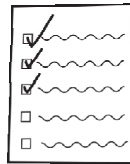


1. Metacognition

- Thinking about thinking
- Keeping track of progress toward a goal
- Self-monitoring
- Recognizing the need for a strategy
- Evaluating the effectiveness of problem-solving



## 2. Planning/ Organizing

2. Planning/Organizing

- Goal setting and preparing
- Delineating steps to accomplish a goal
- Managing time
- Keeping belongings in order
- Arranging information
- Sequencing complex behaviors



## 3. Starting

3. Starting

- Starting a task
- Engaging in a behavior to achieve a goal
- Beginning a thought process
- Interacting with others to start or maintain social relations



## 4. Sustaining

4. Sustaining

- Maintaining focus, effort, or attention
- Resisting distraction
- Continuing behavior or thought processes for prolonged periods of time



## 5. Inhibiting

5. Inhibiting

- Controlling impulsive and negative behaviors
- Suppressing thoughts to prevent interrupting or blurting out answers
- Resisting a well-practiced response in favor of a new one



## 6. Flexibility

6. Flexibility

- Thinking about things from various perspectives
- Being open to new ways of doing things or solving problems
- Shifting easily from one activity to another
- Adapting to change