

# MINDQUEST FALL 2018\*



## STEPPING UP TO CHALLENGES (PART 1)

Thursdays - Oct 4, 11, 25, Nov 8, 15

**Grades 1-2:** 5:00 - 6:15 PM and **Grades 3-5:** 6:30 - 7:45 PM

These popular groups have a uniquely dynamic games-based format designed to engage intense and sensitive gifted students to develop executive functioning skills. Executive functioning skills practiced in Part 1 groups: Research-based strategies to improve emotional/behavioral regulation (self-calming), paying attention, flexibility.

## GAME ON (PART 2)

Prerequisite – Part 1

Saturdays - Sep 29, Oct 6, 13, 27, Nov 3, 10

9:30 - 10:45 - **Grades 3-5**

**Parent Meetings** - Wednesdays 7:00 - 8:00 on Oct 10, Oct 24, Nov 7

MindQuest: Game On! is the most intensive group offered by MindQuest. Each participant and their parents/caregivers will set individualized goals and receive support to accomplish those goals. Activities will build on executive functioning skills practiced in Part 1 group sessions, and Part 2 groups sessions will add reducing impulsivity, increasing task initiation and improving organization.

## DECYPHER

Prerequisite – Part 1

Saturdays - Sep 29, Oct 6, 13, 27, Nov 3, 10

12:45 - 2:00 – **Grades 3-5**

Working in groups is a crucial skill for school success as children get older, but it may be difficult. The participants will work together to design and make a board game. At each step of the process, the participants are given instructions on how to communicate more effectively, problem-solve and negotiate their ideas with others.

## NEW! PARENTING SEMINAR SERIES

Parenting for Success: Promoting Social, Emotional and Executive Functioning Skills with High Potential Children (Parents with any age child/teen)

**Saturdays** - Oct 13, 27, Nov 10; 2:30 - 4:00

Parenting high potential children or teens can require a unique approach to help them develop certain social, emotional and executive functioning skills. Parents/cargivers will learn strategies to support self-regulation (self-calming), flexibility, task initiation and concentration. Participants will have the opportunity to ask questions and participate in discussions. You do not need to have a child in Fall 2018 MindQuest groups to join, but if you do, you will receive a discount.

## TRANSITIONS

### Middle School

Saturdays - Sep 29, Oct 6, 13, 27, Nov 3, 10

11:00 - 12:15 - **Grades 6 - 8**

### Parent Meetings -

Wednesdays 7:00 - 8:00 on Oct 10, Oct 24, Nov 7

MindQuest Transitions groups support students and their parents/caregivers as they begin the new school year to develop an action plan to manage schoolwork challenges, improve communication skills and increase self-directedness.

Students will create a support network, develop self-advocacy skills, learn problem-solving strategies, and increase motivation.

**More info and  
Register at**

**[tylerinstitute.org/  
groups](http://tylerinstitute.org/groups)**

*\*This will be the only offering of Mindquest groups for the 2018-2019 school year.*