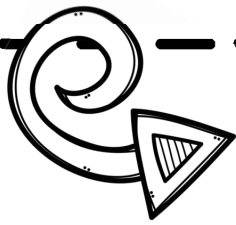


# Executive Functions

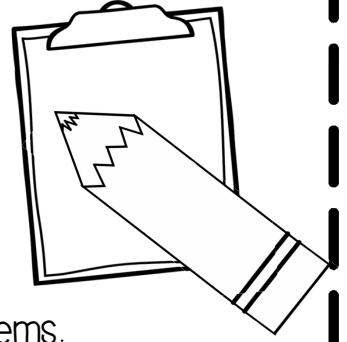


- Inhibition
- Sustaining Attention
- Organization of Materials
- Attention
- Emotional Control
- Initiating Activity
- Working Memory
- Planning
- Time Management



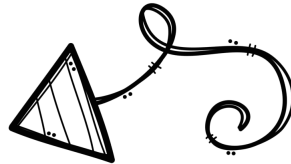


# Executive Functions



## What are Executive Functions?

- This 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.

