

Executive Functioning Skills

Response Inhibition:

The skill of thinking before you act and resist the urge to say or do something and consider the consequences.

Working Memory:

Ability to retain and draw upon information while completing a task.

Emotional Control:

Manage emotions to complete tasks and direct behaviors.

Sustained Attention:

Ability to continue to pay attention to a task or event despite distraction or fatigue.

Task Initiation:

Ability to begin tasks efficiently.

Planning:

Creating a roadmap to complete a goal or a task and prioritizing what should be included and what shouldn't.

Organization:

Ability to create and maintain systems to keep track of information and materials.

Time Management:

The skill of being able to estimate how much time one has and how to allocate that time.

Persistence:

Following through on the completion of a goal.

Flexibility:

The ability to revise a plan and adapt to changing conditions.

Metacognition:

Self-monitoring and self-evaluation skills.