

Neurodiversity Study Workshop - 4/24/2023



We are happy you
are here!!

Please sign in



Neurodiversity Study Workshop Part 2

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

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

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





1. Anxious thoughts/feelings
2. **Leaves on a Stream**
3. Values
4. Choosing to act
5. Assessing, planning
6. **Breaking it down**
 - Assignments
 - Study for exam
7. **Discuss and share**

THE POMODORO TECHNIQUE



Pick a
task



Set a
timer



Take
action



Have a
break

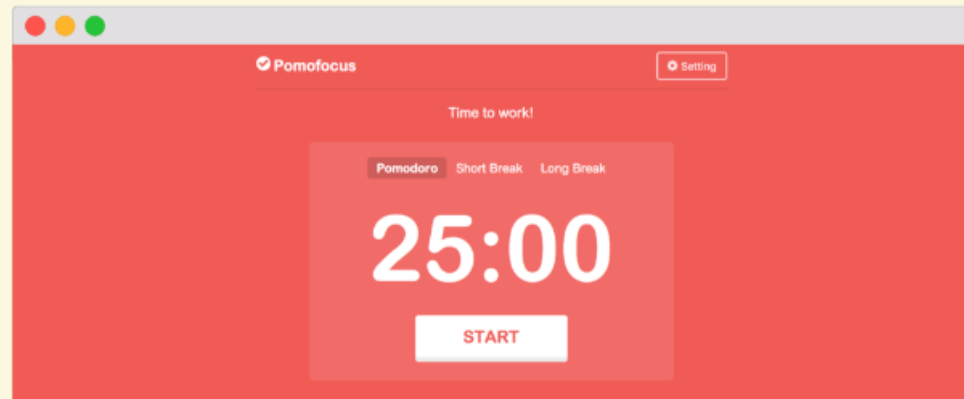


Start
again

FASTER T[©] MASTER



A Simple Pomodoro Timer to Boost Your Productivity





**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

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

Nothing can
bring you peace
but yourself

Ralph Waldo Emerson

Thoughts and

Feelings

are just visitors

let them come and go.

Thanks for coming to my party, and especially for leaving it.



your  cards
someecards.com

**"FUSED" WITH
THOUGHTS**

**DIFFUSED FROM
THOUGHTS**

VS

**SELF IS IDENTIFIED
WITH THOUGHTS**

**THERE IS MORE TO
THE SELF THAN JUST
THOUGHTS**

THOUGHTS = "TRUTH"

**NOT ALL THOUGHTS
ARE TRUE**

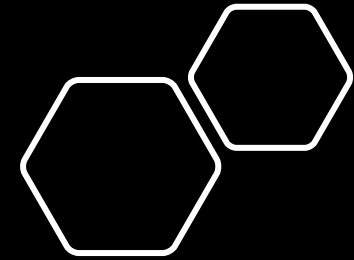
**THOUGHTS ARE TAKEN
MORE SERIOUSLY**

**THOUGHTS ARE
ACCEPTED, AND TAKEN
MORE LIGHTLY**

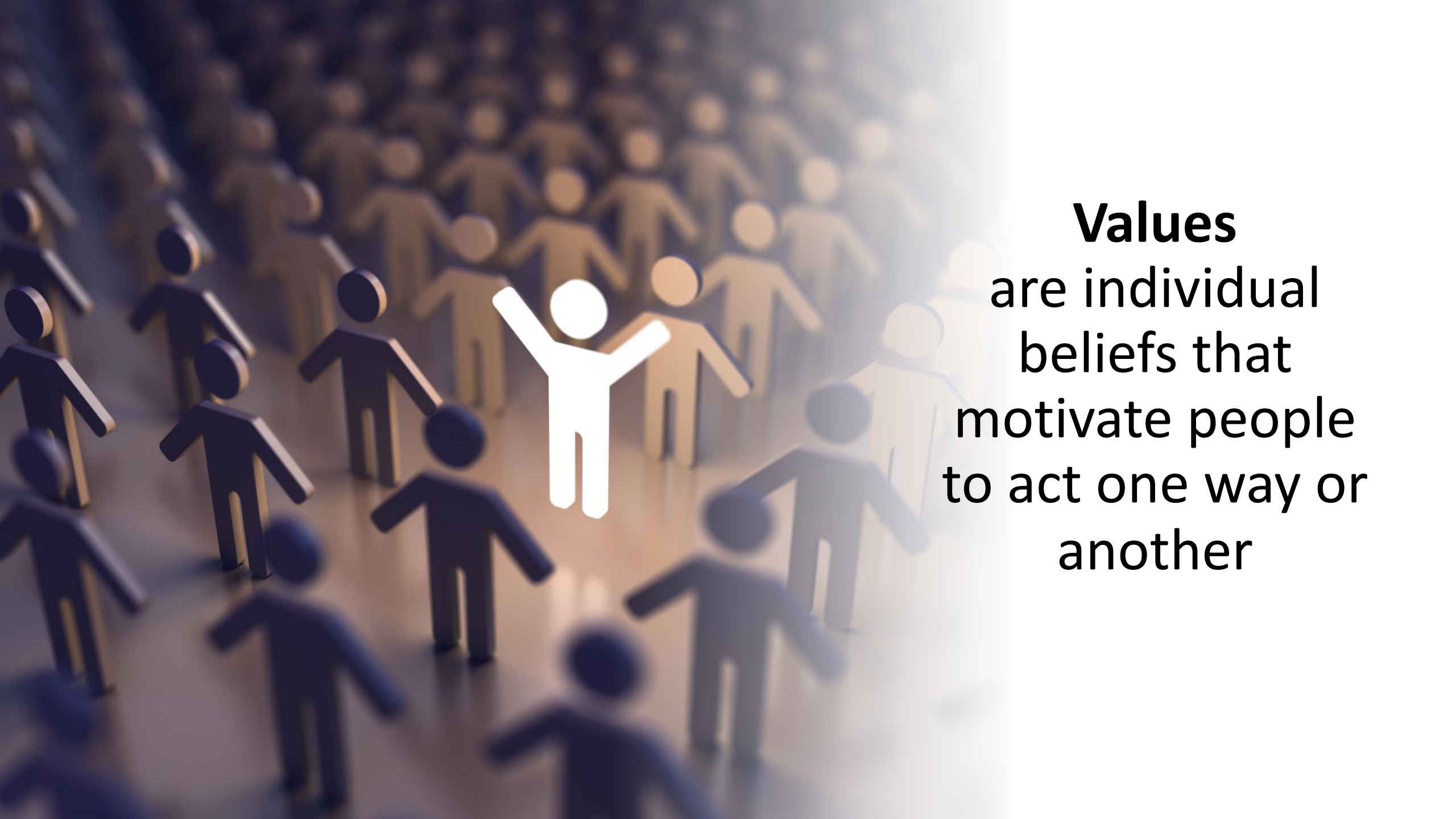
**AUTOMATIC
THOUGHTS GUIDE
ACTION**

**ACTIONS ARE BASED
ON VALUES, GOALS,
AND "WHAT WORKS"**

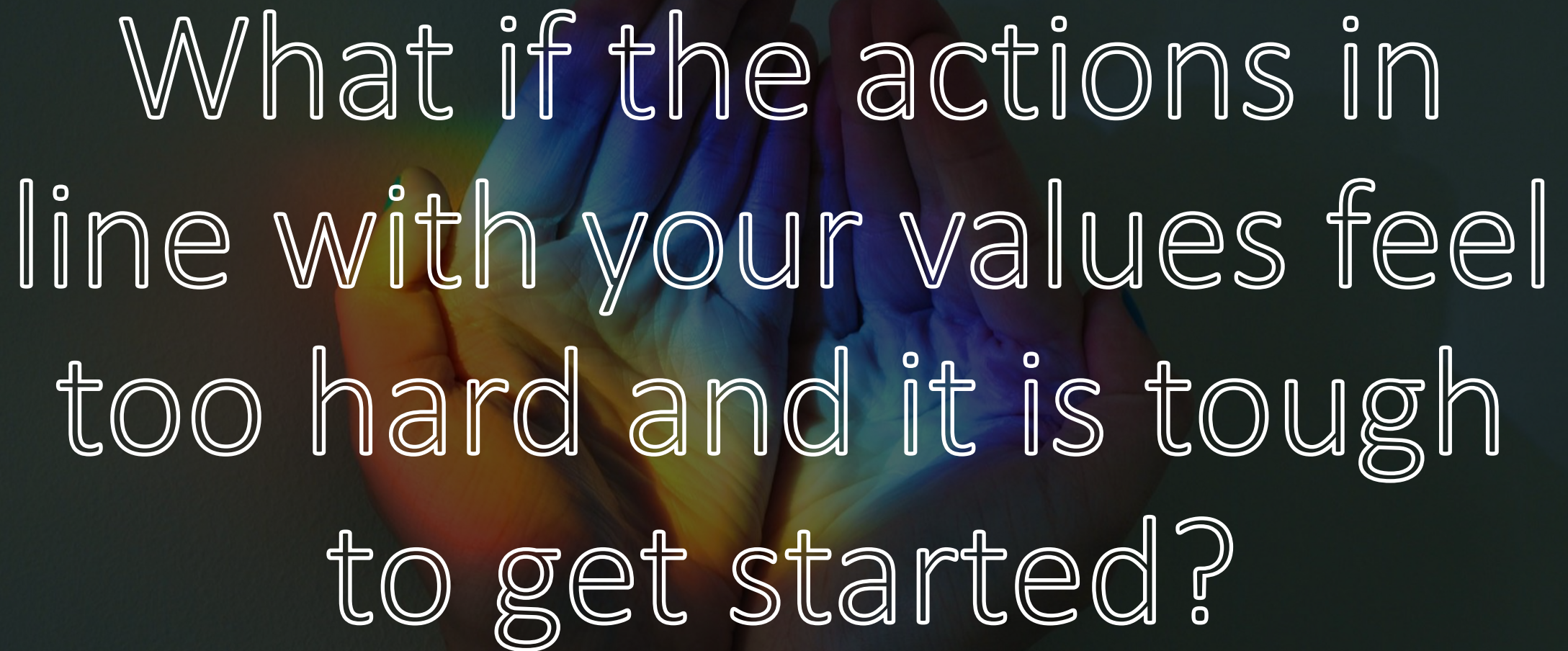
Diffusion







Values
are individual
beliefs that
motivate people
to act one way or
another



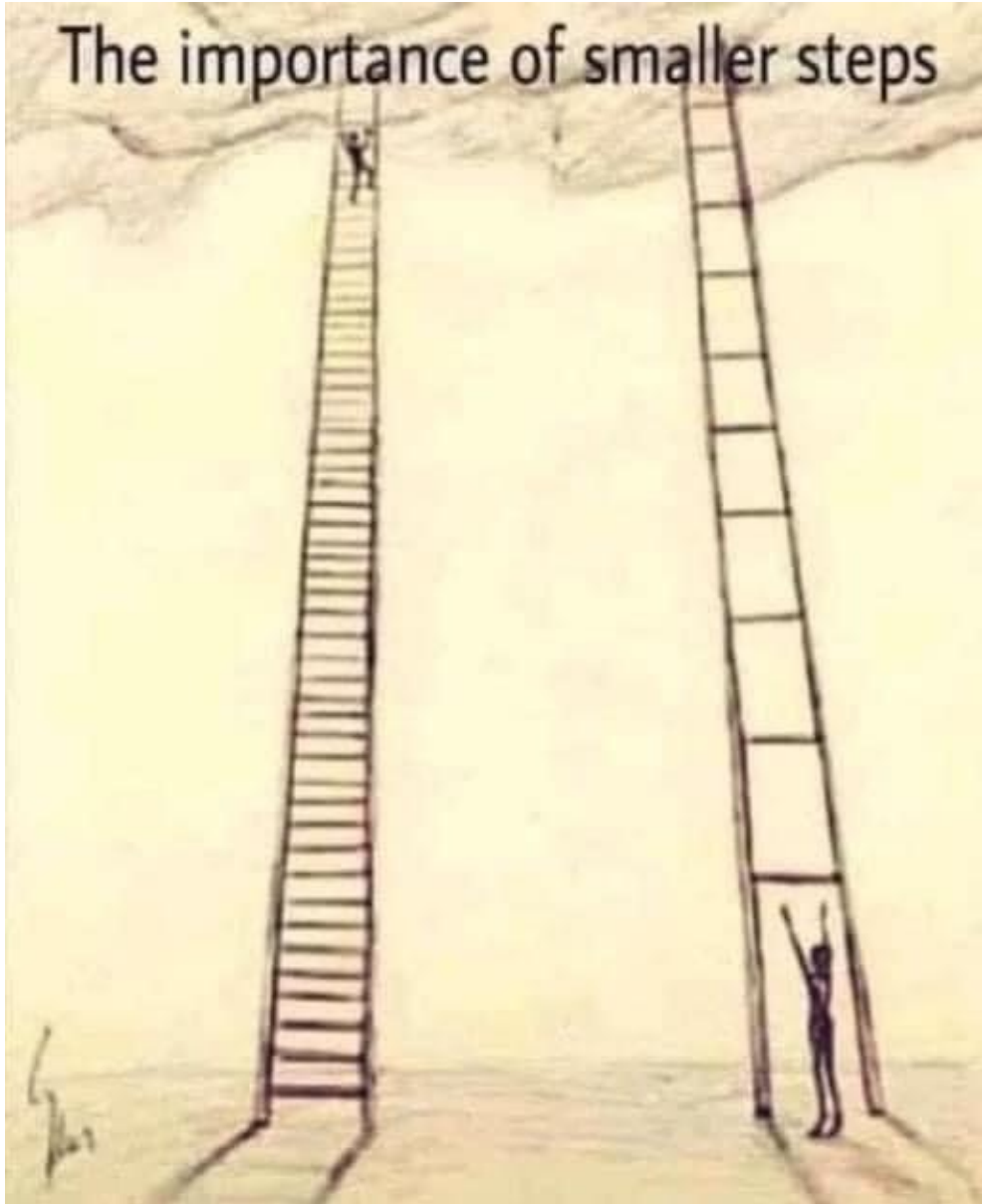
What if the actions in
line with your values feel
too hard and it is tough
to get started?



If you come
across a big
task

Add time to your
calendar to break
it down.

The importance of smaller steps



Breaking Down
Larger Tasks

Breaking Down an Assignment

Assignment to be broken down: Final Paper		
Due Date: May 10, 2023	Class: English	Professor: Dr. English Professor

STEPS

Priority	Small Step	Date to work on	Time needed	How hard to do I think this might be?	Done?
<i>1</i>	<i>Review the assignment and ask questions for clarity. Take notes.</i>	<i>April 1 9-10am</i>	<i>1 hour</i>	<input type="text"/> <i>Easy</i> <i>Hard</i>	
<i>2</i>	<i>Select a topic</i>	<i>April 2 9-10am</i>	<i>1 hour</i>	<input type="text"/> <i>Easy</i> <i>Hard</i>	
<i>3</i>	<i>Research the topic in library</i>	<i>April 3 12-2pm</i> <i>April 5 12-2pm</i>	<i>4 hours</i>	<input type="text"/> <i>Easy</i> <i>Hard</i>	
<i>4</i>	<i>Read research articles/books/resources and take notes</i>	<i>April 7 12-2pm</i>	<i>6 hours</i>	<input type="text"/> <i>Easy</i> <i>Hard</i>	

5	<i>Write an outline</i>	<i>April 12 9-10am</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
6	<i>Write Introduction</i>	<i>April 14 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Write body paragraphs 1-3</i>	<i>April 16 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Write body paragraphs 4-6</i>	<i>April 18 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Write body paragraphs 7-9</i>	<i>April 21 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Write body paragraphs 10-12</i>	<i>April 23 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Write conclusion/discussion</i>	<i>April 24 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Review writing for order, flow</i>	<i>April 28 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Check and add in text citations</i>	<i>April 29 12-1pm</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>List References in APA style and add page numbers</i>	<i>May 1 9-10am</i>	<i>1 hour</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>
	<i>Review/Proofread the completed assignment and revise as needed.</i>	<i>May 2 9-11</i>	<i>2 hours</i>	<input type="text"/>	<i>Easy</i> <i>Hard</i>

Did I add time to my calendar to work on each small step?

How will I reward myself after completed steps? _____

How will I reward myself after the whole assignment is completed? _____

Did I submit the assignment on time?

Notes/Things to Remember for Next Time:

WE CAN
DO HARD
THINGS.

GLENNON DOYLE

Groups



Imagine it is your first day in *History 101* and you are given a syllabus that says that in 3 weeks, you have your first test.



Group 1, break down the task of studying for a **multiple-choice test** on textbook chapters 1-3



Group 2, break down the task of studying for a **short answer test** on textbook chapters 1-3 terminology.



Group 3, break down the task of studying for an **essay test** on three journal articles, which you have in advance.

When you get into the breakout room



Choose one person who will write down the plan you develop and will share when we return to the larger group.



Decide on the small steps to prepare for studying for the exam you are assigned to



Don't worry about order (you can prioritize later)



Try to estimate the amount of time you'll need for each if you have time.



Discuss which might be harder than others.



It's OK if you don't finish.



Work for the whole 5 minutes.



A network diagram consisting of several nodes (represented by small white circles) connected by thin, light-colored lines. The nodes are arranged in a roughly circular pattern, with some nodes in the foreground and others in the background, creating a sense of depth. The background is a dark blue, textured surface. The entire scene is framed by a white border.

Discussion

Participant Feedback--
Neurodiversity Study Workshop #1



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