

# Self-Control.

The ability to stop and think before acting

## Eight Executive Function Skills

Self-Control

Self-Monitor

Flexibility

Emotional Control

Task Initiation

Working Memory

Planning

Organization

### Students WITH this skill are able to...

Think before acting

Keep undesired thoughts to themselves

Recognize when their actions need to stop

Keep their cool when triggered



### Students WITHOUT this skill struggle with...

Recognizing when it is their turn to speak

Becoming overactive or restless

Considering potential consequences

Stopping their actions when it is time



# Self-Monitor.

The ability to view and evaluate oneself in a situation

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## Students WITH this skill are able to...

Monitor their work for errors

Think before speaking

Understand and use areas of strength

Realize how their actions affect the feelings of others

## Students WITHOUT this skill struggle with...

Understanding areas that need improvement

Working too quickly and making mistakes

Speaking without filtering their thoughts

Completing their work



  
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# Flexibility.

The ability to adapt to changing conditions by revising plans

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### Students WITH this skill are able to...

Adjust to changes in plans without distress

Understand other perspectives

Consider multiple solutions for a problem

Transition from one activity to the next with ease

### Students WITHOUT this skill struggle with...

Being willing to try something new

Managing emotions during changing situations

Shifting their thoughts when it is time

Preparing for upcoming transitions



# Emotional Control.

The ability to manage feelings to achieve goals

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## Students WITH this skill are able to...

React in proportion to a problem's size

Identify their feelings

Cope with feelings of worry

Manage their emotions in different situations

## Students WITHOUT this skill struggle with...

Becoming overwhelmed easily

Explosive reactions from angering triggers

Understanding what causes feelings

Remaining upset for an extended period of time



# Task Initiation.

The ability to start and finish tasks without procrastination

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## Students WITH this skill are able to...

Use initiative to get started

Follow through and finish tasks

Stay on track during work

Prepare for tests

## Students WITHOUT this skill struggle with...

Stopping tasks before they are complete

Starting tasks without being asked

Becoming stumped while problem solving

Starting their projects and work without delay



  
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# Working Memory.

The ability to use information held in memory to complete a task

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## Students WITH this skill are able to...

Utilize memory strategies

Manage their distractions

Remember information long term

Focus on what they are doing



## Students WITHOUT this skill struggle with...

Becoming easily distracted

Completing multi-step tasks

Remembering facts

Paying attention to the task at hand



  
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# Planning.

The ability to create steps to focus on to reach a goal

## Eight Executive Function Skills



### Students WITH this skill are able to...

- Manage a large amount of work
- Plan ahead and begin with enough time
- Meet short and long term goals
- Estimate the time needed for tasks

- Self-Control
- Self-Monitor
- Flexibility
- Emotional Control
- Task Initiation
- Working Memory
- Planning
- Organization

### Students WITHOUT this skill struggle with...

- Losing focus and finishing tasks late
- Forgetting assignments and due dates
- Planning and preparation for tests
- Creating a plan for large assignments



# Organization.

The ability to use systems to keep track of materials and information

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## Students WITH this skill are able to...

Be prepared with their materials and work

Organize their thoughts and ideas

Organize and prioritize tasks

Maintain a productive workspace

## Students WITHOUT this skill struggle with...

Organizing their schoolwork

Disorganized backpacks and desks

Organizing the parts of a project

Organizing notes or reading concepts

