

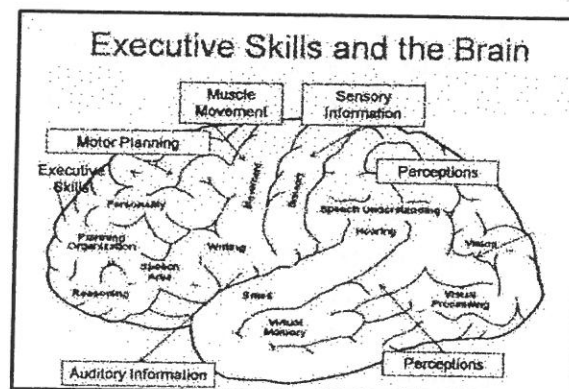
Parent Resources

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