

Executive Functioning Skills

A summary of what students learn in our first cohort.

About the Cohort

The Freshman Academy is a structured mentorship cohort that equips high school students with the executive functioning skills they need to thrive academically, socially, and personally. Over the course of the program, students work through six core skill areas in small-group sessions with mentors who model and coach each practice.

Time Management

Students learn to estimate how long tasks really take, build weekly schedules, and protect focused work blocks. They practice using calendars, timers, and visual planners to balance school, activities, and rest.

Task Initiation

We address the gap between intending to start and actually starting. Students learn cues, micro-steps, and a 'two-minute start' technique to overcome avoidance and momentum stalls.

Planning

Students break long-term assignments and goals into ordered, achievable steps. They map projects backward from due dates and learn to anticipate obstacles before they appear.

Prioritizing

Students sort tasks by urgency and importance, learning the difference between what feels pressing and what truly matters. They practice deferring and protecting their highest-value work.

Goal Setting

We move beyond vague aspirations to specific, measurable goals tied to personal values. Students set quarterly intentions and weekly targets, then track progress honestly.

Resilience

Students build skills to recover from setbacks, reframe failure as feedback, and sustain effort through difficulty. We practice self-talk, reflection, and the habits that make persistence possible.

By the end of the cohort, students leave with a personal operating system: tools, habits, and language they can use to manage their own learning long after the program ends.