

EXECUTIVE FUNCTIONS

are the **skills used to manage resources and self to achieve a goal.**

WHAT ARE THE **8 TYPES** OF EXECUTIVE FUNCTIONS?

1. Inhibition - stopping behaviors at the appropriate time.
2. Shifting - transitioning from one activity or situation to another.
3. Emotional control - modulating emotional response given the situation.
4. Initiation - starting behaviors independently.
5. Working memory - retaining information for the duration of a task.
6. Planning/organization - preparing for current and future tasks.
7. Organization of materials - managing belongings and spaces.
8. Self-monitoring - measuring and reflecting on one's own performance.

TOGETHER, EXECUTIVE FUNCTIONING SKILLS HELP US SET GOALS, PLAN OUR TIME AND MATERIALS, AND ACCOMPLISH TASKS.

WHAT IS EXECUTIVE DYSFUNCTION?

- Executive dysfunction is when an individual has trouble using executive functioning skills and has a variety of causes.
- Students with executive dysfunction may appear disorganized, unmotivated, distracted, or forgetful.
- Remember, students with executive dysfunction are not being intentionally defiant or disorderly and **they are not lazy.**
- These skills do not come naturally, but these students are trying and may see their struggles as failures.

Q: HOW CAN INSTRUCTORS HELP STUDENTS WITH EXECUTIVE DYSFUNCTION?

A: UNIVERSAL DESIGN!

- Rubrics
- Low-stakes assessment
- Modeling your approach
- Scaffolding
- Formative assessment
- Frequent & concrete feedback