



Educational Therapy & ADHD / Executive Function Support

TEENS • COLLEGE STUDENTS • YOUNG ADULTS • VIRTUAL



We don't just make a plan. We begin the work together.



A GOOD REFERRAL WHEN A STUDENT...

- Knows what to do, but struggles to start or follow through
- Is overwhelmed by planning, deadlines, missing work, or long-term assignments
- Needs more effective studying, writing, organization, or time management systems
- Needs help using accommodations or communicating with teachers and professors
- Has evaluation recommendations but needs help putting them into daily practice
- Is struggling with the independence and workload of college



HANDS-ON SUPPORT CAN INCLUDE

- ✓ Organizing and prioritizing current work
- 📅 Starting and working through assignments
- 📖 Writing, studying, and exam preparation
- 🧩 Breaking down long-term projects
- 📈 Academic recovery and follow-through
- 💬 Self-advocacy and instructor communication



WHAT MAKES THE WORK DIFFERENT

Executive-function and learning strategies are practiced using the student's actual academic demands. We organize the work, decide what matters most, and then begin it together.



ORGANIZE



PRIORITIZE



BEGIN



FOLLOW THROUGH



POST-COLLEGE / YOUNG ADULT SUPPORT

Support can continue beyond college with routines, organization, time management, job-search follow-through, workplace demands, appointments, paperwork, communication, and day-to-day independence.



PROFESSIONAL COLLABORATION

I welcome referrals and collaboration with neuropsychologists, psychologists, therapists, psychiatrists, educational consultants, schools, and college support professionals.

With appropriate authorization, I can help translate recommendations into practical day-to-day action.



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JST-Certified ADHD/Executive Function Coach

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