"How can you find anything in here?"

"The report is due tomorrow and you haven't started?"

"After 2 hours of work, you didn't turn in the homework?"

**What are Executive Functions?**

The executive functions are a set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. It is an umbrella term for the neurologically-based skills involving mental control and self-regulation.

In other words:

- The executive functions all serve a "command and control" function; they can be viewed as the "conductor" of all cognitive skills.
- Executive functions help you manage life tasks of all types. For example, executive functions let you organize a trip, a research project, or a paper for school.

Often, when we think of problems with executive functioning, we think of disorganization. However, organization is only one of these important skills, as explained in this newsletter.

Source: LD Online

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**Is Executive Function the Missing Link?**

Parent Workshop

*details below*

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Metacognition

*awareness or analysis of one's own learning or
A young fifth-grader proudly checked in that his metacognition was getting better. “I’m beginning to think about making choices. I’m not making better choices, but at least I’m thinking about them!”

Time Management

time to get started on
something and begin without procrastination

For the folks with executive functioning time challenges it is critical to have analog clocks constantly in sight in order to be able to see the passage of time since our brain doesn’t keep track of time.

You need analog clocks wherever you tend to lose track of time...

Flexibility

ability to change strategies or revise plans when conditions change

Not only can cognitive flexibility help you when you’re faced with an obstacle, it’s responsible for updating your belief system when presented with new or better information. For example.....

Task Initiation

ability to recognize when it's time to get started on something and begin without procrastination

Task initiation for non-preferred activities might show up with your child when they are told to clean their room or put on their shoes. As parents, we know the struggle

View More
that is getting kids to get moving! There is a point when procrastination ...

Working Memory

ability to hold information in mind and use it to complete a task

When you need to remember a phone number, a shopping list or a set of instructions, you rely on working memory. It's the ability to hold and manipulate information in mind. It's for things that are important to you in the present moment.

Planning and Prioritization

ability to distinguish main ideas from low-relevance details while planning time and effort

"I have been focusing a lot lately on the executive function skill of “future thinking”
Goal-Directed Persistence

"stick-to-itiveness," the ability to set a goal; ongoing efforts and attention to achieve goal

Persistence is needed when a task becomes boring, when it is interrupted, and when one needs to change strategies in order to reach the goal. Persistence involves sequencing, willfulness, and the ability to learn from experience...

Organization

ability to create and maintain systems to keep track of information and/or materials

Have you noticed that loose papers are rapidly accumulating, expensive supplies have gone missing, and that backpack seems suspiciously bloated? This is the perfect time to keep calm and get organized with a few tips.

Response Inhibition

ability to control feelings and behaviors in order to make good decisions

At school, children who struggle with these skills may present as fidgety, disorganized, hyperactive, overly talkative, anxious, unfocused, impulsive, or bored. It is difficult to keep them focused on the task at hand...
Controlling Emotion

ability to manage feelings by thinking about goals

When events occur in the environment, attention is directed to these situations for further processing. People ‘appraise’ the meaning of these situations generating responses that are not only emotional but...

Is Executive Function the Missing Link?

Parent Workshop

January 21
TSD Administration Building
800 S. Taft Ave.

Brown Bag Lunch
11:45-1:15
Register
Room 128 - South of Boardroom Entrance by picnic tables

Evening Session
6:30-8:00
Register
TSD Boardroom Entrance (SE side of building)*
(This is a room change to accommodate the many parents that wish to attend)