

Let's Talk Learning Disabilities

EPISODE 40

In this Episode, Laurie and Abbey interview Leslie Josel, founder of Order Out of Chaos. Leslie's organization thrives by providing functional and practical help to parents and students who struggle with procrastination.

Finding Order Out of Chaos (2 min)

Laurie and Abbey ask Leslie about the foundation of her company, and how it all began. Leslie talks about her son, who struggled with several learning challenges as a student. Without knowing too much about how to help him as a five-year-old, she took a practical look at what she could do to improve his processing at home. For example, she mentions that he couldn't really process things that he couldn't see, like the insides of closets, and drawers, so she re-organized his room without a closet door, and with clear bins, and everything that belonged to him was color coded blue, because it was a soothing color to him. She had a full-time job at the time, but was approached by another parent who said, I heard about what you did, can you come to my house and do that? After discussing it with her husband, they came up with the business name and hit the ground running. Fast forward 18 years, and her company now creates systems and structure for those with and without learning challenges including planners, study tools, coaching, workshops, webinars, etc. on a global scale.

Tackling Procrastination (8 min)

Leslie has many parents who reach out for help because their student is procrastinating. The very first question she asks is how? What does procrastination look like to you? Commonly, the response she receives is "putting things off," in turn to which she'd say, that's not all. Procrastination looks like putting something off when there is a certain consequence of putting it off. For example, putting off cleaning out the garage because you'd rather not waste a beautiful day outside is different

than putting off cleaning out the garage because you're selling it, and it won't sell with a garage full of stuff. Once parents are clear about that true definition, it is helpful to see what is procrastination and what is preference. Leslie uses the term choice and control.

Choice & Control (14 min)

With students with learning challenges, and even with students without learning challenges, there is choice and control that can be considered in each assigned task. For example, if a student is given a worksheet as an assignment, they do not have a lot of choice and control, it is straightforward in the way that the questions are set, they do not change. And the way the problem needs to be solved is taught by the teacher. However, if they are given the task of, "study for your Mesopotamia test," this seems like a more overwhelming task for some because of how vague it can be, that is where choice and control come in. The student can choose how to study, and when and in what environment, for however long they would like. The downside is, when a student doesn't necessarily know how to study, they aren't sure how to start and so they put it off longer and longer as to not be overwhelmed in the moment, until the assignment is due the next day, or the test is the next day, and they've not taken action. When overcoming this issue, you have to start with organization, and taking the decisions one piece at a time. Sustaining that initial effort put forth is key.

Taking Out the Decision Making (28 min)

A lot of times procrastination is caused by decision making fatigue. Organizing can and planning can help take a lot of that decision making fatigue out of the equation. If you plan ahead for repeat, routine study times, you will know every Monday between X class & Y class is time to study for Z class, that way no matter what, it's on your calendar, ready to be done without having to find the time to do so. Also, planning multiple environments to study is great, or rituals on what gets you in that mode to be productive. Getting to your office, having a cup of coffee, putting on music, sitting in a certain spot, or changing positions every so often. Taking time to get to know this about yourself is a great way to prepare ahead of time, which takes away that decision making fatigue. Leslie also mentions a free resource that is in

the show notes, that is a personal homework profile. It basically taps into your best practices, so that you can optimize your study time and be the most productive in your environment.

Help from Order Out of Chaos (35 min)

Order Out of Chaos is now 100% virtual. They are student focused, providing help for those in grade school and college. In this episode, Leslie references her team that is well equipped to walk a student or a parent through the process of finding what is best for them and their personal needs by plugging them into all available resources. Her and her team offer one-on-one coaching, workshops, bootcamps, study tools, free resources, and much more available on her website.

Resources:

Leslie's Website - <https://www.orderoochaos.com>

Leslie's Book - <https://bit.ly/3yKH8Nk>

Contact info for the podcast: letstalklearningdisabilities@gmail.com

E-Diagnostic Learning Website: <https://ediagnosticlearning.com>

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