Unmute Me", and "Merge to Meeting Window".

Initials	Name	Role	Mute	Video	Chat
JA	Jamie Anfenson-Comeau	(Me)	Off	Off	Off
MT	Marsie Torchon	(Host)	Off	Off	Off
	Evan Weinberger	(Co-host)	On	On	On
	Sarah Wayland	(she/her) (Co-host)	Off	Off	Off
YY	Yvette Young	(Co-host)	Off	Off	Off
MD	Maria Diaz Perez	Interpreter (Interpreter)	Off	Off	Off
	Alita-Geri Carter		Off	Off	Off
AB	Ayo Bello		Off	Off	Off
IS	Iliana Stivason	Interpreter	Off	Off	Off
JP	janie payne		Off	Off	Off
KH	Kamilah House		Off	Off	Off
KA	Karen Andrews		Off	Off	Off
LD	LaDonna Dingle		Off	Off	Off
	Lisa Maxwell		Off	Off	Off
MB	michelle blakey		Off	Off	Off
N	Nicole London		Off	Off	Off
	Ronda Bullock		Off	Off	Off
	Ronda Bullock		Off	Off	Off
SD	SAMANTHA DAWSON-WILLIAMS		Off	Off	Off
TS	T Smith		Off	Off	Off
TB	Trinell Bowman		Off	Off	Off