

EXECUTIVE FUNCTIONS

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



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

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 (Keep Going)



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

5. Inhibiting (Stopping Off-task behaviors)



- 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



- 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