

**Procrastination, Executive Functioning,  
And ADHD: Best Practices for Educators**

**March 30, 2022**

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**Presenter:** Dr. Ashley Zultanky, Post-Doctoral Fellow  
Behavior Therapy Associates

**Location:** Morris-Union Jointure Commission  
Professional Development Center  
340 Central Avenue, New Providence

**Time:** 9:00 a.m. to 3:00 p.m.

<b>Registration</b>	MUJC Members:	\$ 85.00
<b>Fees:</b>	Nonmembers with Subscription:	\$ 85.00
	Nonmembers:	\$100.00

Procrastination is a common response to challenging or unpleasant tasks that can bring up uncomfortable thoughts and feelings. Students may develop poor habits and avoidance behaviors as they learn that the procrastination cycle affords them the ability to put off a task for as long as possible. Difficulties with procrastination significantly affect students diagnosed with ADHD and/or anxiety, most notably because of difficulty initiating and engaging in challenging tasks. This in person inservice will review procrastination pitfalls and strategies to maintain productivity and engagement on assignments and other tasks. Educators will develop skills in assisting their students with managing expectations.

Participants will gain knowledge and skills in:

1. the cycle of procrastination and an understanding of how to assist students through each stage;
2. building strategies for working with students who have trouble with executive functioning tasks including sustained attention, organization/planning, initiating, and completing assignments;
3. implementing mindfulness exercises to better manage anxiety and minimize procrastination and avoidance.

This inservice is in person from 9:00 a.m. – 3:00 p.m.