

## **Seminar on “Fostering Executive Functions for Enhanced School Readiness among Preschoolers”**

**Date:** 3 March 2025 (Monday)

**Time:** 10:00-11:30

**Venue:** E33-2036, Faculty of Education

**Language:** English

**Registration:** Online Registration (<https://go.um.edu.mo/e7mu0vzr>)

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### **Speaker:**

Prof. Eva LAU is Acting Head and Associate Professor of the Department of Early Childhood Education at The Education University of Hong Kong. She is a researcher in the field of child development and family studies, with a wide range of interests including parental involvement, parenting practices, school readiness, childhood aggression, and executive functions. Her research program focuses on three crucial areas: 1) the impact of parenting on child socio-emotional development, 2) the effectiveness of parenting practices and parent-child programs in enhancing children's executive functions and school readiness, and 3) well-being and parenting during the transition to parenthood.

### **Abstract:**

The significance of fostering executive functions (EF) in early childhood is paramount for preparing children for a smooth transition to school. EFs, which include essential skills such as self-control, problem-solving, and goal-setting, are foundational for both academic success and socio-emotional development. The preschool years represent a critical period for the maturation of these skills, as research indicates that EFs are particularly malleable during this stage.

Despite their importance, many current EF training programs prove ineffective due to their narrow focus and repetitive nature, often leading to disengagement and reduced motivation among children. To address this gap, Prof. Lau has developed a

novel video-based program that actively involves both parents and children, demonstrating promising short-term improvements in children's EF skills (Lau et al., 2025).

In this talk, Prof. Lau will present her findings on school transitions and showcase the effectiveness of a low-cost, tailored program designed to enhance children's EF and improve school readiness. She will also introduce an integrated parent-child program that combines EF training with parent education and home-learning activities aimed at enhancing the practical application of EF skills for a lasting impact.