



**Welcome Turtle Rock Parents!**



# *Going from Unfocused to Focused*

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# Feel free to take notes.

But, the slide show will be available on the counseling webpage

The screenshot shows a web browser displaying the 'TURTLE ROCK ELEMENTARY' counseling page. The URL is 'turtlerock.iusd.org/resources/turtle-rock-counseling'. The page has a dark blue header with the school logo and navigation links: ABOUT, OUR STAFF, PARENTS, STUDENTS, RESOURCES, and ENROLL. Below the header, the main content area is titled 'TURTLE ROCK COUNSELING'. On the left, there is a vertical list of service categories, each with a plus sign icon. The 'PARENT RESOURCES' category is highlighted with a yellow oval. On the right, there is a 'CONTACT US' section with the following information:

**CONTACT US:**  
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# Some common signs

- a. Frequently off task
- b. Easily distracted
- c. Need frequent redirection and refocusing
- d. Unable to follow multi-step directions or even finish one step directions
- e. Get lost in the middle of tasks, sentences, conversations, explanations, etc
- f. Frequently looking out window, around room, at objects, people, etc
- g. Appear confused when assignment begins
- h. Needs frequent restating of instructions
- i. Often say's "what?" or questions what has been said or asked
- j. Appear confused, disoriented, or lost
- k. Often fail to give close attention to details or make careless mistakes

- a. Have difficulty sustaining attention in tasks or play activities
- b. Frequently switches from one activity to another
- c. Rarely completes one task before beginning another
- d. Seem scattered and disorganized
- e. Have a chaotic thought pattern, jumping from one topic to another with no connection or transition
- f. Often doesn't seem to be listening when spoken to directly or looks through speaker
- g. Often not follow through on instructions and/or fail to finish schoolwork
- h. Have difficulty organizing tasks and activities
- i. Often avoid or is reluctant to engage in tasks that require sustained mental effort
- j. Often lose things necessary for tasks or activities
- k. Be easily distracted
- l. Be forgetful

# Common Practices at school

- Individualized activities
- Periodic breaks for active movement
- Practice using tools
- Breaking down lessons
- Stretch



# Support at home

## Focus the mind

- DO ONE THING AT A TIME
  - Jumping from task to task causes any momentum to be lost
- BREAK DOWN THE TASK
  - Breaking down large assignments into smaller tasks can help improve focus by making things more manageable to tackle.
- MAKE SOME GOALS
  - Before your child tackles any assignment or starts a study session, create a list of goals to give your child direction



# Support at home

## Organize the environment!

- MAKE A DEDICATED WORKSPACE
  - space should be clear of clutter and only include items that he or she needs for that study session (like his/her textbook, notebook, study tools, and note-taking supplies).
- ORGANIZE NOTEBOOKS AND NOTES
  - Make sure your child's class notes are neat as well. Disorganized and incomplete notes can be a big concentration-killer for students.
- LEARN HOW TO DEAL WITH DISTRACTIONS
  - Help your child brainstorm ways to refocus on the task at hand when he or she becomes distracted. When your child is having trouble focusing, encourage him or her to get up and take a short break from what he or she is working on.





# Support at home

## Routine, Routine, Routine!

- SET ASIDE TIME FOR STUDYING AND HOMEWORK
  - Help your child create a daily schedule that includes time for homework, study breaks, and any other activities
    - Don't forget to leave room for free time to allow your child's brain to relax and recharge!
- PLAN STUDY BREAKS
  - Doing schoolwork for hours at a time without taking any breaks can quickly lead to a student's focus dropping to zero.
- STICK TO A SET BEDTIME & WAKE UP ROUTINE
  - A well-rested mind is a focused mind. A good sleep will help give your child's mind a chance to absorb everything from the day and recharge for tomorrow.





# Support at home

## Find focus in everyday activities

- PLAY FOCUS GAMES AND ACTIVITIES TO BUILD ATTENTION
  - Jigsaw and crossword puzzles are a great activity to give your child's brain a workout outside of the classroom.
- HELP YOUR CHILD PRACTISE MINDFULNESS
  - Calm Classroom! When your child is becoming distracted, encourage him or her to take a 5 minute break to sit quietly and take a moment for him or herself. Think about what is causing the distraction and how they could potentially refocus on the task.
- FIND SOMETHING YOUR CHILD IS EXCITED ABOUT
  - Connect learning to something your child is interested in.
    - If your child is working on a book report but has trouble sitting down to actually read, try choosing a book on a topic he or she is interested in or wants to learn more about.



# Support at home



## Talk about school strategies

- SIT AT THE FRONT OF THE CLASSROOM
  - Encourage your child to find a seat at the front of the classroom so he or she can focus on what the teacher is saying.
    - If your child's classroom has assigned seating, talk to the teacher about having him or her moved closer to the front if possible.
- SIT FARTHER AWAY FROM DISTRACTIONS
  - You can find out what may be distracting your child by asking his or her teacher, or talking to your child.
- KEEP AN ORGANIZED SCHOOL WORKSPACE
  - Encourage your child to clean out his or her school workspaces often, properly organizing stray notes into their proper binder and throwing away old, unneeded items





# Thank you for attending!

Next Parent Night:

- Social Skill Support (11/20)
- Building Responsibility (TBD)
- Self-Esteem (TBD)
- Peer Relations (TBD)
- Organization (TBD)
- Emotional Control (TBD)



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