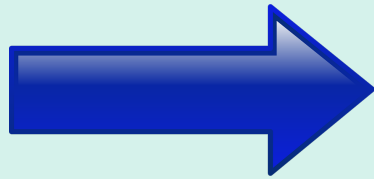


Neurodiversity Study Workshop -
2/1/2023

**Please
sign in
with the
QR code**



Study Workshop

Dr. Sally Izquierdo

Queens College

Project REACH

BCBA-D, NYS LBA

Clinical Training Manager—Psychology MA Programs

Director ABA Graduate Programs

Director Queens College Project REACH (QCPR)

Neurodiversity Support Fellowship Supervisor

Neurodiversity Faculty Hub

Neurodiversity Advocacy Club Advisor

This is a **safe** space.
Please be kind and
respectful.

I also have a
planned
5-minute
break around
12:45.

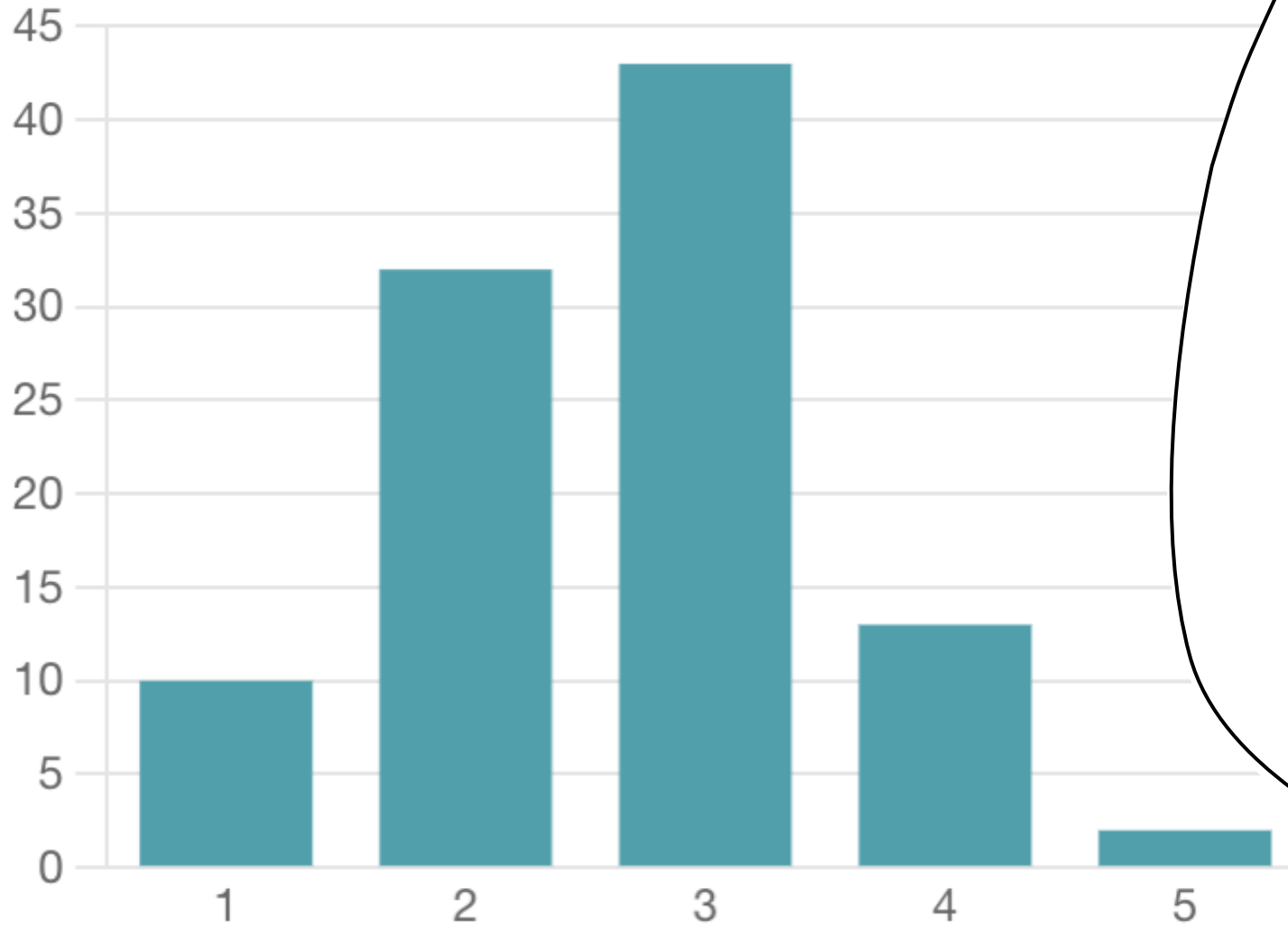
This is a **flexible** space.
Take a break if you
need one.

If you need to **eat**,
that's ok too. It is
lunchtime.





AVE: = 2.65



Study Habits

1 = Poor

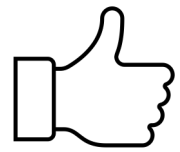
2

3

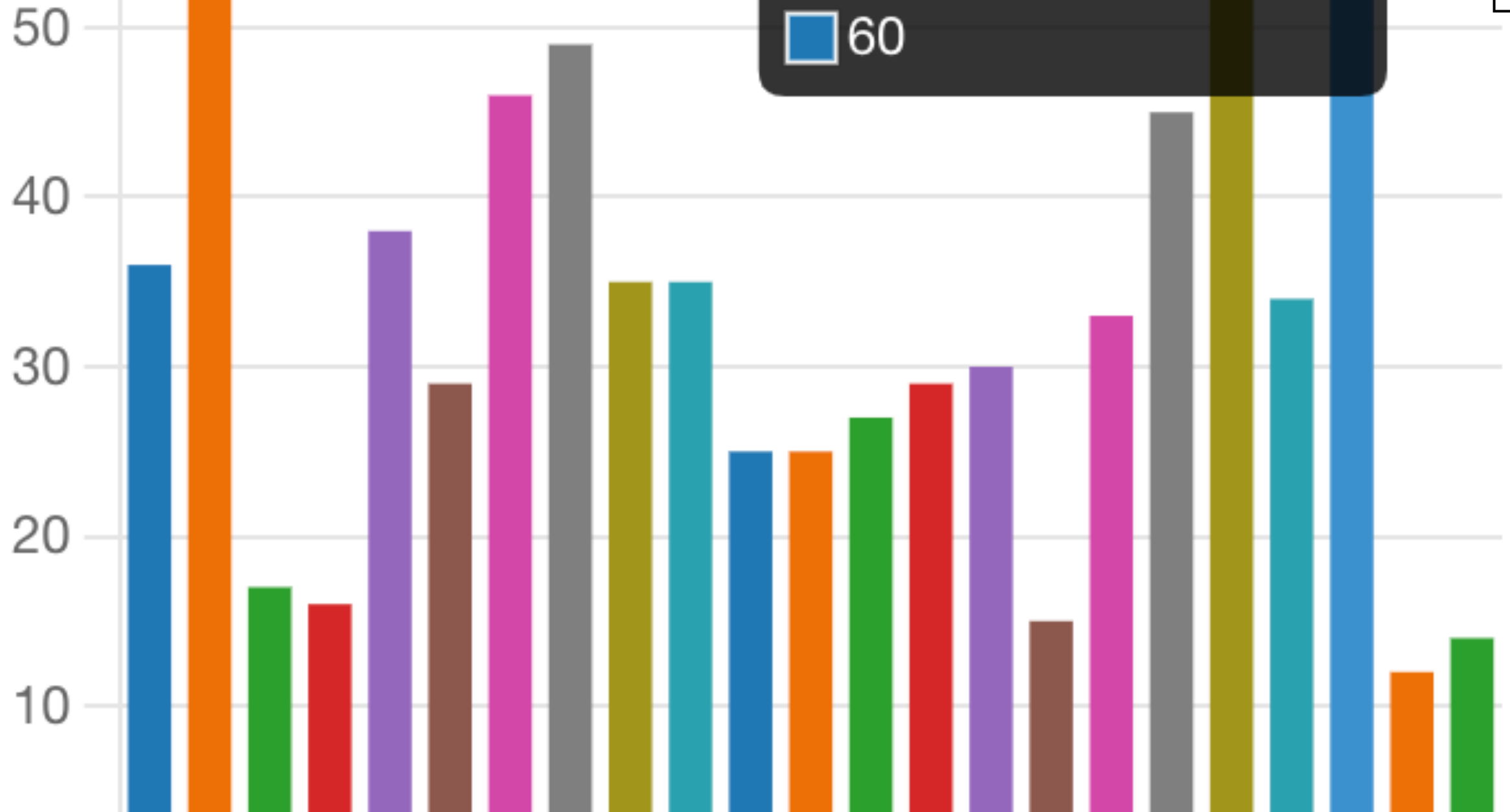
4

5 = Excellent

working independently

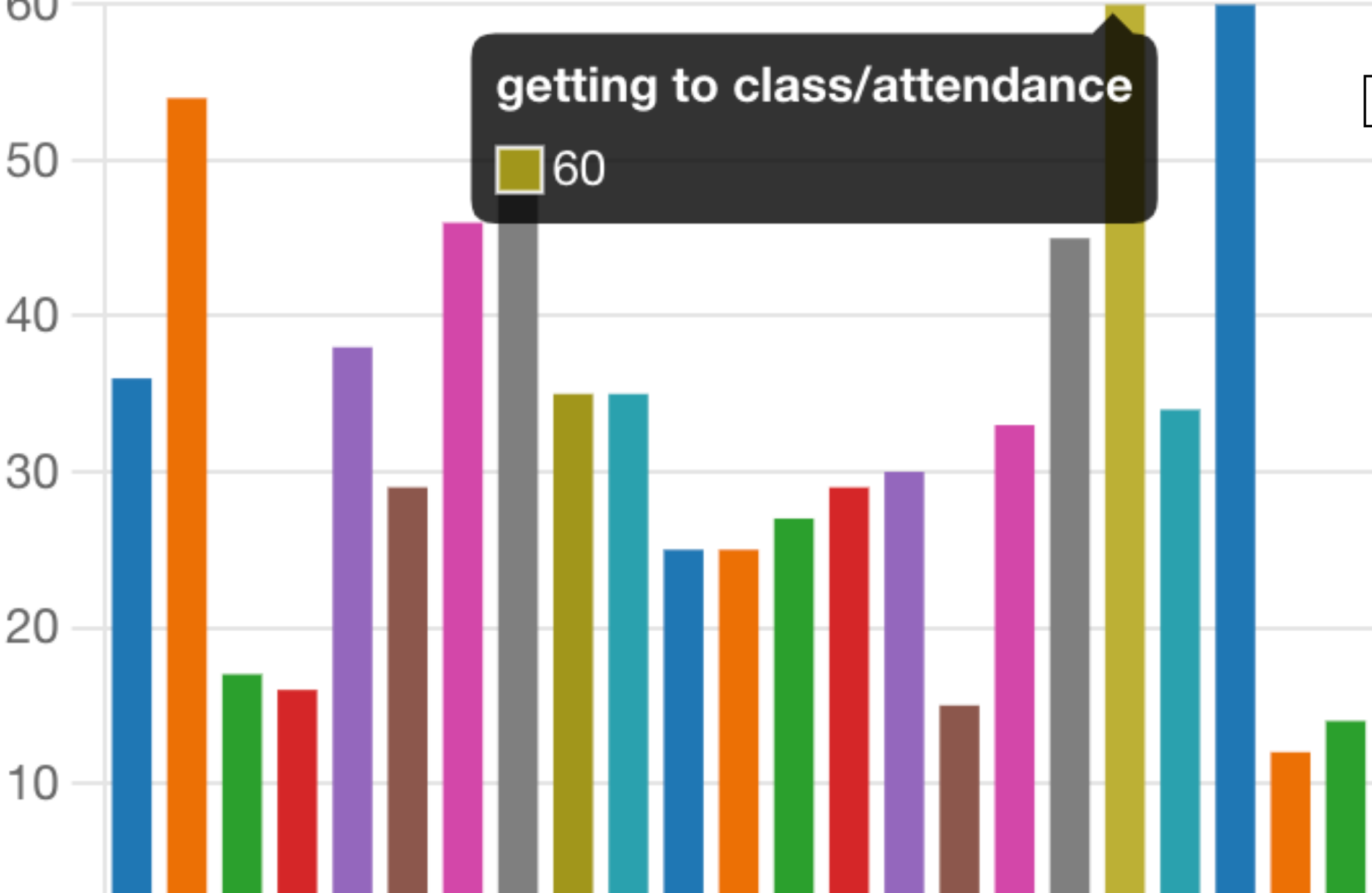
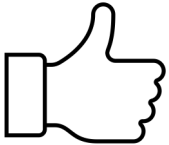


60



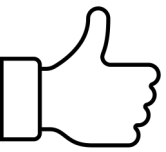
getting to class/attendance

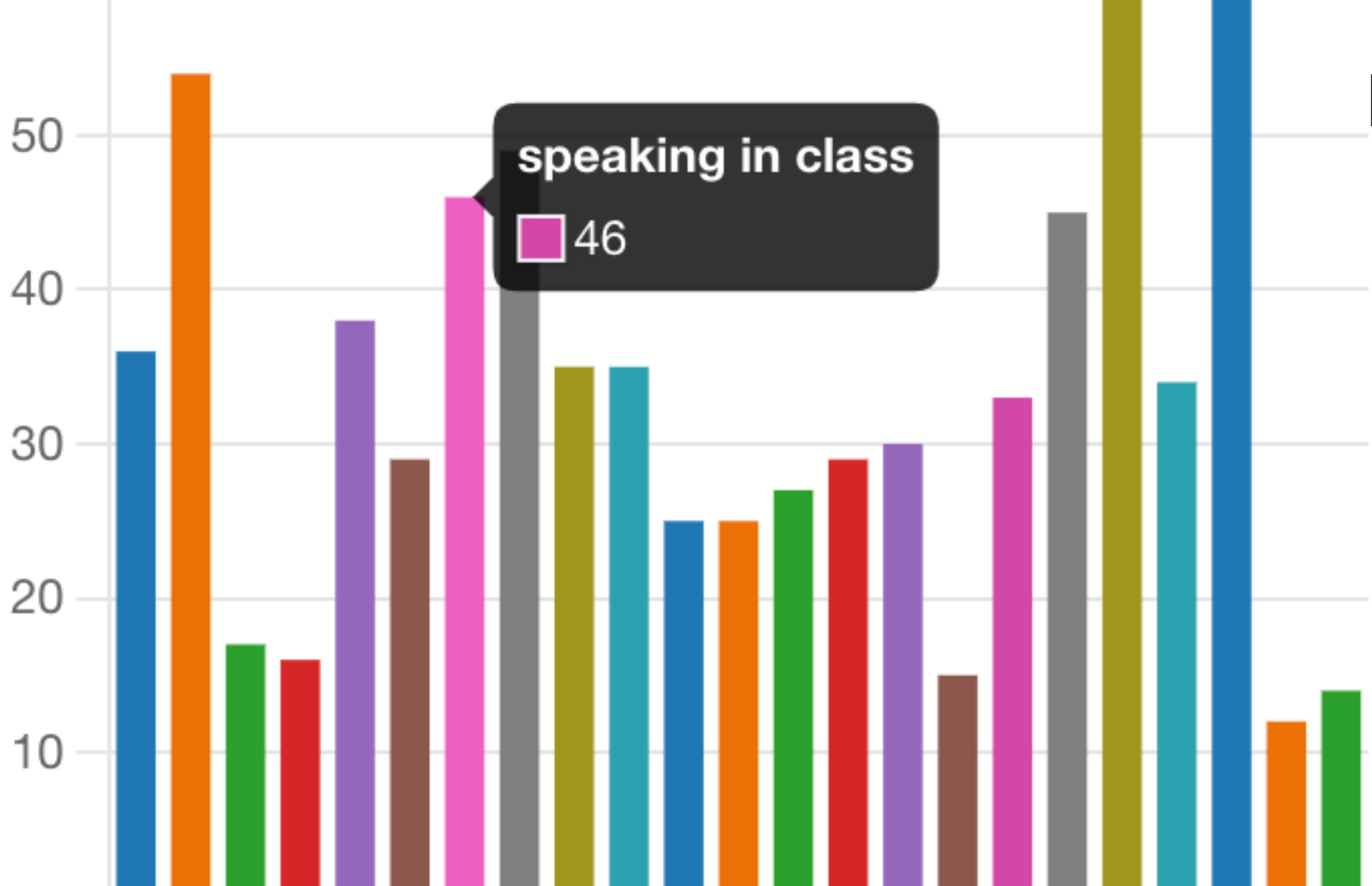
60



speaking to the professor (advocating, asking questions)

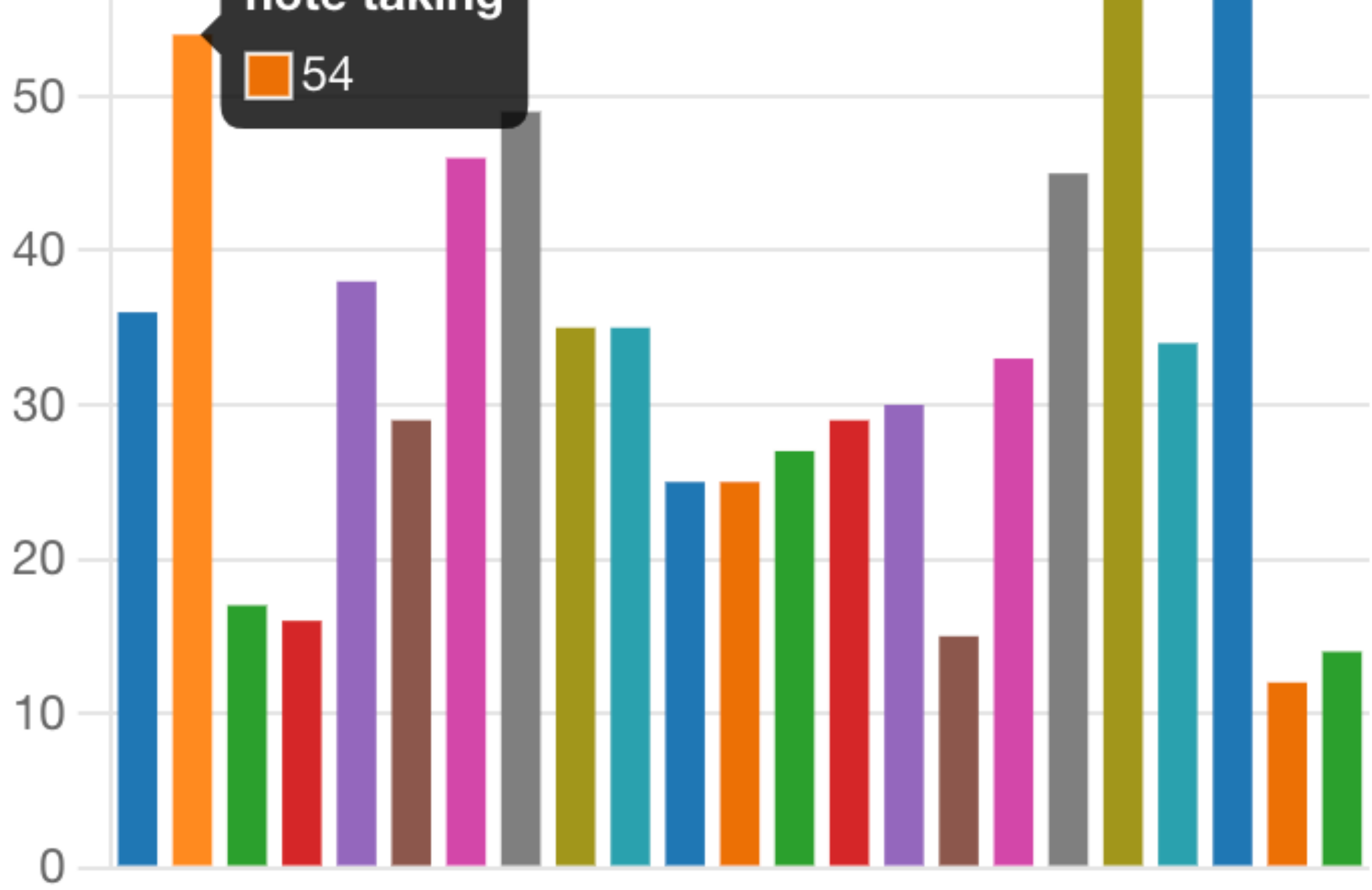
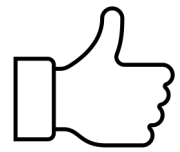
49





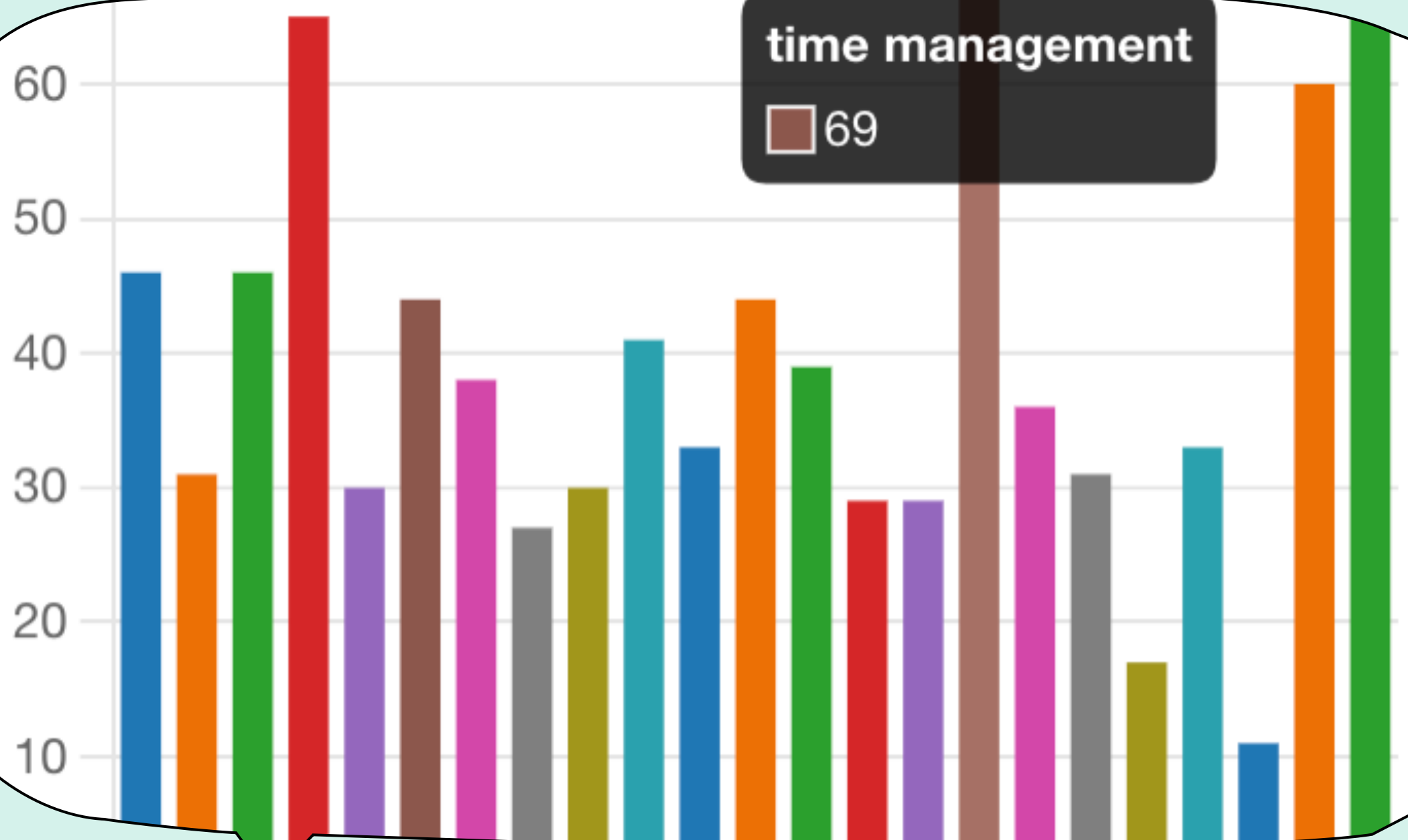
note taking

54



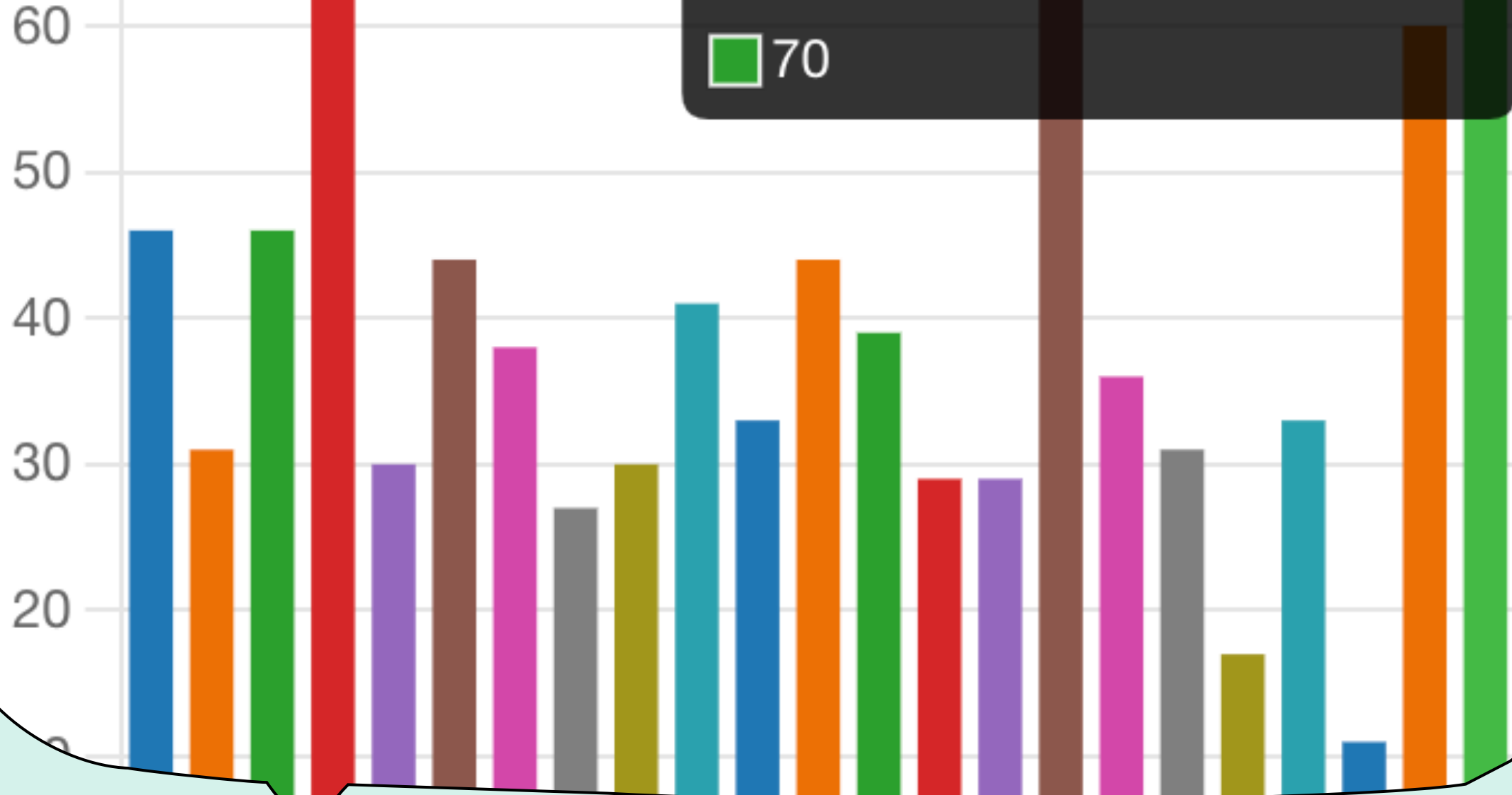
time management

69



staying focused/concentration

70



reviewing for an exam

65

60

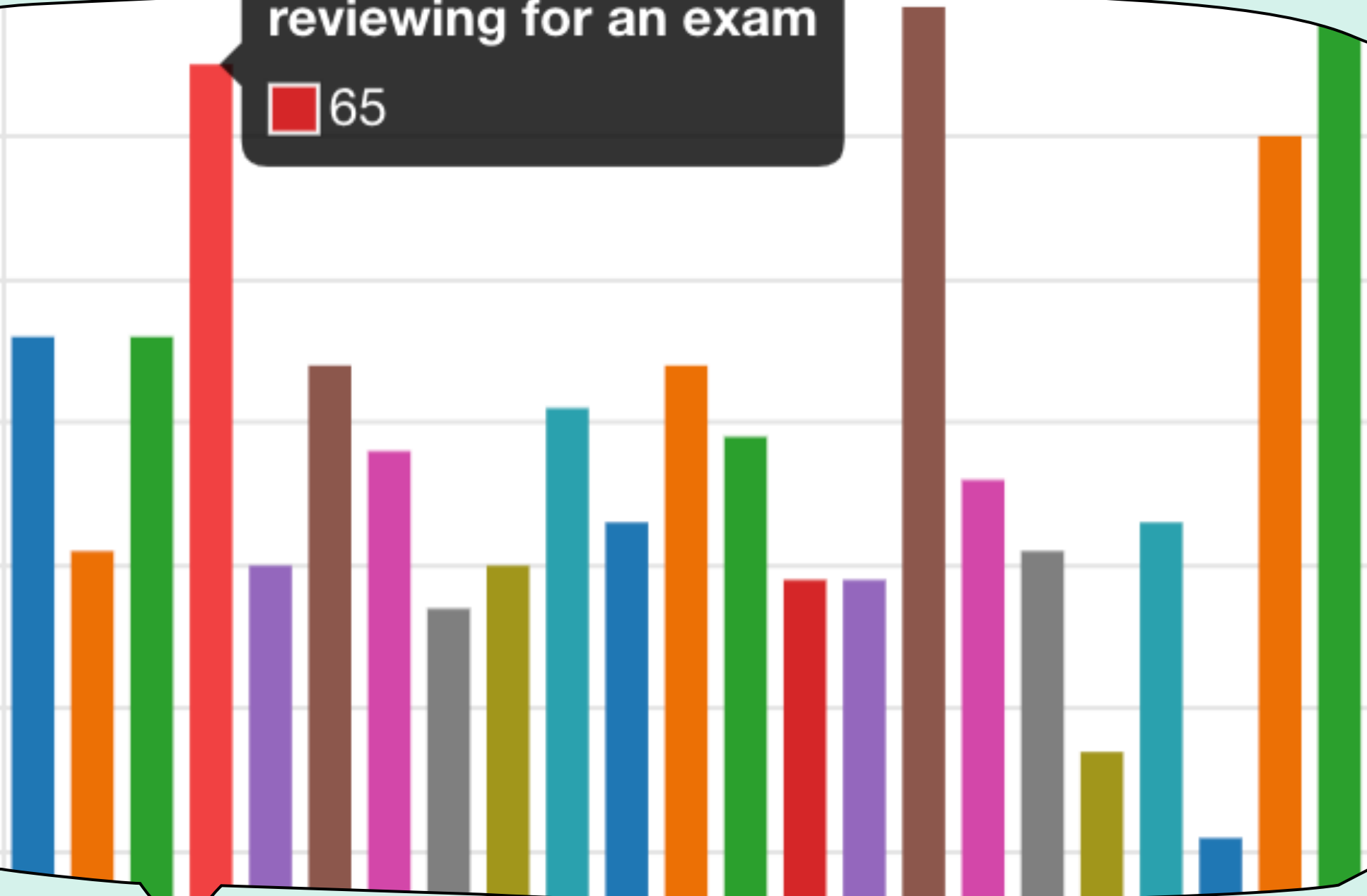
50

40

30

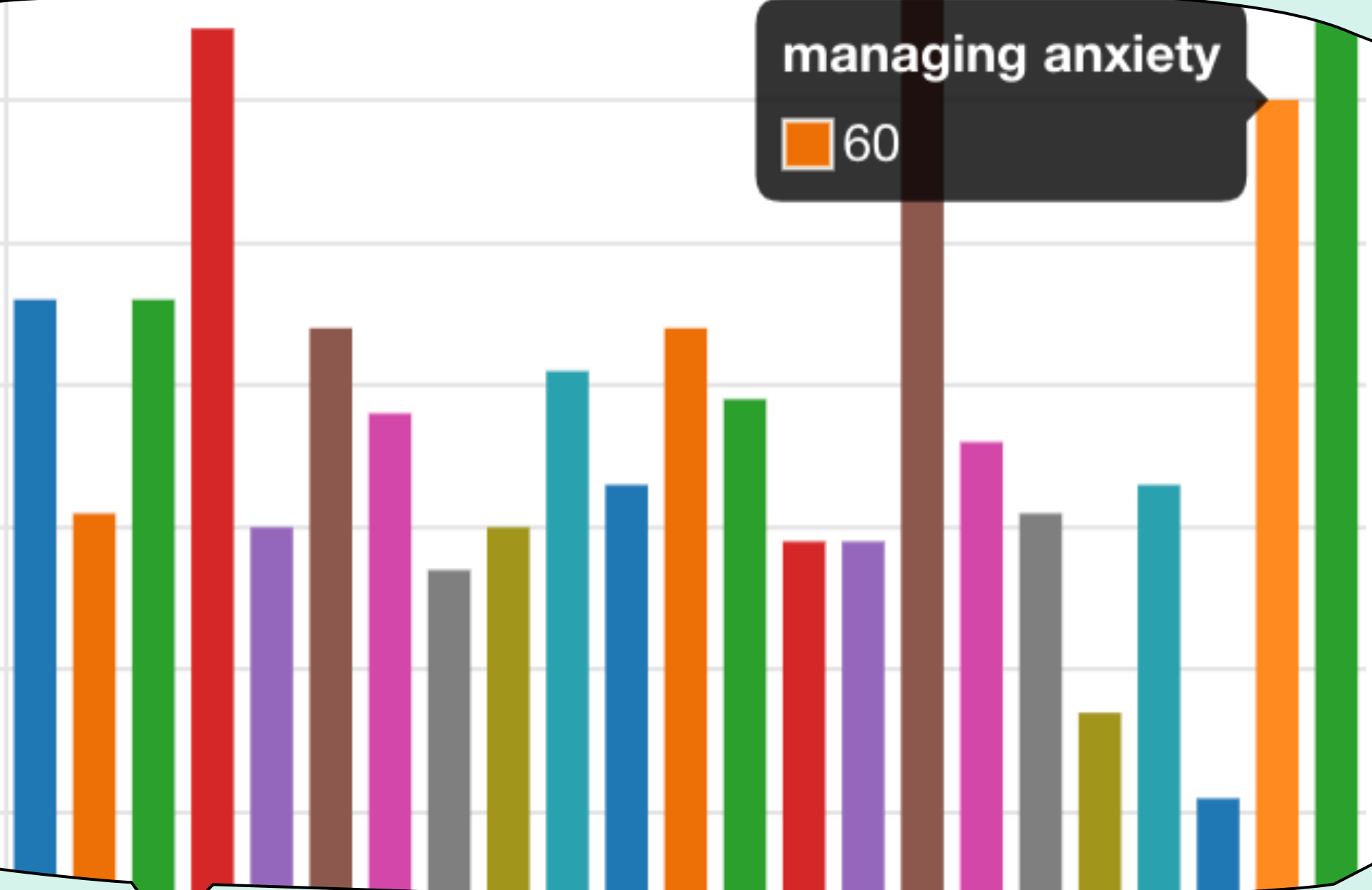
20

10



managing anxiety
60

60
50
40
30
20
10



overwhelmed

Time management

I get distracted

anxious

focus

Focus

I procrastinate

I procrastinate a lot

Time management

Staying focused

Time management

strategy

procrastination

procrastination

focus

anxiety

anxiety

Time management

focus

I forget

anxiety

anxiety

I get stuck

WE'RE

ALL

IN THIS

together

1. VALUES
2. THOUGHTS AND FEELINGS
3. PROCRASTINATION
4. CHOOSING TO ACT
5. ASSESSING, PLANNING, ROUTINES
6. BREAKING IT DOWN
7. SETTING UP THE ENVIRONMENT
8. ADDING STRUCTURE
9. TRACK IT
10. QUESTIONS



Values

Things
we think
are important
in life



Meeting new people

Independence Creating something

Learning new things

Being with my peers Living on my own

Be qualified for a good job

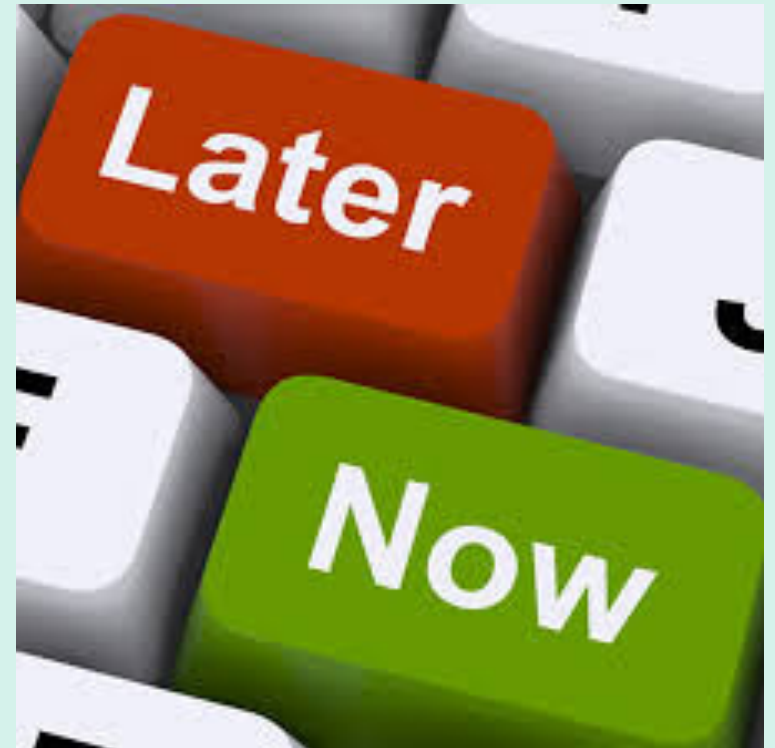
Getting a degree

Value: **Independence** → Did things for myself:
did my own laundry
chose my own classes
made my own schedule

What are some ACTIONS that go with those values?

Do you ever feel that even though you know your values, you **procrastinate** on some of the tasks or actions related to those values?

Procrastination:
delaying or
postponing something

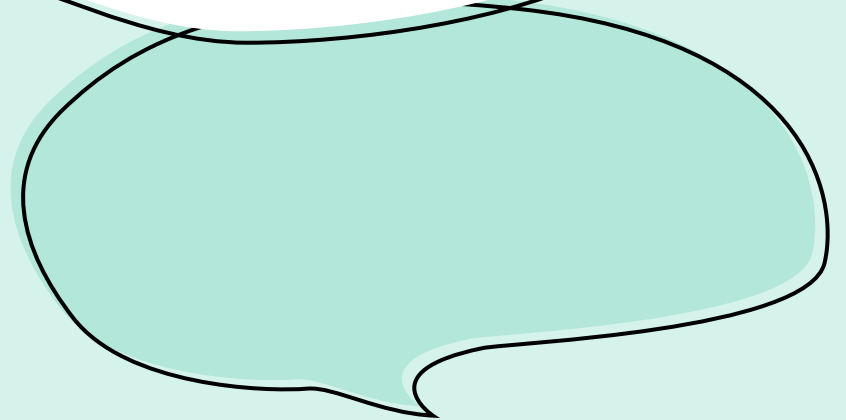


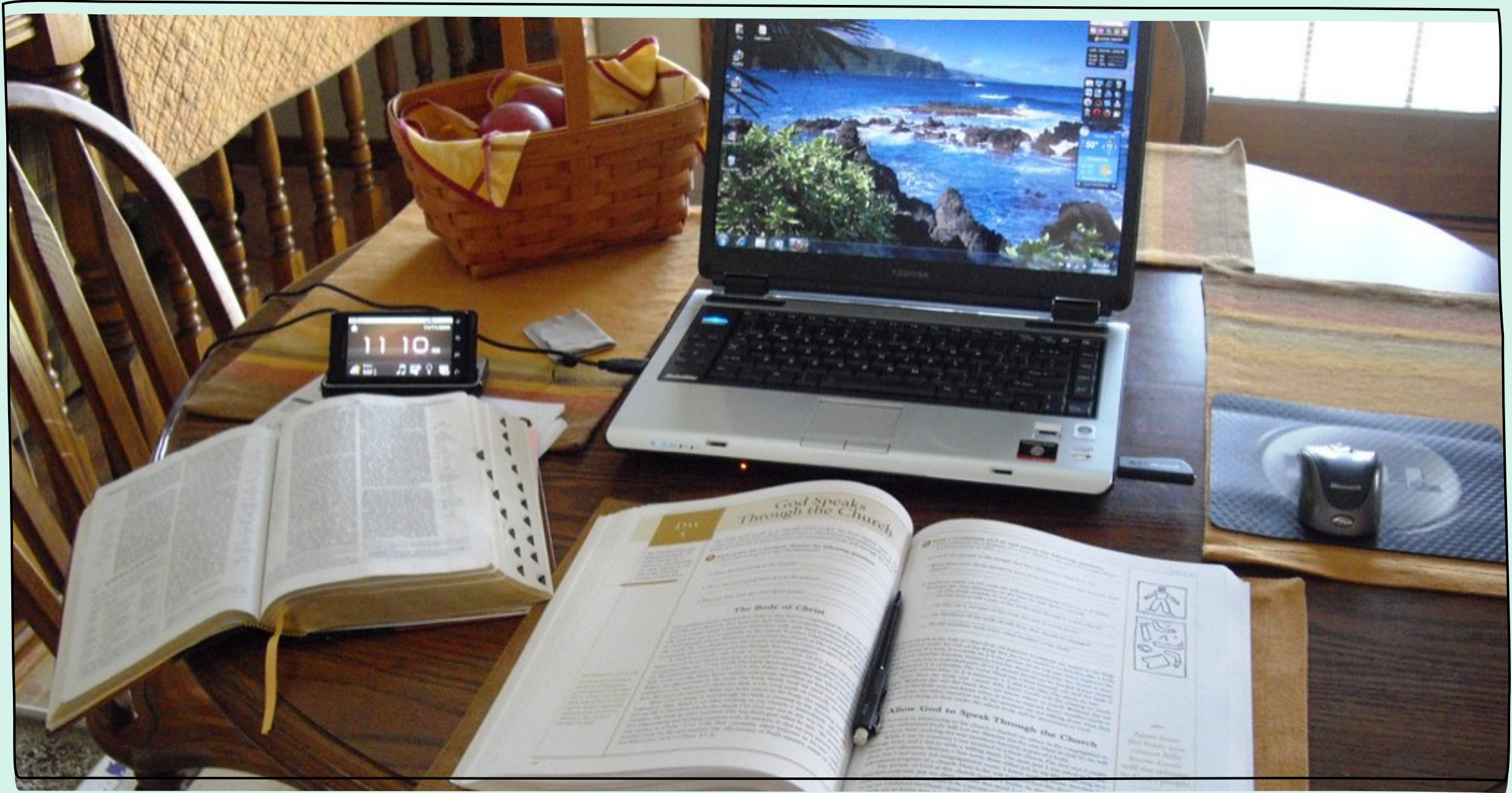
I procrastinate
when it is time
to...

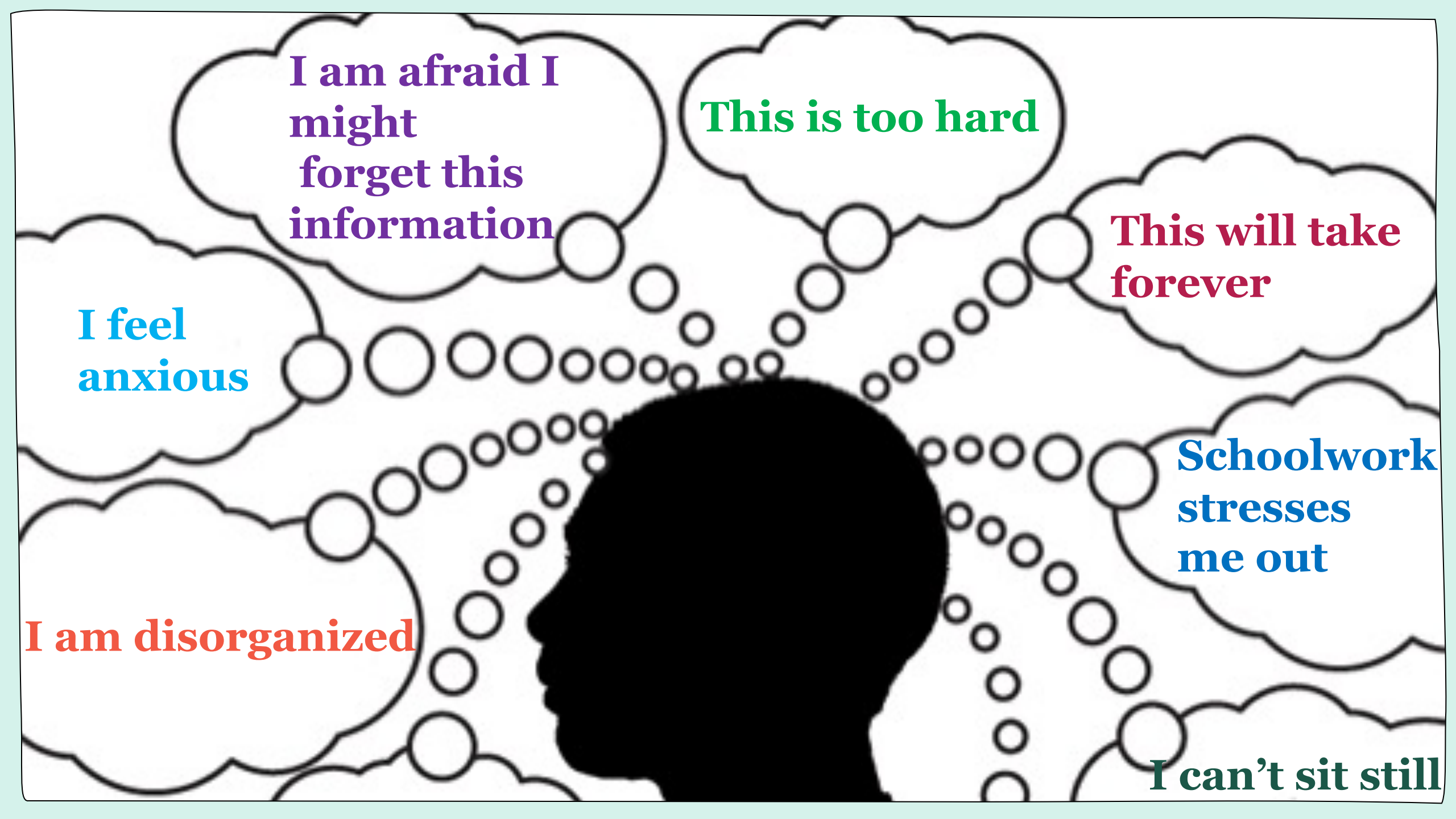




What are the
thoughts and
feelings that come
up?







**I am afraid I
might
forget this
information**

This is too hard

**This will take
forever**

**I feel
anxious**

**Schoolwork
stresses
me out**

I am disorganized

I can't sit still

BACK
TO
WORK







DELAY

dreamstime.com



CHANGE
OF
PLANS



**I can't study until
I feel better or
am not thinking**



**I am afraid I
might
forget this
information**

This is too hard

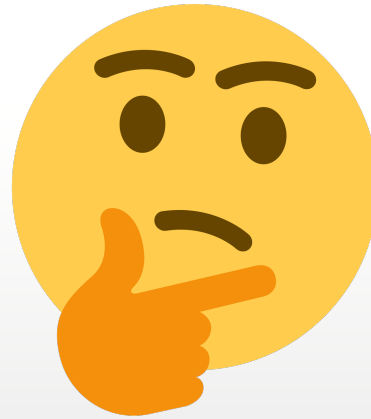
**This will take
forever**

**I feel
anxious**

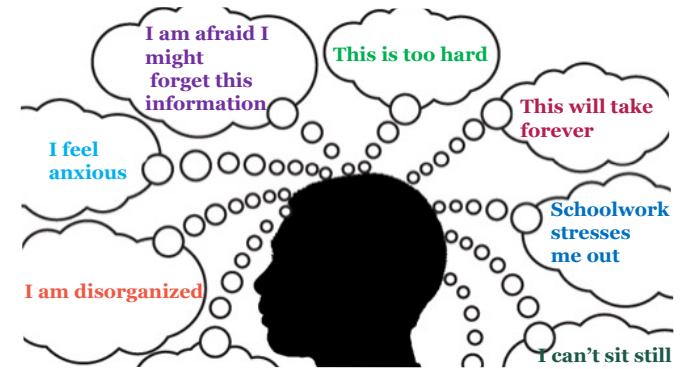
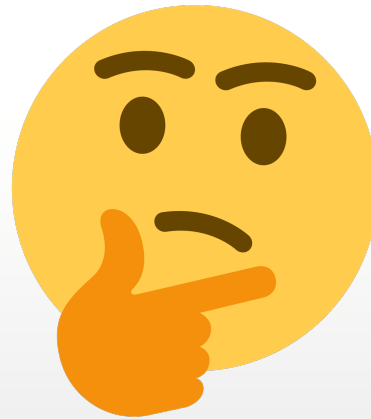
**Schoolwork
stresses
me out**

I am disorganized

I can't sit still



Believe
listen to the thought
ACT

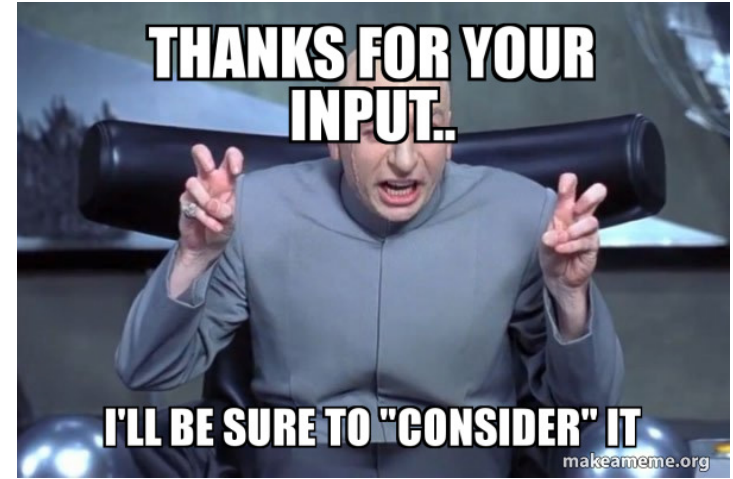


Notice, Accept

Strategies: Noticing and Accepting

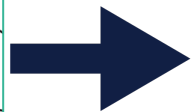
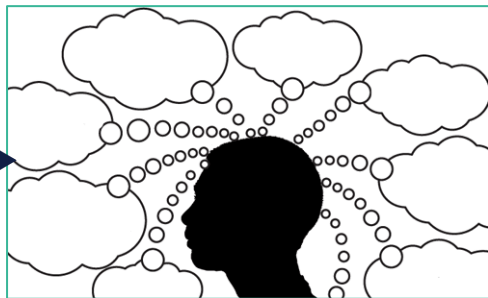
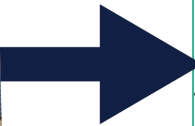
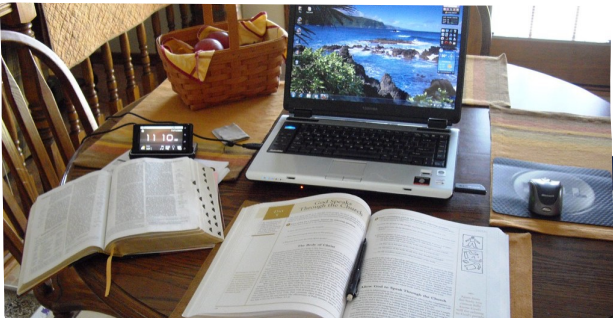
1. “I am having the thought that _____.”
2. Write it down. Keep it nearby. It is there, you can notice it, but you don't need to act on it.
3. Imagine yourself putting the thought on a leaf, letting it float down a river.

**Thoughts (and feelings) come and go.
We don't need to believe or act on them.**



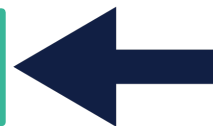
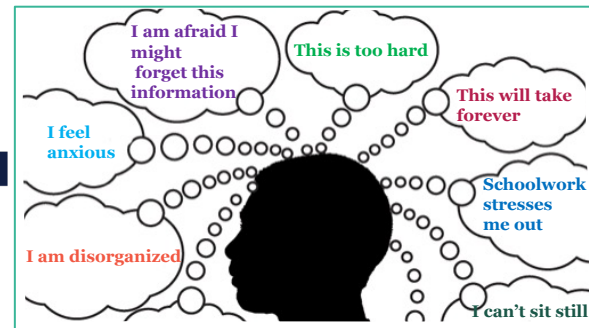
ACT in line with values

Even while having negative or unhelpful thoughts and feelings, we can still act in line with our values.

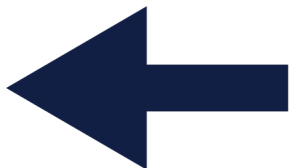


ACT on Values

Try it today!



Notice, Accept



- ~~1. VALUES~~
- ~~2. THOUGHTS AND FEELINGS~~
- ~~3. PROCRASTINATION~~
- ~~4. CHOOSING TO ACT~~
5. ASSESSING, PLANNING, ROUTINES
6. BREAKING IT DOWN
7. SETTING UP THE ENVIRONMENT
8. ADDING STRUCTURE
9. TRACK IT
10. QUESTIONS



Assess and Plan



Make assessing your tasks like brushing your teeth. Do it every day at the same time.

**What will
you do
during
assessment
time every
day?**

Get out your calendar

Go through folders, notebooks, emails, Blackboard, class notes, syllabi

Search for To Do's

Add each to your calendar AND tracking document

Be mindful of deadlines


February 2, 2023

Thursday, Week 5

all-day **Groundhog Day**
Groundhog Day United States

4 AM
5 AM
6 AM
7 AM
8 AM
9 AM

Assess



Mon 22	Tue 23	Wed 24	Thu 25	Fri 26
Reflective Practice	Reflective Practice	Reflective Practice	Reflective Practice	Reflective Practice
Assess	Assess	Assess	Assess	Assess

9 AM

Assess

10 AM

9:30 AM
Read Articles

11 AM

11 AM
Class

Noon

1 PM

12:30 PM
Lunch

2 PM

2 PM
Study flashcards for Math Quiz

3 PM

3 PM
Geography Map Assignment

4 PM

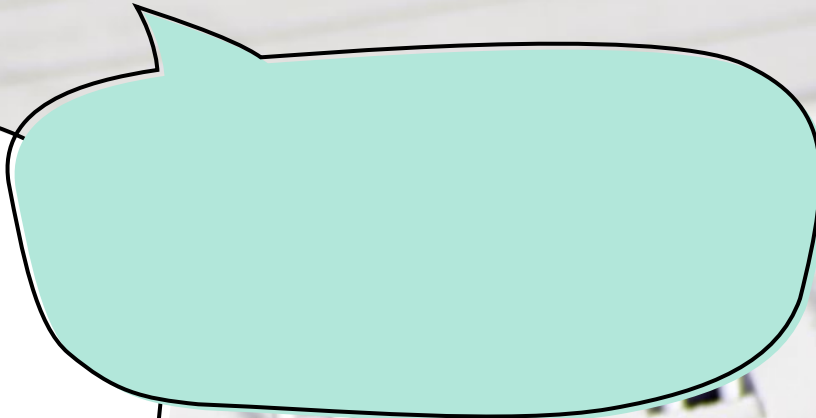


**If you
come
across a
big task**

**Add time to
your calendar
to break it
down.**



**To Do:
Complete
English Paper**



31

1

2

7

8

9

10

11

7

8

9

10

11

12

13

7

8

9

10

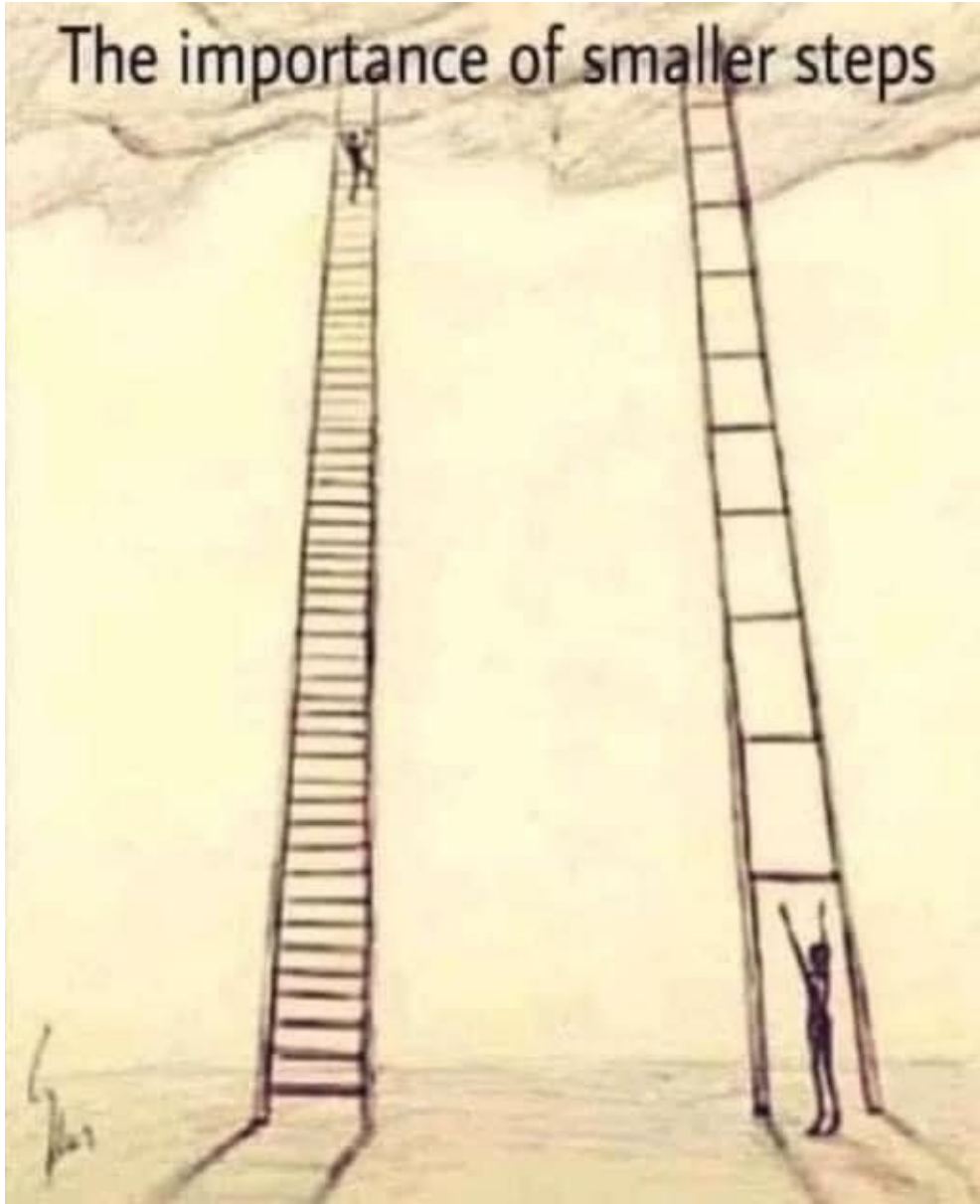
11

12

13

1

The importance of smaller steps



**Breaking Down
Larger Tasks**

Noon

12 PM

Break Down English Paper

1 PM

2 PM

2 PM

2 PM

English Paper-Step 1 (Search for 10 articles)

3 PM

Consider When Breaking Down

- Assignment expectations
- Difficulty
- Time to complete
- Due date
- Theme
- Priorities—which need to be done first
- Add tasks to the calendar

Setting up the Environment

1. Study only space
2. Free from distraction
3. If organization is a problem—schedule daily time to tidy up (practice and keep up with it)
4. Timer!!
5. Plan for the day—calendar, paper, note, or white board—somewhere visible

Putting it together

1. Strategy for dealing with interfering thoughts and feelings
2. Assessment of Tasks
3. Broken Down Tasks
4. Calendar with routines, specific tasks
5. Environment set up including daily organizing
6. Now it's time to do the work...

Managing Time— Add Structure



1. Decide what to work on
(it's on your calendar)
2. Decide how long to work in each
focused stretch
(5, 10, 15, 20, 25 minutes?—
choose easy)
3. What will you do on your short
breaks?
4. Longer breaks?
5. Extra time?
6. How will you reward yourself for
following your plan?
7. **Set the timer and start**

Task: Study for History Exam

20 minutes of work—**flashcards 1-25**

5-minute break—walk around, stretch, bathroom, get coffee

20 minutes of work—flashcards 26-50

5-minute break—walk around, stretch, get some fresh air

20 minutes of work—re-read notes ch 1-5

30-minute break—lunch, phone

20 minutes of work—re-read notes ch 6-10

5-minute break—walk around, stretch, bathroom

20 minutes of work—practice review questions

5-minute break—walk around, stretch, get some fresh air

My End of Schoolwork Reward: Play games, go to the gym, hang out with friends...

1. Be specific
2. Get away from your desk on breaks
3. Include longer breaks
- 4. Don't skip your reward!**

Keep working until
the timer goes off

Always take your
break and time it!



Check items off of your
assignment tracker

Go for simplicity, not
sophistication. Any simple
checklist (paper or app) will do.

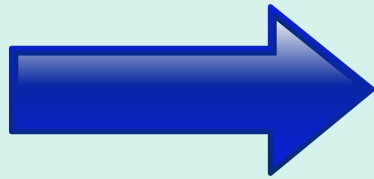


Questions



If you haven't yet....

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with the
QR code**



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