

Capstone Parent Roundtable

If you are interested in participating in our upcoming Capstone Parent Roundtables, please let us know [here](#). The first meeting will occur in November with the topic to be determined!

'25-'26 Focus Area: Executive Functioning

At Capstone, we view challenges and growth areas first and foremost through the lens of Executive Functioning (EF). Behaviors are what we see in the moment — a student lingers on their phone after class begins, struggles to process feedback, or interrupts a peer. But EF is the skill underneath — time awareness, flexibility, or impulse control.

We have made a concerted effort in our professional development and group discussions this year to focus on the coaching of Executive Functioning skills.

By coaching the EF skill, we move beyond just managing the moment. We're helping participants develop habits that carry forward into college, employment, and everyday independence. A late arrival becomes a lesson in time management. A peer conflict becomes practice in flexibility and self-regulation. An unfinished task becomes an opportunity to strengthen follow-through.

You'll see these skills coached daily in different ways:

- Task Initiation & Follow-Through → encouraging students to advocate for help when stuck, rather than waiting passively.
- Flexibility & Emotional Regulation → processing feedback without personalizing it, and reframing change as manageable rather than threatening.
- Social Awareness & Impulse Control → practicing respectful boundary-setting with peers, or pausing before reacting in group discussions.



- Time Awareness & Independence → arriving on time to class or volunteering without staff prompts, and managing transitions smoothly.

This is the genuine focus of Capstone: building the EF skills that allow participants not only to navigate today, but also to thrive in the real world.

Lindy Interview

Why did you decide to join Franklin Center?

I love teaching this population and focusing specifically on their life skills and independent living

How would you describe your approach to teaching?

I'd like to think I'm fun, relatable, understood by all, and relevant to their daily lives. I try to speak to them how they would want to be spoken to. And not boring. 😊

What is something surprising about you?

I haven't slept in ten years.

What's your favorite thing about working with Young Adults?

They teach me something new every day

Fun Fact:

I sling produce on the weekend at the Farmer's Market!

With Sincere Appreciation

Michael Faeth

Director of Adult Education

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day- No Programming 1	2	3	4	5 Disc Golf (Bassett Creek)/ Sculpture Garden
8 PRISM/ DoubleTree Hotel	9 Second Harvest Heartland/ New Hope YMCA	10	11	12 Como Zoo/ Springbrook Nature Center
15 PRISM/ Sholom	16 Second Harvest Heartland/ New Hope YMCA	17	18	19 MN Largest Candy Store (Everyone)
22 PRISM/ DoubleTree Hotel	23 Second Harvest Heartland/ New Hope YMCA	24	25	26 New Bohemia & Eloise Butler Flower Garden/ MN Renaissance Fair
29 PRISM/ Sholom	30 Second Harvest Heartland/ New Hope YMCA			

