

ADAPTIVE SKILLS TRAINING

PROVIDED BY HIGHLY QUALIFIED EDUCATORS: DEGREED, CREDENTIALED, CERTIFIED

MODERN CLASS

EXECUTIVE FUNCTIONING & ADAPTIVE SKILLS TRAINING

Skills for Learning Skills for Life

Modern Class provides one-on-one Adaptive Skills Training (AST) delivered through our Executive Functioning program. Each plan is designed and led by degreed educators and is individualized to the client's goals, home, and daily routines.

AST + EXECUTIVE FUNCTIONING

Executive functioning is the engine behind adaptive skills: planning, self- regulation, working memory, and follow-through. We teach AST goals inside that framework so skills transfer from the session to real life.

- Individualized plan created based on the initial intake, observation, and family input
- Explicit instruction, modeling, and guided practice to build independence
- Measurable goals with ongoing progress reports
- Visual routines, checklists, and self-monitoring tools used at home and school

ADAPTIVE SKILL AREAS WE ADDRESS

- **Safety skills:** Personal, community, and online safety routines
- **Accessing technology:** Devices, apps, schedules, and communication tools
- **Communication:** Expressing needs, self-advocacy, and social interaction
- **Challenging behavior:** Supports and strategies for students, parents, and families
- **Sleep and sleep hygiene:** Enforcing evening routines and consistent habits
- **Choice making:** Decision-making, planning, and problem solving

PROVIDER QUALIFICATIONS

- **Owner** holds a master's degree in education and is a member of AET (Association of Educational Therapists)
- **Educational Director** is a licensed Educational Psychologist
- **Every staff member** holds at least a bachelor's degree
- **Modern Class team** is experienced in designing and implementing individualized skills training plans
- **Services** available in person at our West LA and Encino offices, school campus, in-home, or online

West LA Offices
11835 W Olympic Blvd
Los Angeles, CA 90064

www.modernclass.com
hello@modernclass.com
(818) 429-3719

Encino Offices
15910 Ventura Blvd
Los Angeles, CA 91436