

The 8-Week Summer Executive Function Reset Plan

For ADHD students. Rest first, then rebuild, then ramp up.

The eight weeks between June and August are the only real window to rebuild the executive function systems that cracked this year. Start with the audit on the left. Let the answers shape the eight weeks on the right.

WEEK 1: END-OF-YEAR EXECUTIVE FUNCTION AUDIT

Sit down with your teen. Rate each skill from how it held up this year. Circle the dots together. This is the foundation of the whole summer.

Time Management

Estimating how long tasks take, building in buffers, meeting deadlines.

BROKE ○ ○ ○ ○ ○ **HELD**

Task Initiation

Starting work without endless prompting or last-minute crisis.

BROKE ○ ○ ○ ○ ○ **HELD**

Working Memory

Holding instructions, due dates, and steps in mind without writing them all down.

BROKE ○ ○ ○ ○ ○ **HELD**

Sustained Attention

Staying with one task long enough to finish, despite competing pull from phones and notifications.

BROKE ○ ○ ○ ○ ○ **HELD**

Organization

Binders, folders, digital files, physical workspace, knowing where things are.

BROKE ○ ○ ○ ○ ○ **HELD**

Emotional Regulation

Handling frustration, setbacks, and academic pressure without shutting down or melting down.

BROKE ○ ○ ○ ○ ○ **HELD**

THE 8-WEEK PLAN

WEEKS 1-2 · EARLY-MID JUNE

Decompression & Audit

- Rest. Sleep. Time outside. No academic work.
- Complete the Executive Function audit on the left.
- End-of-year debrief: what worked, what didn't.

WEEKS 3-4 · LATE JUNE-EARLY JULY

Planning Systems

- Set up calendar and capture system on phone.
- Establish a Sunday-night review ritual.
- Practice on real life: camp, trips, social plans.

WEEKS 5-6 · MID-LATE JULY

Study Systems

- Pick a note-taking method (Cornell or mind mapping).
- Introduce spaced practice on summer reading or math.
- Set AI use protocols: when ChatGPT helps and hurts.

WEEKS 7-8 · EARLY-MID AUGUST

Ramp-Up

- Preview material from the upcoming school year.
- Set up binders, folders, and digital systems.
- Optional: S4 Essential Study Skills Workshop.

PARENT PRINCIPLES FOR THE SUMMER

Facilitator, not enforcer. Set up Week 1, then step back.

Body doubling works. Sit in the same room, do your own work, no commentary.

One weekly check-in. Twenty minutes on Sunday. Not daily monitoring.

WANT HELP RUNNING THE PLAN?

Our 1:1 ADHD coaching runs the 8-week framework so you don't have to.

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