

360 Thinking Publishing
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The Time Tracker Program

Volume 1: Foundations of Time Awareness

Volume 2: Advanced Strategies for Time Awareness and Self-Regulation

Volume 3: Mastering Daily and Long-Term Planning

By Sarah Ward and Kristen Jacobsen

“This is an amazing resource for fostering time awareness and self-regulation, as these are critical components of executive functioning! I’m so glad to have it in my clinic!”

– **Michelle Garcia Winner**, MA, CCC-SLP, and founder of the Social Thinking Methodology

“The Time Tracker Program is an ideal resource for teachers supporting students who are struggling, underperforming, or disengaged.... Experts Ward and Jacobsen transform their expertise into clear, engaging strategies and templates that students can apply with ease and teachers can seamlessly integrate into any lesson.”

– **Jessica Minahan**, PhD, BCBA, co-author of *The Behavior Code*

“I’m amazed! This workbook series is a *must-have* for anyone helping neurodiverse students build school and life skills. It turns out that before students can *manage* time, they need to *sense* it – and these easy-to-use, step-by-step exercises make that learning process a breeze. I’ll be recommending these books to all graduates of my Anti-Boring Coach Certification Program!”

– **Gretchen Wegner**, founder of the Anti-Boring Learning Lab

“This much-needed series provides an accessible and easy-to-implement structure to teach these skills and can be used by educators, school counselors, coaches, and clinicians. The Time Tracker Program is a must-have series for working with students with executive function challenges.”

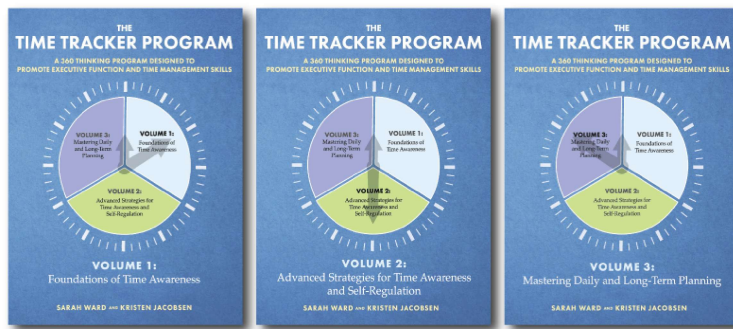
– **Ryan Wexelblatt**, LCSW, director, ADHD Dude

“In this carefully crafted book series, it is evident that the authors have thought deeply about time and its components. Drawing on a wealth of clinical experience, they have developed a set of progressive, well-constructed lessons to help learners of all ages learn to master time.”

– **Peg Dawson**, EdD, NCSP, co-author of *Smart but Scattered*

“The authors have skillfully and accessibly unpacked and clarified the abstract quality of time to provide educators and caregivers both the theory and practice of managing time so students can gain control of their actions in order to achieve their potential.”

– **Adam Hickey**, MEd, Research coordinator and lead faculty, Landmark School Outreach



The Time Tracker Program is designed to help students build the executive function and time awareness skills they need to independently plan and manage their activities and assignments. Based on the authors’ extensive research and their decades of experience in supporting students at the Cognitive Connections Center and training educators and therapists, these books contain 40 ready-to-use lessons filled with practical strategies to help you teach students to internally sense and self-regulate the passage of time. The program is flexible and can be tailored to fit into existing classroom, therapy, or home routines.

FAQ for the Time Tracker Program Book Series

1. **What is the purpose of the Time Tracker Program?** The Time Tracker Program helps students transition from adult-regulated to self-regulated planning. The hands-on activities teach students to feel the passage of time and overcome time blindness.
2. **Who is the target audience for this book series?** The series is designed for parents, educators, and therapists who work with students in 4th grade through college and beyond. Hands-on activities meet the needs of MTSS Tier 1, 2, and 3 learners. The activities can be used for executive function groups or academic support classes to achieve time-based goals and objectives.
3. **What age group is the program suitable for?** The activities and strategies in the program are suitable for students of all ages. The worksheets are designed for students to read about the background/purpose of a time activity to increase meta-cognition. For younger students, adult facilitators will need to provide additional guidance and support to help them understand and engage with the content.



About the Authors:

Sarah Ward, MS, CCC/SLP, and Kristen Jacobsen, MS, CCC/SLP, have over 25 years of experience in the treatment of executive function challenges. They co-founded Cognitive Connections and co-authored the 360 Thinking Executive Function Program.

