



rubato

The **rubato** philosophy of time management

Rubato is the app that not only helps a person manage their time, but also goes further by helping a person learn how to manage their time more efficiently. The Executive Functioning Skills behind Time Management involve prioritizing a number of tasks to develop a schedule and then tracking one's progress; and if necessary modifying one's behavior to self-correct. When setting priorities, rubato guides the user to determine whether each activity is required or negotiable. A required activity is a "must do" or a NEED while a negotiable activity tends to be a "more preferred activity" or a WANT. When managing one's time, the person can be motivated to complete the required activities in order to still have time for the preferred activities. Many people struggle with getting required activities done in a timely manner and may engage in a number of delay tactics. With rubato, the user sees how delaying a required activity ultimately takes time away from the more preferred activity. But the reverse is true too: The quicker one starts and completes a required activity, the sooner one gets to the preferred activity and with more time to enjoy it! It is very difficult for a Parent, Teacher, Coach, or Therapist to explain this important lesson to a younger individual. This difficulty only gets more complicated if the Learner has Executive Functioning challenges and/or other Special Needs. With rubato the Learner experiences the lessons of prioritizing and time management for him or herself. The Learner experiences how certain choices directly lead to tangible benefits in earning more time for preferred activities as well as the burden of having less time to do the things he or she really want to do.

Delay of Gratification is an essential skill within effective Time Management. Rubato can be an important tool in setting the parameters to promote Delay of Gratification while encouraging the development of Executive Functioning around Time Management.

Rubato helps the user keep track and manage their time by offering a constant, color-coded visual representation of the passage of time around one's schedule of activities, all in real time through the use of an analog clock format. Unlike simple timers that operate within a time vacuum (egg timers, digital timers, and timers that show time elapsing visually via red dial or other means), rubato operates in real time.

The **rubato** philosophy of time management - pg 2

With rubato the person sees time elapsing visually within actual time, therefore allowing the person to learn how operate within a typical hour or set of hours.

As a Board Certified Behavior Analyst and Licensed Family Therapist I worked with a number of families on the day-to-day challenges of Parents trying to get their children to "hurry up" and start and finish a variety of required actives. Morning Routines, Bedtime Routines, Homework, Chores, etc. can all be time sensitive situations that often require the Parent to constantly "push" their child through the demands. By getting pushed, carried, or eventually rushed through a series of required activities the Learner becomes frustrated in acquiring the necessary skills of learning to manage his or her time, to make better choices, and to eventually take-over managing their time. rubato can help!

—Todd Kellogg LMFT, BCBA

