

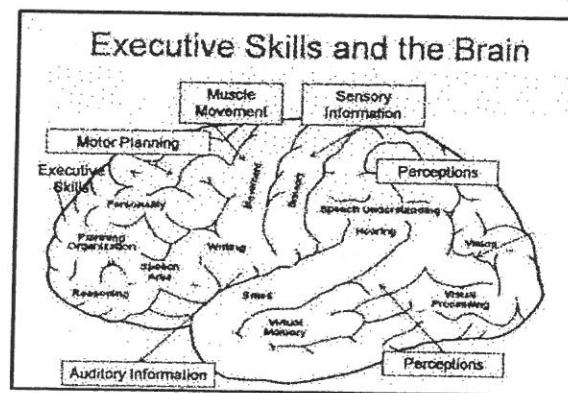
# Parent Resources

## Executive Function Skills

### Executive Skills and the Brain

#### CORE FUNCTIONAL SYSTEMS

- Right Hemisphere
- Left Hemisphere
- Limbic/Midbrain
- Frontal/Pre-frontal



## Executive Function Skills

- Response Inhibition
  - Thinking before you act
  - Managing impulses
- Sustained Attention
  - Maintaining attention to a task
- Task Initiation
  - Beginning tasks efficiently without undue procrastination
- Organization
  - Creating and maintaining systems of organization
- Planning/Prioritization
  - Selecting a goal and making prioritize decisions

## Executive Function Skills

- Flexibility
  - Shifting attention and mental set
  - Changing thinking and behavior as needed
  - Seeing problems/solutions from different viewpoints
- Time Management
  - Setting priorities
- Goal-directed persistence
  - Maintaining drive to follow through to goal completion
  - Staying focused and not distracted
- Metacognition
  - Self-monitoring/evaluation
  - Standing back and taking birds-eye view of self in a situation

# Working Memory

## Working Memory

- Holding information in mind while acting/performing complex tasks
- Thinking forwards and backwards

## Modifications

- Agendas
- Visual Prompts

## Skill Development

- Mental Rehearsal
- Visualization

# Emotional Control

## Emotional Control

- Managing emotions to achieve goals

## Modifications

- Maximize routine and predictability
- Emotional previewing

## Skill Development

- Feeling words
- Role play
- Cool down/coping techniques

## Sustained Attention

### Sustained Attention

- Maintaining attention to a task

### Modifications

- Timers
- Scheduled breaks

### Skill Development

- Attentional self-monitoring - chart
- Self-help skills - study plan

## Task Initiation

### Task Initiation

- Beginning tasks efficiently without undue procrastination

### Modifications

- Predictable routines
- Timelines

### Skill Development

- Routine
- Teach how to break task up

## Planning/Prioritization

### Planning/Prioritization

- Selecting a goal and making prioritize decisions

### Modifications

- Checklist/planning sheet

### Skill Development

- Model
- Practice planning - verbalize

## Time Management

### Time Management

- Setting priorities

### Modifications

- Time parameters
- Incentives

### Skill Development

- Teach time estimation skills

# Persistence

## Goal-directed persistence

- Maintaining drive to follow through to goal completion
- Staying focused and not distracted

## Modifications

- Easily accomplished short-term goals
- Make goals close-ended (not open-ended)

## Skill Development

- Teach how to set up short-term goals

# Metacognition

## Metacognition

- Self-monitoring/evaluation
- Standing back and taking birds-eye view of self in a situation

## Modifications

- Plan for these skills in all activities

## Skill Development

- Teach specific skill

## 7 Steps to Teaching Executive Functioning Skills

- Identify behavior
- Set a goal
- Outline steps to goal attainment
- Turn steps into checklist or rules
- Supervise
  - Prompt each step
  - Provide feedback
  - Praise
- Assess progress and adjust
- FADE the supervision