

EXECUTIVE FUNCTION SKILLS

While there are many models of Executive Function skills in the literature today, the consensus on the broad definition is that Executive Functions...

- Refer to cognitive and mental abilities that help people engage in goal-directed action
- Refer to skills that direct actions, control behaviors, motivate us to achieve our goals, and enable us to prepare for future events

TWO SELF-REGULATORY COMPONENTS

<i>Behavioral Regulation</i>	<i>Cognitive Regulation</i>
<ol style="list-style-type: none">1. <u>Impulse Control</u>: the ability to stop and think before acting2. <u>Emotional Control</u>: the ability to modulate emotional responses appropriately3. <u>Self-Monitoring</u>: the ability to keep track of the effect of own behavior on others4. <u>Shifting</u>: the ability to change strategies or revise plans when conditions change	<ol style="list-style-type: none">1. <u>Task Initiation & Completion</u>: the ability to begin a task or activity, independently generate ideas, and complete work in a timely fashion2. <u>Working Memory</u>: the ability to hold information in mind for the purpose of completing a task; stay with, or stick to, an activity3. <u>Planning/Organization</u>: the ability to create steps to reach a goal, to make decisions about what to focus on, to carry out tasks in a systematic manner, to anticipate future events4. <u>Task Monitoring</u>: the ability to check work, and self-assess performance during or after finishing a task to ensure attainment of a goal