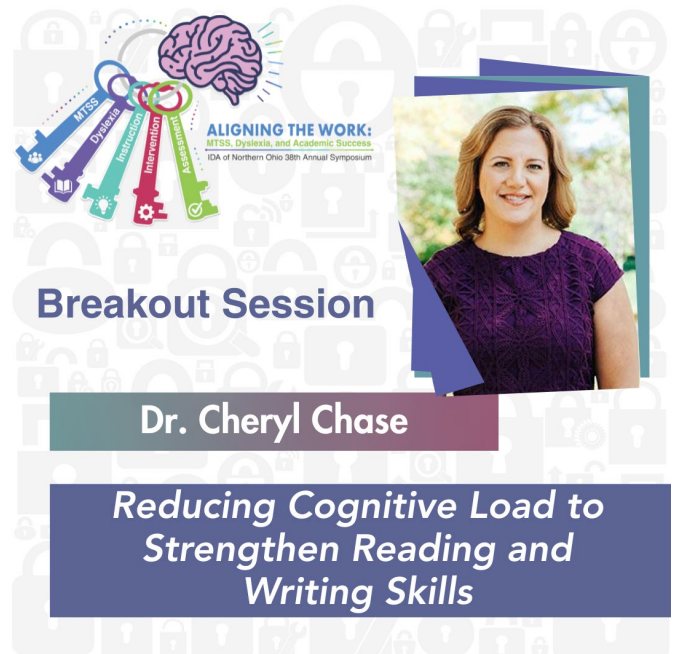


ABOUT THE PRESENTATION:

Structured literacy is powerful—but it is also cognitively demanding. Students must hold phonemes in working memory, follow multi-step routines, shift between decoding and encoding, and manage rapid transitions. For learners with EF/WM challenges, these demands can create overload that looks like guessing, freezing, slowing, inconsistent performance, or frustration. This session applies the Fix the Fit™ system directly to structured literacy instruction. Educators will learn how STREAMS™ influence decoding, encoding, fluency, and written expression; how SIGNALS™ reveal when EF/WM strain is interfering with learning; and how MyBEST™ strategy families (Break It Down, Externalize It, Structure It, Target It, Shift It) can be embedded into phonics routines, orthographic mapping, dictation, and writing tasks. Participants leave with concrete, immediately usable ways to support students' cognitive systems during structured literacy instruction.



ALIGNING THE WORK:
MTSS, Dyslexia, and Academic Success
IDA of Northern Ohio 38th Annual Symposium

Breakout Session

Dr. Cheryl Chase

Reducing Cognitive Load to Strengthen Reading and Writing Skills

LEARNING OBJECTIVES:

1. Analyze structured literacy routines to identify hidden EF/WM demands that contribute to overload.
2. Recognize SIGNALS™ that indicate when a student's cognitive systems are struggling during decoding, encoding, or writing tasks.
3. Integrate MyBEST™ strategies into phonics instruction, orthographic mapping, dictation, and writing to improve clarity, support cognitive systems, and strengthen mastery.

ABOUT THE SPEAKER:

Cheryl Chase, PhD, is a licensed clinical psychologist near Cleveland, Ohio. Dr. Chase has thirty years of experience supporting children, teens, and adults with learning disabilities, ADHD, and other neurodiverse profiles, providing cognitive and learning evaluations, direct intervention, and practical guidance for individuals and families. Dr. Chase also consults nationally with schools and businesses to help them understand how cognitive systems shape learning, behavior, and everyday functioning. She is a sought-after international speaker, has been featured on SiriusXM Doctor Radio, delivered a TADD Talk for ADDA, and is a regular contributor for the leading LD/ADHD resource site ADDitude. Dr. Chase is an active member of the International Dyslexia Association, The Learning Disabilities Association of America, and the American Psychological Association. She is widely recognized for translating cognitive science into clear, usable strategies that help educators support diverse learners with confidence and clarity.