

CHECKLIST: EXECUTIVE FUNCTION DISORDER

Executive Function is the name for a group of essential mental tasks, including planning, strategizing, organizing, setting goals, and paying attention to the important details that will help to achieve those goals. Executive function is what gets us down to business even when we'd rather just hang out.

What do you notice about this child or teen?

- Difficulty planning
- Problems organizing
- Problems strategizing
- Issues with goal setting
- Inattentive to details
- No self-discipline
- Can't self-regulate
- No clear sense of time
- Inability to hold many things in one's mind at once
- Problems with cooperation and teamwork
- Not open to new ideas
- Inability and unwillingness to make corrections
- Difficulty with memorization and recall
- Difficulty with questioning and researching