



## Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

*By Richard Guare PhD, Peg Dawson EdD, Colin Guare*

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"I told you, I'll do it later."

"I forgot to turn in the stupid application."

"Could you drive me to school? I missed the bus again."

"I *can't* walk the dog--I have too much homework!"

If you're the parent of a "smart but scattered" teen, trying to help him or her grow into a self-sufficient, responsible adult may feel like a never-ending battle. Now you have an alternative to micromanaging, cajoling, or ineffective punishments. This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Executive skills experts Drs. Richard Guare and Peg Dawson are joined by Colin Guare, a young adult who has successfully faced these issues himself. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

See also the authors' Smart but Scattered (with a focus on 4- to 13-year-olds) and their self-help guide for adults. Plus, Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, and related titles for professionals.

Winner (Third Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category

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### Editorial Review

#### Review

"An absolute 'must read' for parents. Many detailed examples show you exactly how to teach your teenager the skills needed for success in school and beyond. The clever strategies for getting around teens' creative resistance to making changes are particularly helpful. I will recommend this gem of a book to all of the parents and adolescents I treat."--Arthur L. Robin, PhD, coauthor of *Your Defiant Teen*

"Executive skills are critical to success in life, but may be delayed in some teens and young adults--and parents are often at a loss for how to help. *Smart but Scattered Teens* is just what parents need. This is a highly useful guide for improving teens' executive skills and motivating them to use the skills they already have."--Patricia O. Quinn, MD, coauthor of *Ready for Take-Off: Preparing Your Teen with ADHD or LD for College*

"Does your teen's behavior have you tearing out your hair in frustration? Quit nagging and use this wonderfully insightful and practical book to coach your 'smart but scattered' teen for personal, educational, and social success."--William Pfohl, PsyD, past president, International School Psychology Association

"I was hooked from the first chapter! This book has opened my eyes to ways to foster my son's strengths, not just criticize his weaknesses. With all the issues we battle daily, it's easy to forget the power of the positive. I'm thrilled to have a specific plan of action for targeting the skills my son needs to do better in school and become more focused and responsible."--Kim L.

"The book's 'executive skills' are the critical tools needed to solve problems, manage time, and perform tasks. As many parents know, tweens and teens often lack these abilities....A very helpful addition to parenting shelves."

(*Library Journal* 2013-02-14)

#### About the Author

Richard Guare, PhD, is Director of the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. Dr. Guare's research and publications focus on the understanding and treatment of learning and attention difficulties. He is a neuropsychologist and board-certified behavior analyst who frequently consults to schools and agencies. With Peg Dawson, he is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Guare and Dawson are also coauthors of *The Work-Smart Academic Planner, Revised Edition*, and books for professionals including *Executive Skills in Children and Adolescents, Second Edition*.

Peg Dawson, EdD, is a staff psychologist at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she works with children and adults. Dr. Dawson is a past president of the New Hampshire Association of School Psychologists, the National Association of School Psychologists (NASP), and the International School Psychology Association, and a recipient of the Lifetime Achievement Award

from NASP. With Richard Guare, she is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Dawson and Guare are also coauthors of *The Work-Smart Academic Planner, Revised Edition*, and books for professionals including *Executive Skills in Children and Adolescents, Second Edition*.

Colin Guare, a 25-year-old freelance writer who grew up with an attention disorder, has contributed to *ADDitude* magazine and has worked with children with learning disorders.

## **Users Review**

### **From reader reviews:**

#### **Jill Vaughn:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the book entitled *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential*. Try to the actual book *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential* as your buddy. It means that it can to become your friend when you experience alone and beside those of course make you smarter than before. Yeah, it is very fortunated for you. The book makes you more confidence because you can know almost everything by the book. So , let's make new experience and knowledge with this book.

#### **Kent Walker:**

The book *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential* can give more knowledge and information about everything you want. So why must we leave a very important thing like a book *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential*? A number of you have a different opinion about e-book. But one aim this book can give many info for us. It is absolutely suitable. Right now, try to closer together with your book. Knowledge or facts that you take for that, you are able to give for each other; you are able to share all of these. Book *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential* has simple shape but you know: it has great and massive function for you. You can seem the enormous world by wide open and read a book. So it is very wonderful.

#### **Joan Hanson:**

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