

# VISITING SCHOLARS SERIES

## PUBLIC LECTURE

# DISTINGUISHED

## Why Tools of the Mind and Montessori Educational Approaches Can Help Executive Function Skills



Adele Diamond, PhD

Canada Research Chair Professor  
in Developmental Cognitive Neuroscience

Department of Psychiatry

University of British Columbia, Vancouver

Thursday, December 1, 5:30 p.m.

Virginia Tech Carilion Research Institute  
M203, 2 Riverside Circle, Roanoke

Live webcast available at <http://research.vtc.vt.edu/live-webcast>

The executive functions are the cognitive-control abilities that depend on the prefrontal cortex, such as selective attention, self-control, problem-solving, reasoning, and the ability to avoid getting into trouble. These abilities can be improved through training and practice. They can also be disrupted by stress, lack of exercise, loneliness, and lack of sleep. Conversely, what nourishes the human spirit is also best for the exercise of executive functions. Dr. Adele Diamond's work has shown that the most effective way to improve children's executive functions and academic achievement is to address their full social, emotional, and physical development.

A public reception will be held in the VTC Cafe from 4:30 to 5:15 p.m.

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