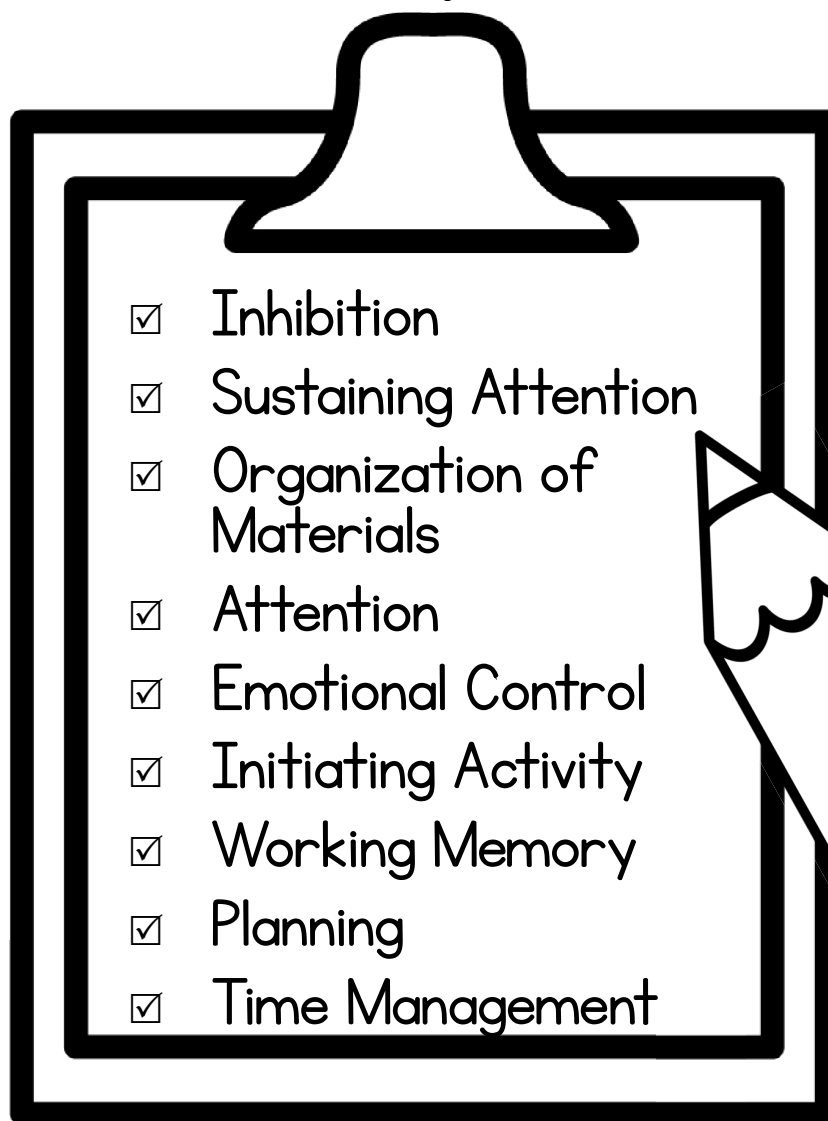


what are Executive Functions?



- ☑ Inhibition
- ☑ Sustaining Attention
- ☑ Organization of Materials
- ☑ Attention
- ☑ Emotional Control
- ☑ Initiating Activity
- ☑ Working Memory
- ☑ Planning
- ☑ Time Management

what are Executive Functions?

- Executive functioning is a term used to describe the many tasks our brains perform that are necessary to think, act, and solve problems.
- Executive functioning includes tasks that help us learn new information, remember and retrieve information we've learned in the past, and use this information to solve problems of everyday life.
- A child's executive functioning skills make it possible for him or her to and function in a manner consistent for the child's age.
- Poor executive functioning may have a significant impact on a child's success at school.

Types of Executive Functioning

>>> INHIBITION

- Stopping one's own behavior at an appropriate time.
- The ability to stop, think, plan, and then act; things that help us control ourselves.

>>> SUSTAINING ATTENTION

- Maintaining a consistent behavioral response during continuous and repetitive activity, despite distractibility or boredom.

>>> SHIFTING ATTENTION

- Consciously and deliberately moving focused attention or concentration from one activity/thing to another with ease.

>>> EMOTIONAL CONTROL

- The ability to modulate an emotional response.
- School age children need to compromise, share, and accept losing.

>>> INITIATING ACTIVITY

- Ability to begin a task or generate ideas without undue procrastination in a timely and efficient manner.

>>> WORKING MEMORY

- Remembering things for immediate use.

>>> PLANNING

- Managing current or future tasks by setting goals and establishing the steps needed to complete the task.
- This requires that a student prioritize which tasks should be done immediately or which can wait.
- It also requires that a student learn to sequence or determine which order to complete tasks.

>>> ORGANIZATION OF MATERIALS

- Keeping belongings and other personal objects neat and orderly.
- Maintains such items and materials so they are easy to access and use as needed.

>>> TIME MANAGEMENT

- The ability to prioritize the steps needed to complete a task and schedule them with adequate timing to complete the work satisfactorily.
- A student needs to know how to estimate time needed to complete tasks.