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Practical Strategies and Smart Device Integration for Executive Function

Michelle Ranae Wild, M.A.

Brain Education Strategies & Technology (BEST)

Speaker Disclosure

Michelle Ranae Wild is the founder and CEO of Brain Education Strategies & Technology (BEST) a 501(c)(3) nonprofit organization. She does not take a salary from BEST.

Executive Functioning

Executive Function Defined

Executive function skills are the mental processes that enable us to plan, focus attention, remember, and juggle multiple tasks.¹

1. <https://developingchild.harvard.edu/science/key-concepts/executive-function/>

Executive Function Skills



Smartphones

iPhone vs. Android



Chat & Questions (1)



Practical Cognitive Retraining



Making Cognitive Connections[®]

An educational-based approach to help brain injury survivors identify and understand the cognitive skills impacted by brain injury, the relationships among those skills, and how their insights about the relationships can improve their cognitive function and skills development.

Chat & Questions (2)



Smart Device Accessibility

Accessibility Settings (1)

- Appearance
- Brightness
- Night Shift
- Auto-Lock
- Zoom

Accessibility Settings (2)

- Display & Text Size
- Contrast
- Color Filters
- Spoken Content

Chat & Questions (3)

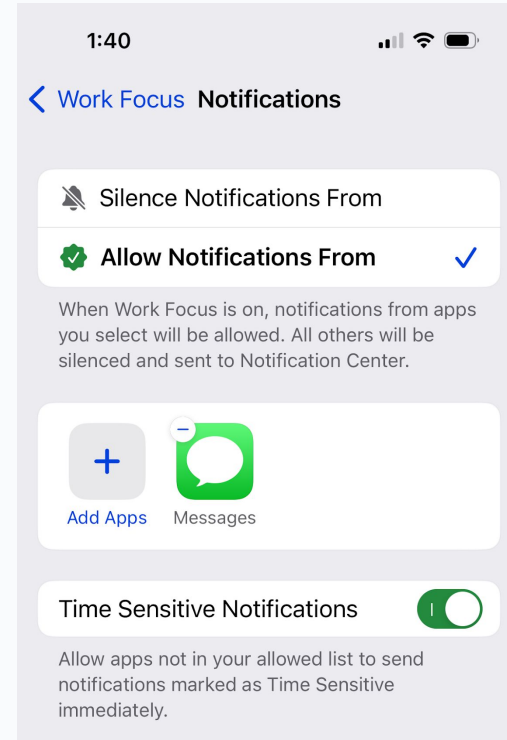
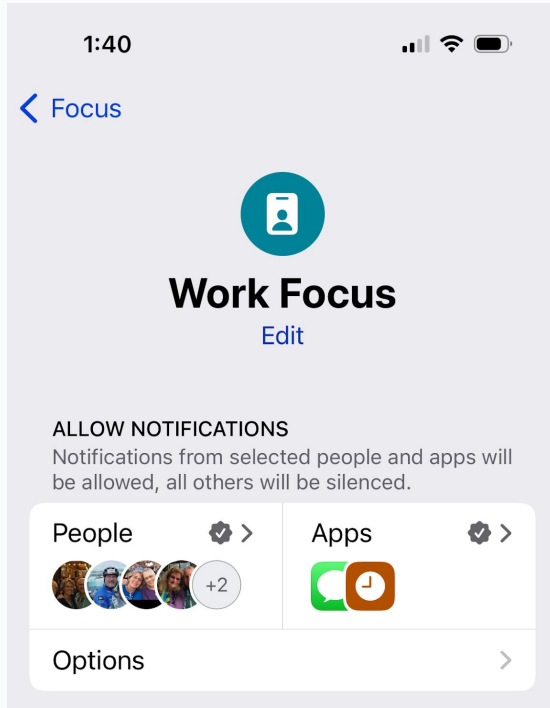


Focus

Focus Feature

- Focus eliminates device-related distractions such as notifications and calls
- Focus can be set for different activities
- Focus can be set to allow certain calls or notifications to get through
- To access Focus: Settings > Focus
- To start Focus: Open Control Center > Focus > desired focus option

Focus Feature (1 of 2)



Focus Feature (2 of 2)

SET A SCHEDULE

Have this Focus turn on automatically at a set time, location, or while using a certain app.



8:30 AM – 12:30 PM

Every Mon, Tue, Wed, and Thu

Off >

Add Schedule

Cancel

Add Schedule

Set a Schedule

Have this Focus turn on automatically at a set time, location, or while using a certain app.



Time

Ex. "12:30 PM – 2:30 AM"



Location

Ex. "When I arrive at Work"



App

Ex. "When I open Books"

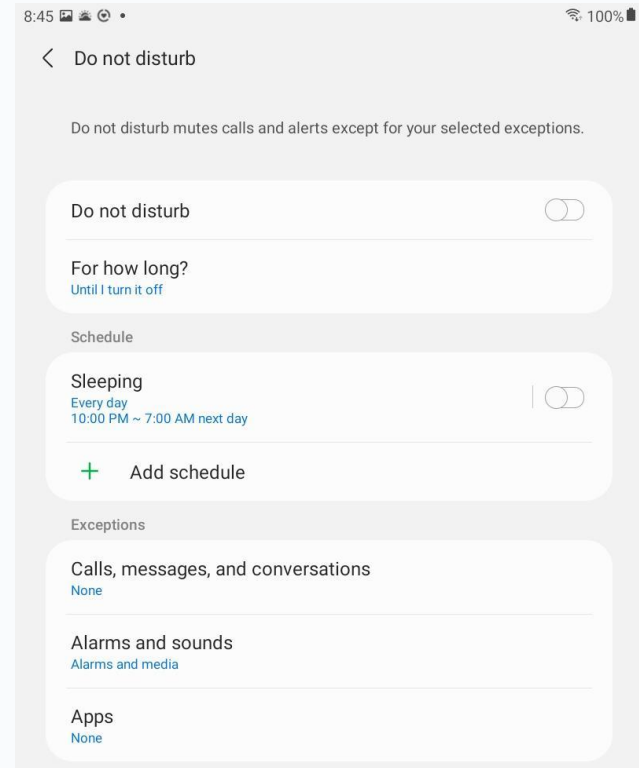
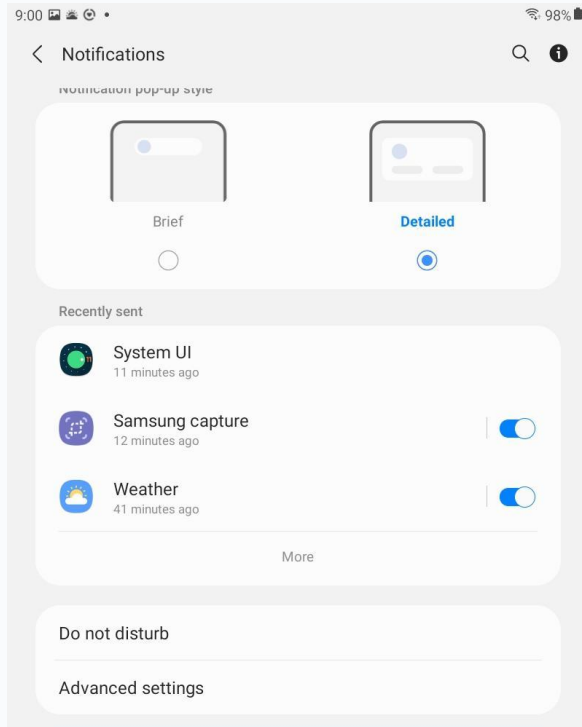


Do Not Disturb

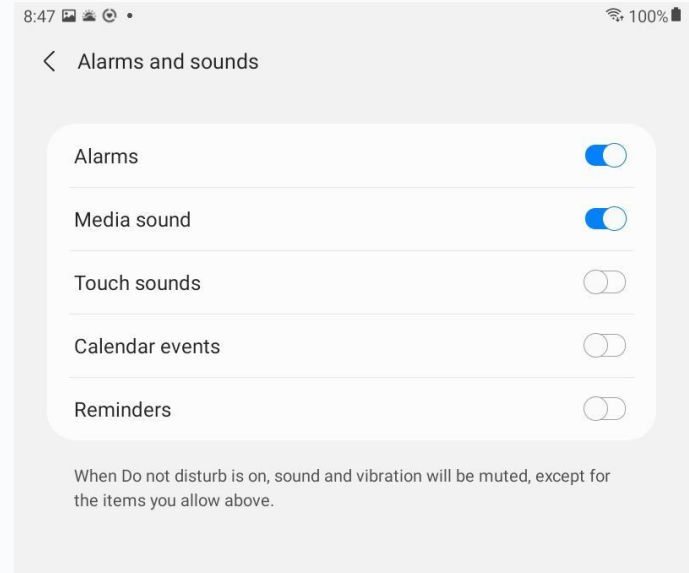
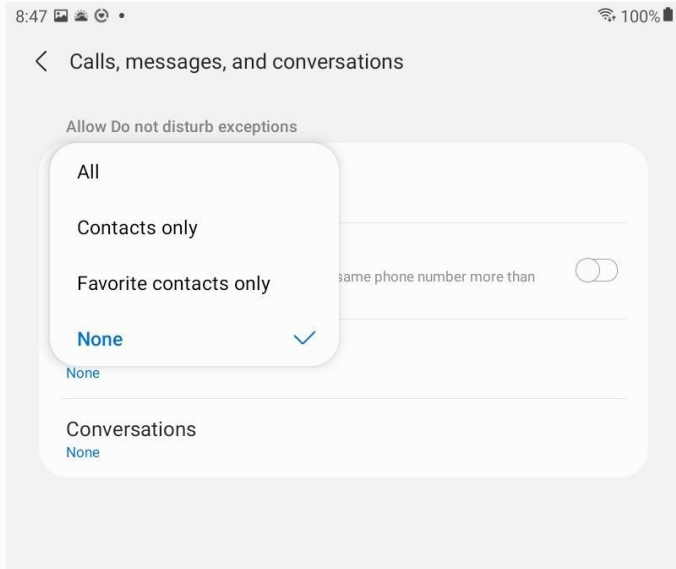
Do Not Disturb Feature - Android

- Do Not Disturb eliminates device-related distractions such as notifications and calls
- Do Not Disturb can be set for different activities
- Do Not Disturb can be set to allow certain calls or notifications to get through

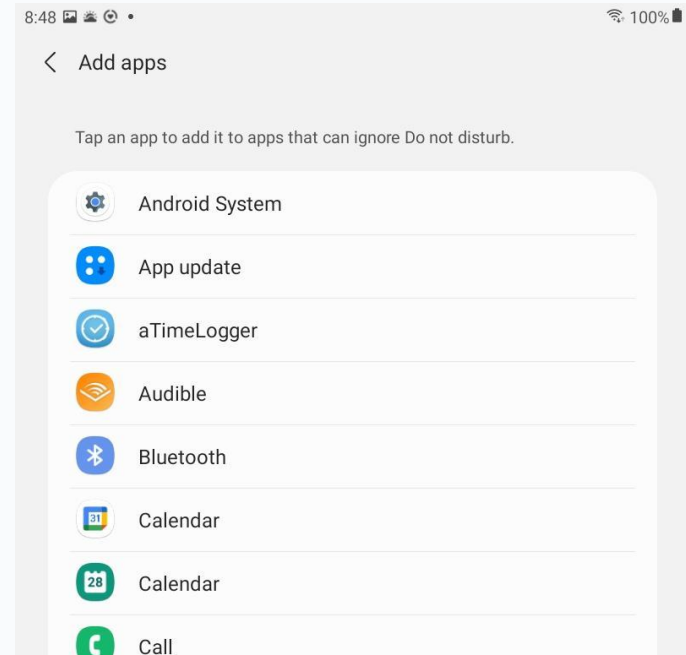
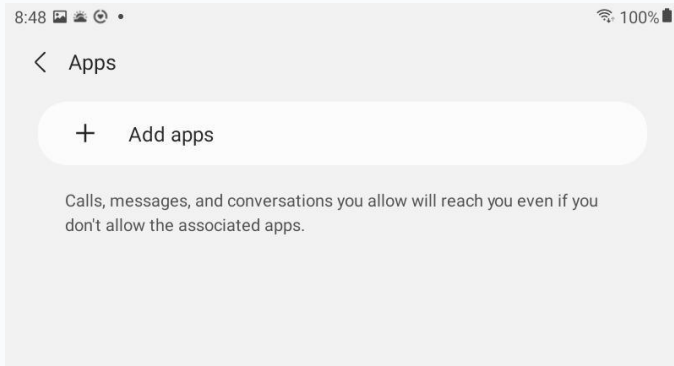
Do Not Disturb Feature (1 of 3)



Do Not Disturb Feature (2 of 3)



Do Not Disturb Feature (3 of 3)



Chat & Questions (4)



Medications (iOS only)

Medications Feature

- Medications feature tracks medications, sets reminders, logs when medication(s) are taken
- To access Medications: Health app > Browse > Medications

Medication Feature Log

Medications

Tomorrow, February 1

S M T **W** T F S S M

Log

- 10:30 AM +
Vetmedin
- 10:30 PM +
Vetmedin
- As Needed Medications +

Today, January 31

S S M T **W** T F S S

Log


- 10:30 PM +
Vetmedin
- As Needed Medications +

Logged

- 11:25 AM >
Vetmedin

Medication Feature Medication List

Your Medications [Edit](#)



Vetmedin >

Tablet
1.25 mg
📅 Every Day

[Add Medication](#)

Chat & Questions (5)



Calendar Apps

Calendar App Views

< November

S M T W T F S
6 7 8 9 10 11 12

W46 Wednesday November 9, 2022

all-day Search Committ... Richard Cooper's...

8 AM

9 AM ABI Program 2nd 8-weeks
Suggested Location: Via Mariposa E

10 AM

11 AM BEST USBIA presentation

Noon

1 PM Temple MIS project discussion 3:30 PM (EST)...

2 PM Dr. Trebon (Ranae Crown)

3 PM

4 PM

5 PM

Today Calendars Inbox (4)

< Nov 2022

S M T W T F S

1 2 3 4 5

46 6 7 8 9 10 11 12

47 13 14 15 16 17 18 19

48 20 21 22 23 24 25 26

49 27 28 29 30

Search Committee Level 2... all-day

Richard Cooper's 58th Bir... all-day

ABI Program 2nd 8-weeks 8:30 AM
Suggested Location: Via Mariposa E 12:30 PM

BEST USBIA presentation 11:00 AM
11:30 AM

Temple MIS project discussion 12:30 PM
📄 temple.zoom.us 1:00 PM

Dr. Trebon (Ranae Crown) 2:00 PM
3:00 PM

Today Calendars Inbox (4)

Calendar App New Event Screen

Cancel New Event Add

Title

Location or Video Call

All-day

Starts May 26, 2023 8:00 PM

Ends May 26, 2023 9:00 PM

Travel Time None

Repeat Never

Calendar ● BEST

Invitees None

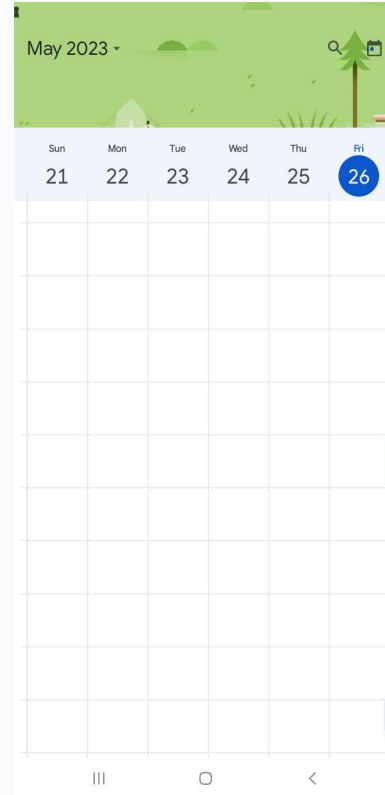
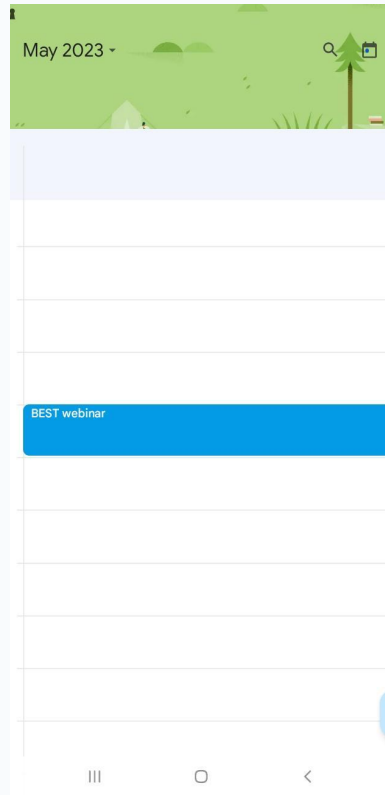
Alert None

Add attachment...

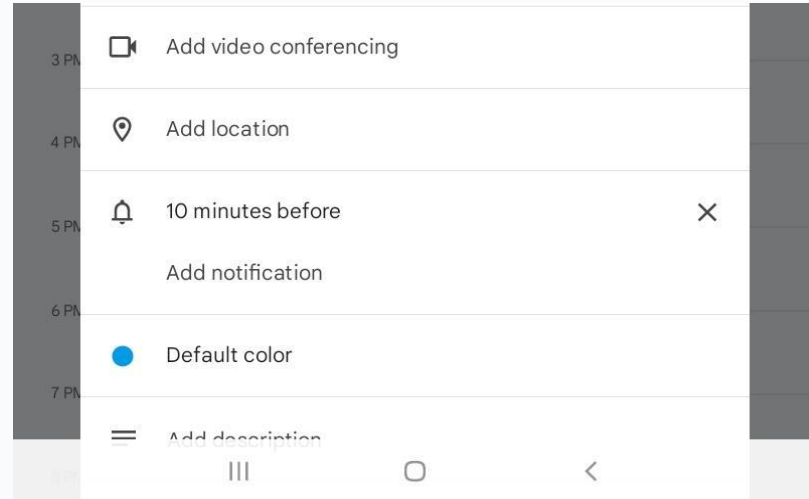
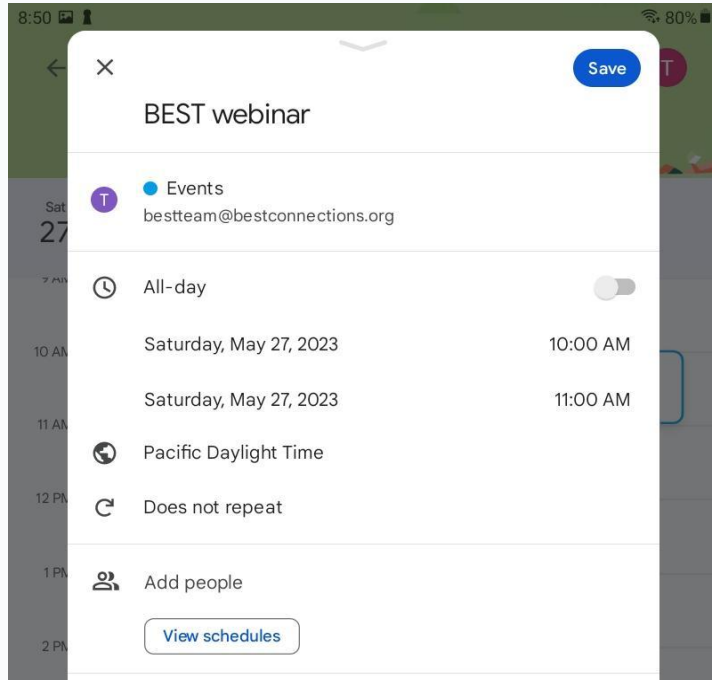
URL

Notes

Google Calendar



Google Calendar – New Event

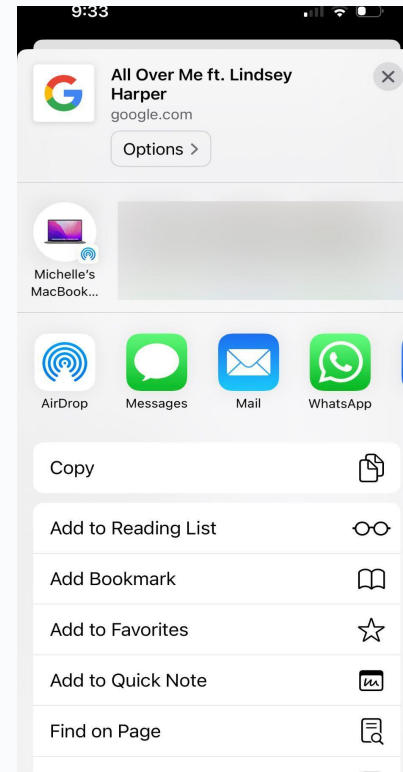
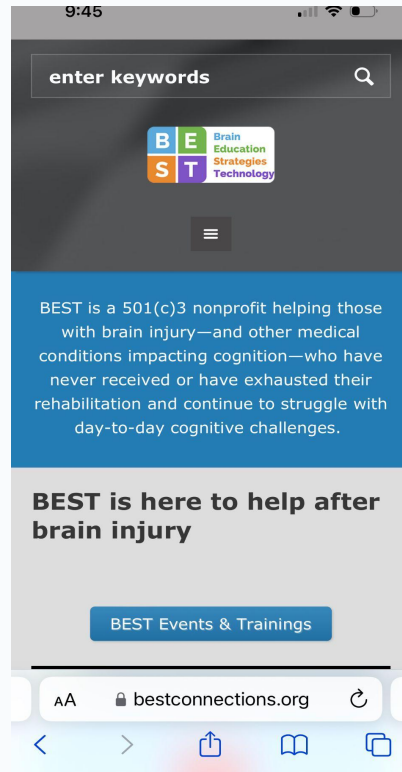


Chat & Questions (6)

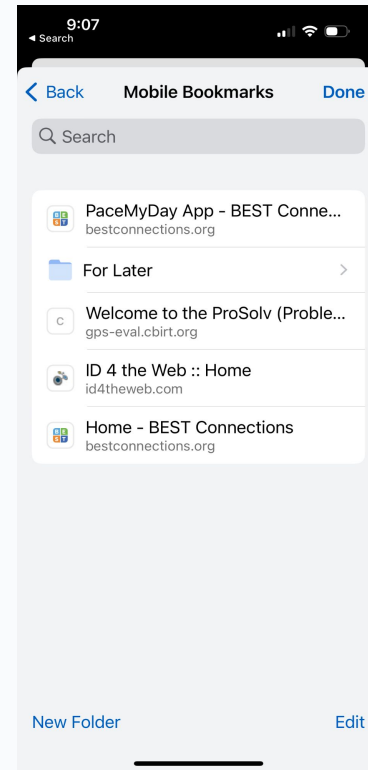
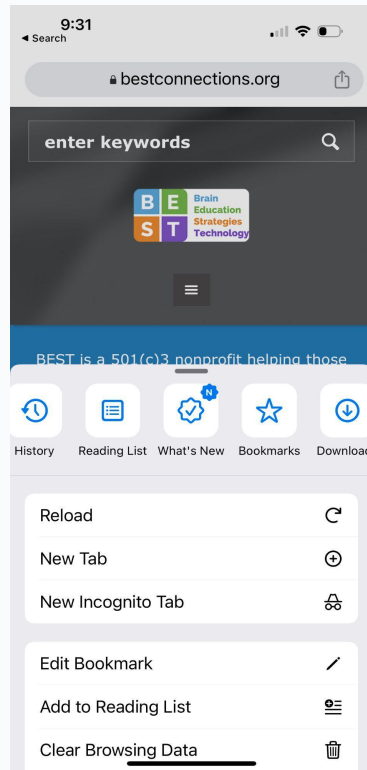
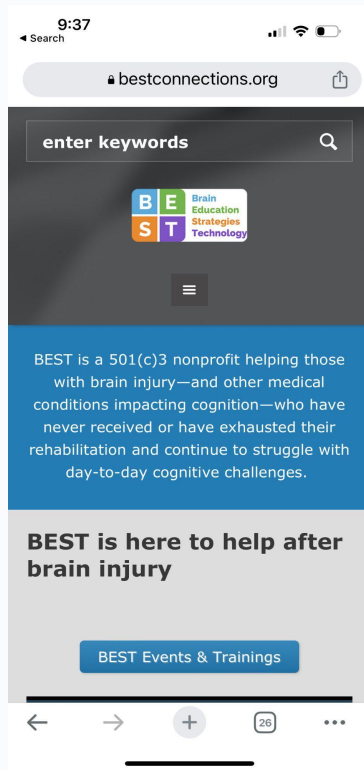


Web Browsers

Safari

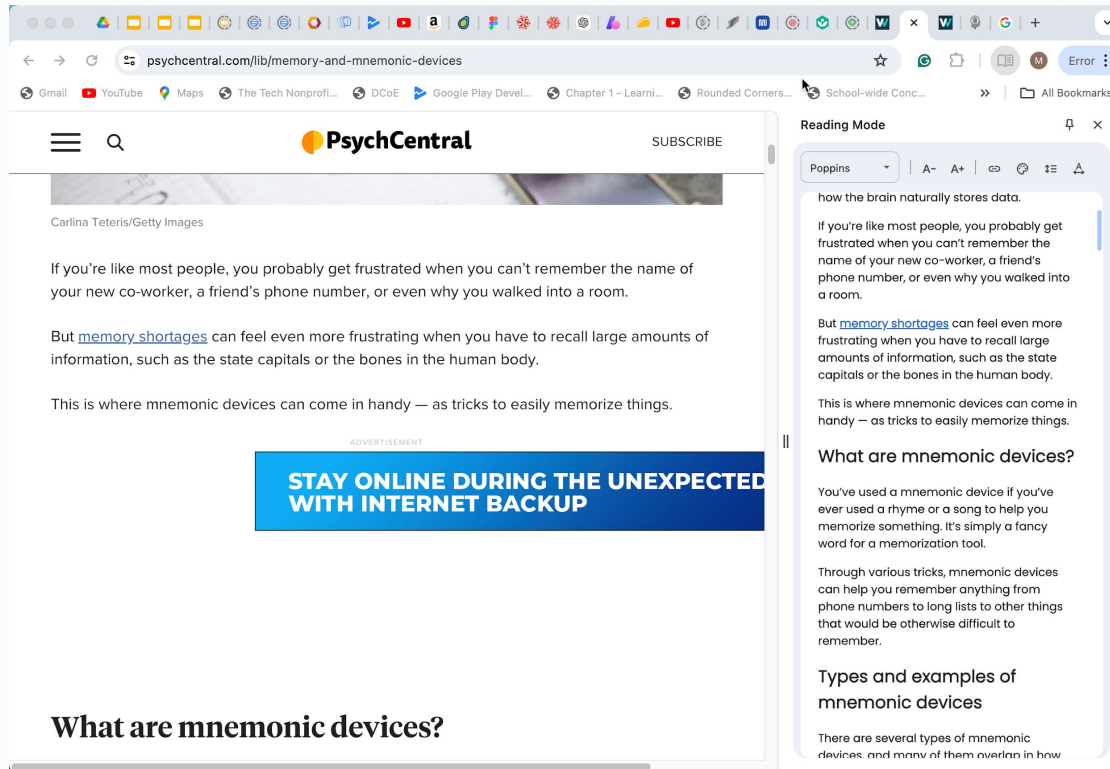


Chrome

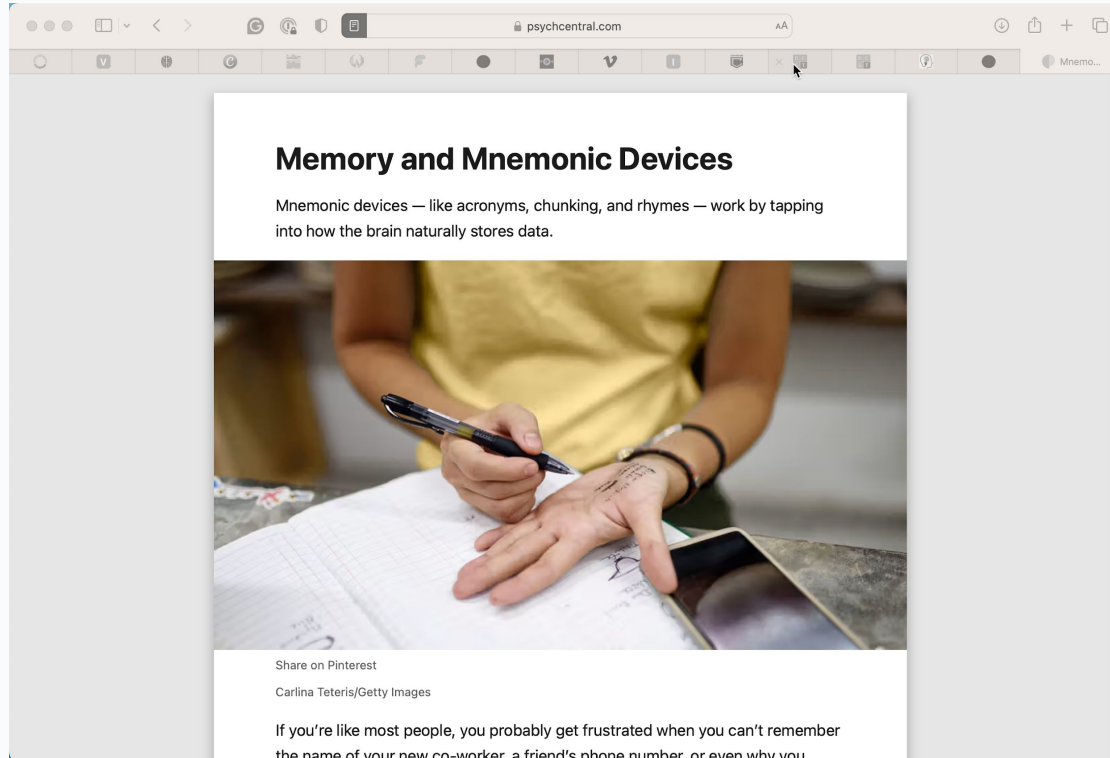


Browser Reader Mode

Reader Mode Chrome



Reader Mode Safari

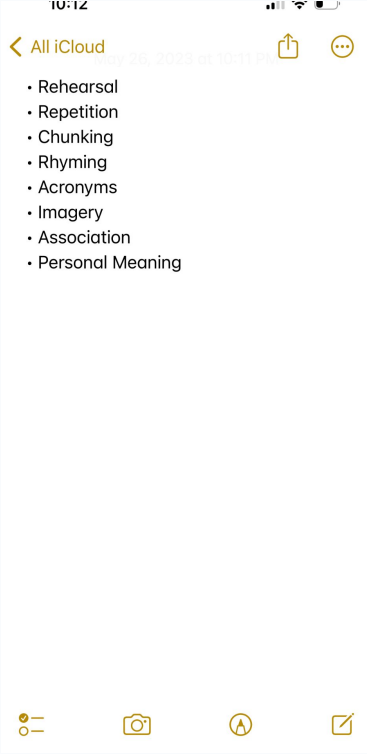
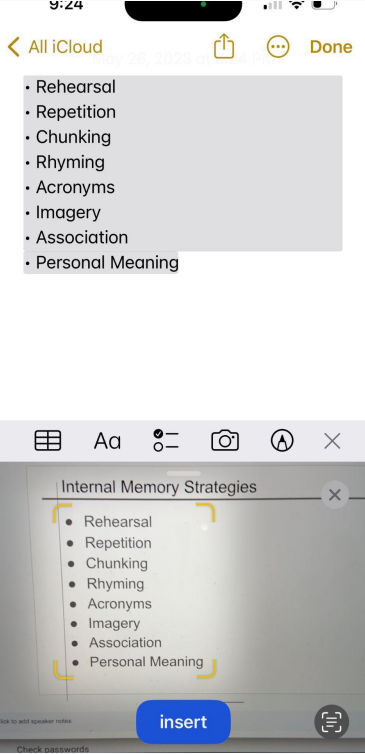
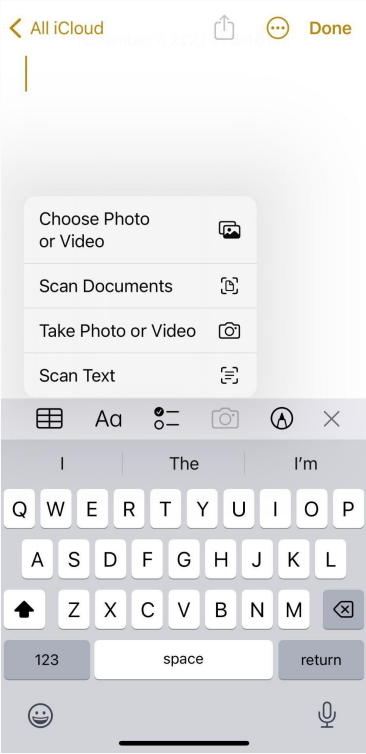


Chat & Questions (8)

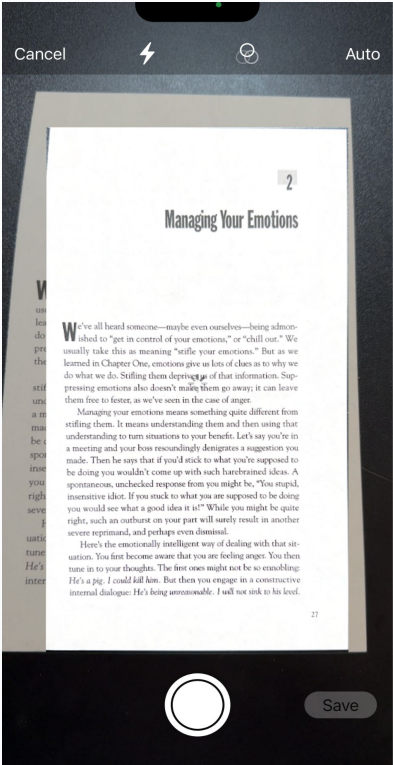
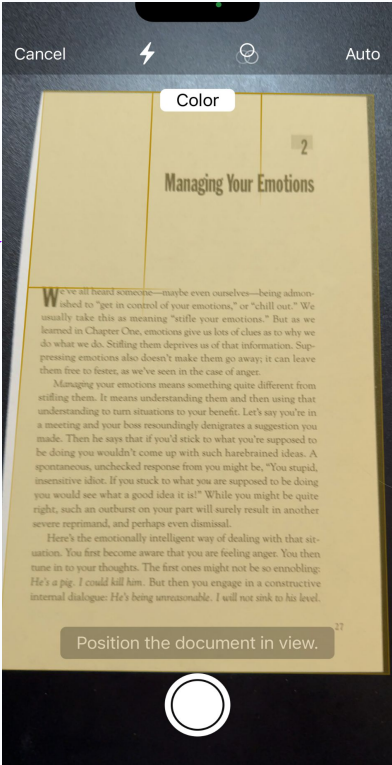
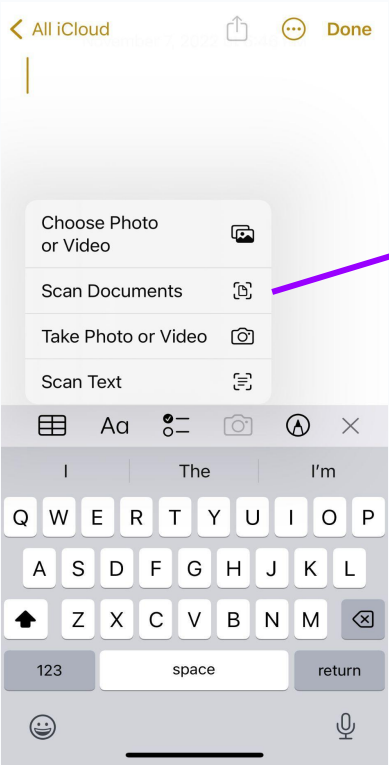


Notes Apps

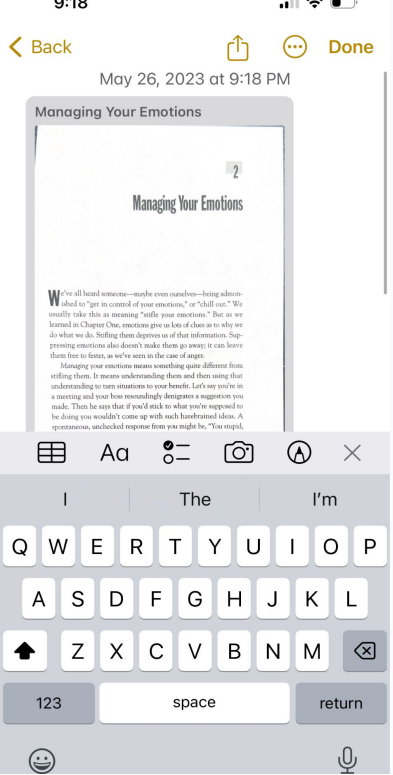
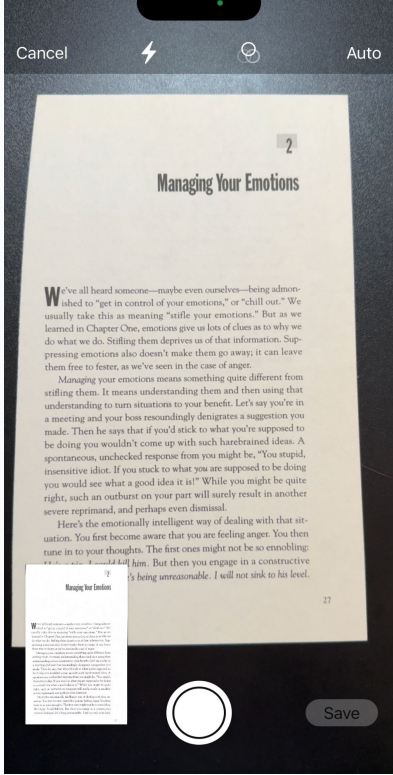
Notes app Scan Text



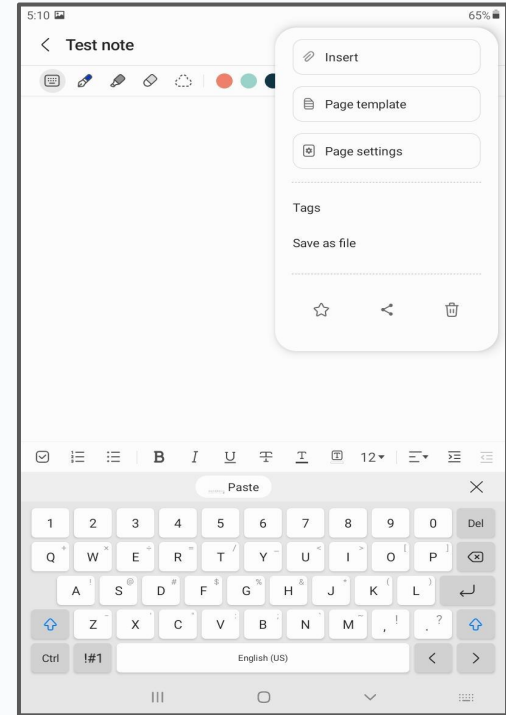
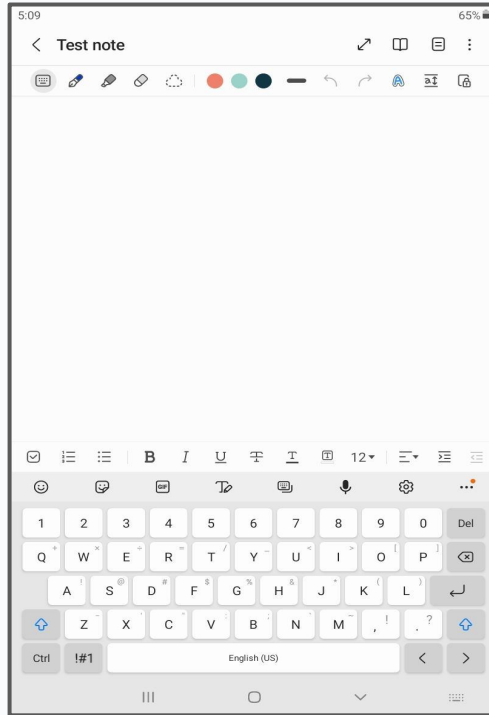
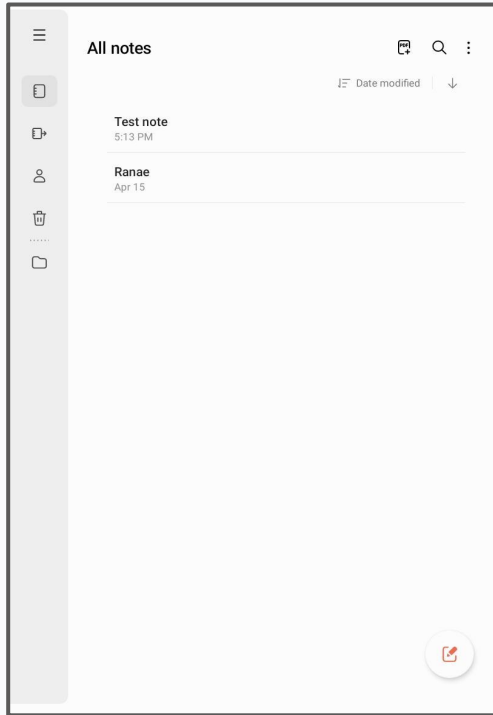
Notes app Scan Documents (1 of 2)



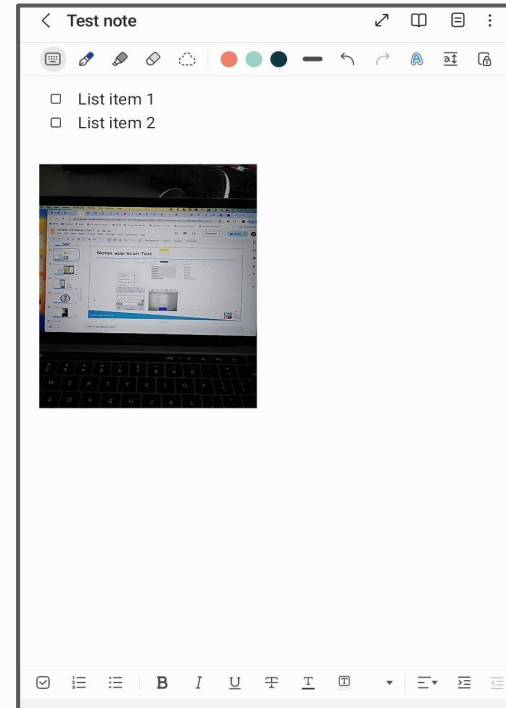
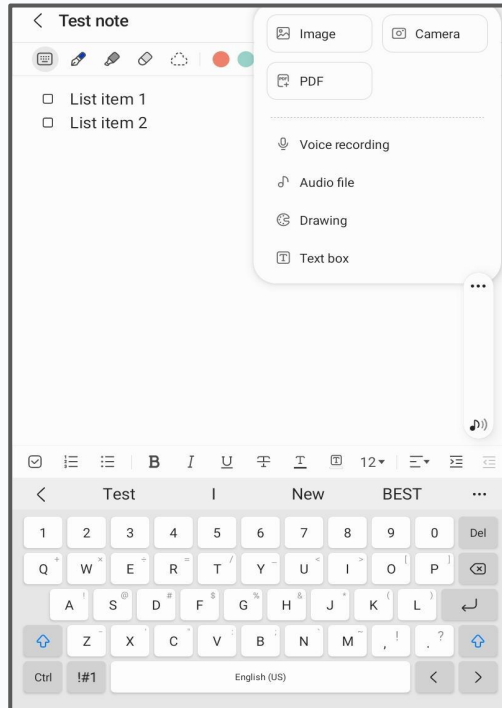
Notes app Scan Documents (2 of 2)



Samsung Notes (Android) (1 of 2)



Samsung Notes (Android) (2 of 2)

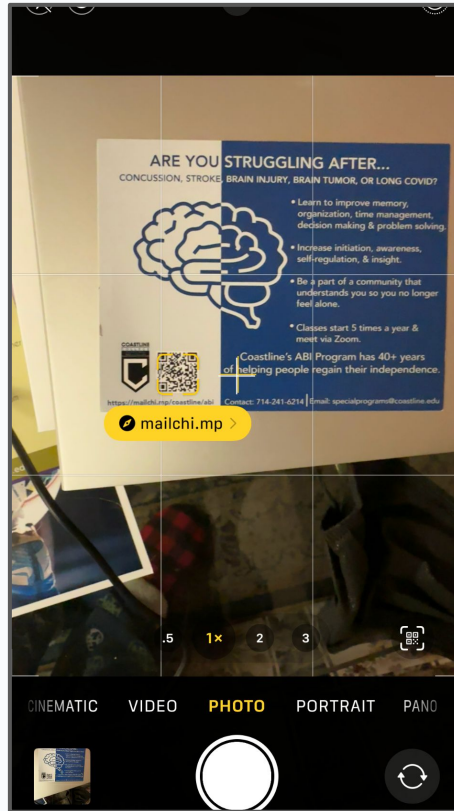


Chat & Questions (9)

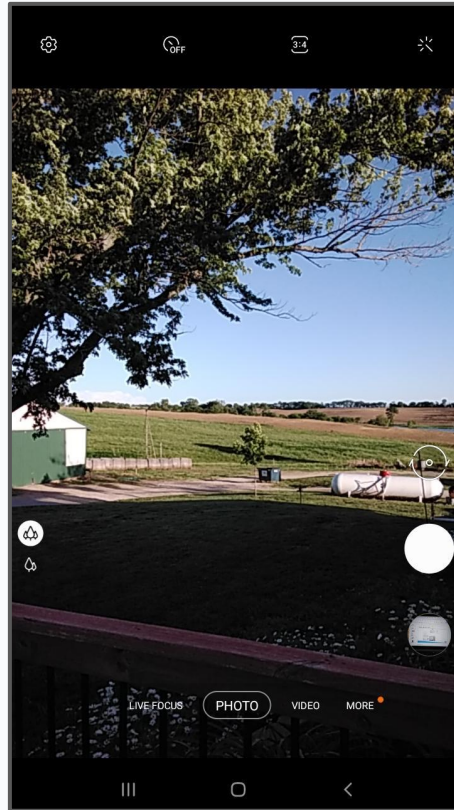


Camera & Photos Apps

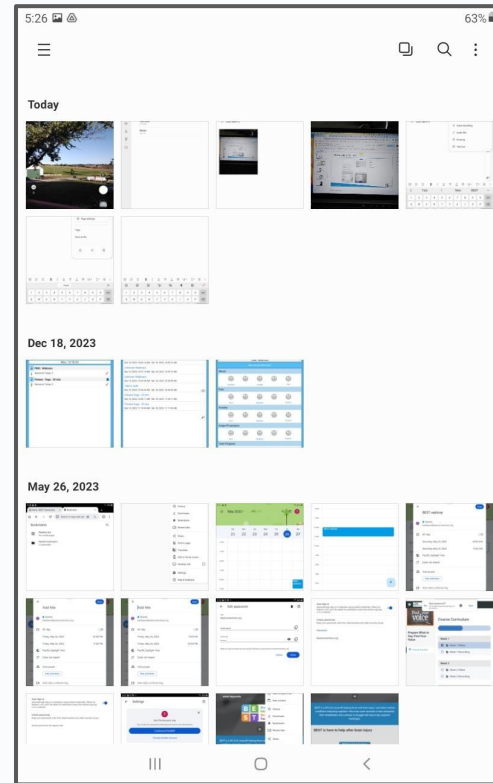
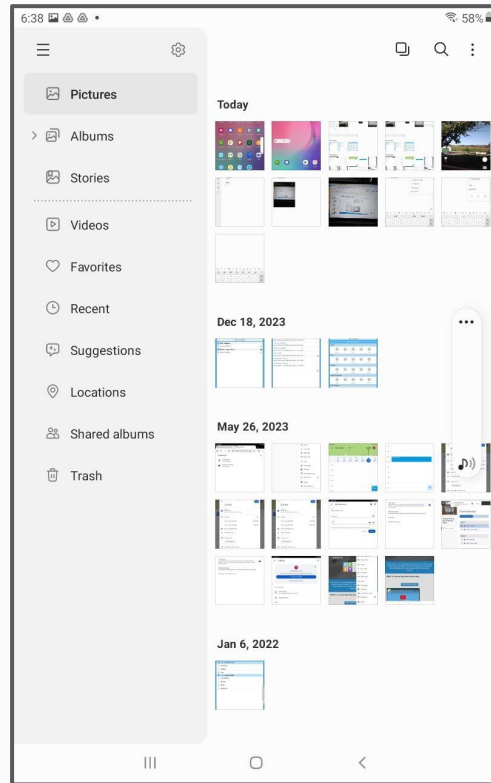
Camera App



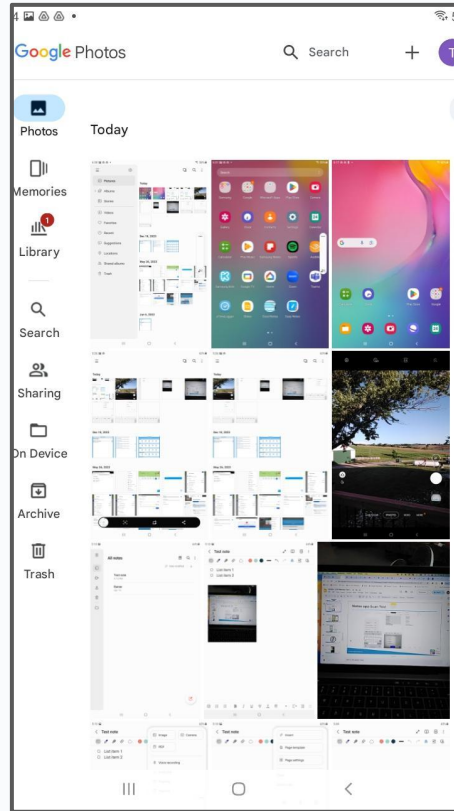
Camera App Android



Samsung Gallery App Android



Google Photos App (Android)



Chat & Questions (10)



StrategizeMyLife App

StrategizeMyLife

Categories

Organize your strategies by category

+ New Category

Search categories...

Sort: Custom A-Z

- Daily Strategies**
1 strategy
- External Memory**
1 strategy
- Internal Memory**
0 strategies
- Attention/Focus**
1 strategy

Categories Strategies Bookmarked Tags

← Back to categories

Organization

2 strategies • Touch and hold to reorder

+ New Strategy

- Self-Regulation**
★★★★★
- SPACE method**
★★★★★

Categories Strategies Bookmarked Tags

← Back to strategies

Self-Regulation

From Strategy Bank

★★★★★

Click to rate this strategy

Daily Strategies External Memory

Organization Social Interactions

Restaurants

Self-regulation includes three phases:

1. Plan
2. Monitor
3. Evaluate

Each phase involves asking several questions:

Plan

- What's my purpose?
- Can I be more specific?
- What do I already know?

Categories Strategies Bookmarked Tags

Chat & Questions (11)



PaceMyDay App

PaceMyDay (1 of 2)

Today
March 16, 2026 • 0/2 tasks completed

< Sun Today Tue >

+ New Task

TODAY'S FOCUS
Prep BIA-NE slides

Tasks

- Email those I met at BIAA conference
4 - High 20 min
- Slide prep
3 - Medium

Today Tasks Categories Symptoms History Insights

Best App Suite

< Back Edit

Email those I met at BIAA conference

Energy Required: 4 - High

Estimated: 20 min (-17 min at current energy)

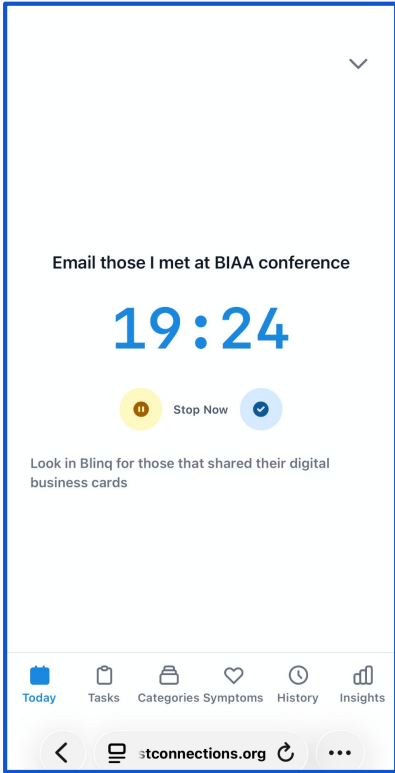
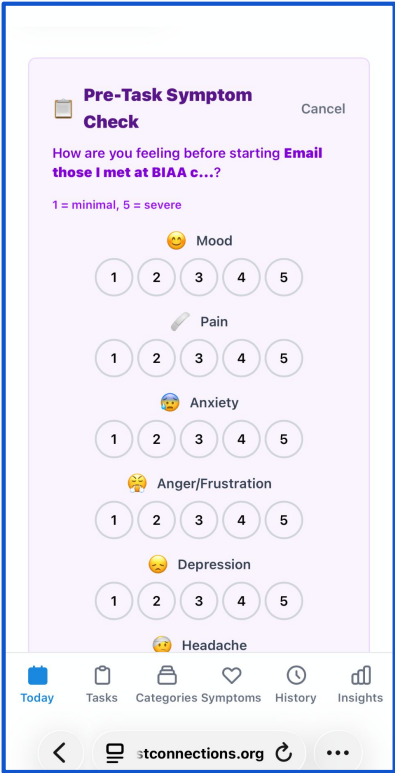
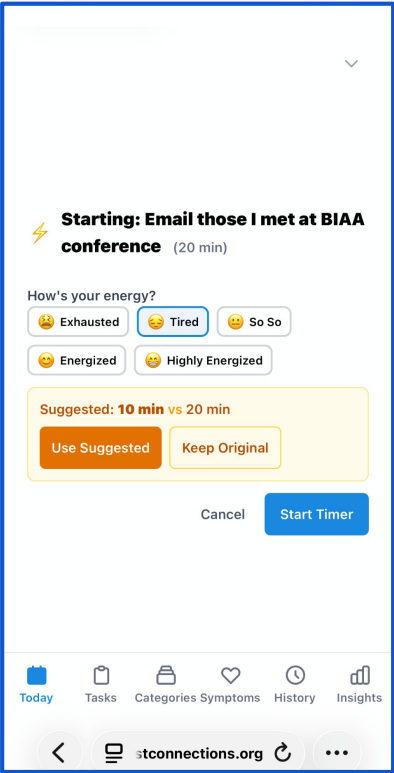
Scheduled: March 16, 2026

Notes:
Look in Blinq for those that shared their digital business cards

Today Tasks Categories Symptoms History Insights

stconnections.org

PaceMyDay (2 of 2)



Chat & Questions (12)



Thank You!



Michelle Ranae Wild

michelle@bestconnections.org

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