

WHAT IS EXECUTIVE FUNCTIONING?

Executive Functioning is an umbrella term that includes the group of learning-based skills required to anticipate, generate, initiate, and monitor (Stop, Think, Do, Review). In other words - the verbs/actions of the brain.

When thinking about a task that needs to be done – you can break this cluster of thinking skills down into...



1 STOP

Self-Control - The ability to stop and think before acting

3 DO

Task Initiation - the ability to actually begin a task

Focused & Sustained Attention - the ability to stay with a task

Working Memory - the ability to hold onto information while acting on that information

Emotional Control - the ability to manage feelings while completing tasks

2 THINK

Planning - the ability to create steps to achieve a task

Organizing - the ability to keep track of materials and information while following a plan

Time Management - the ability to break down tasks based on time

4 REVIEW

Analysis - the ability to reflect on actions and how they influenced the task

Flexibility - The ability to shift between thoughts and/or changes and change plans