



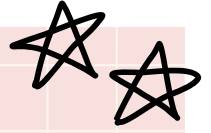
What are

EXECUTIVE FUNCTION Skills?

Executive Function (EF) skills is an umbrella term (same as learning differences). We use EF skills every day to learn, work, and manage daily life.

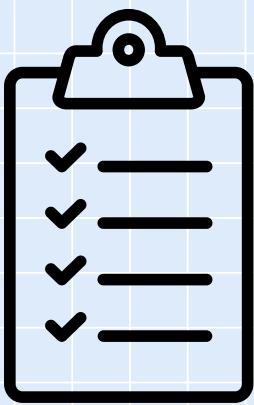
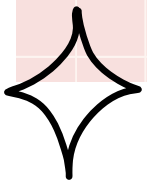


3 SKILL AREAS



There are three main areas of EF skills. They are:

- 1 **Working memory:** the ability to keep information in your mind and work with it.
- 2 **Cognitive flexibility** (also called flexible thinking): the ability to adjust to changes and shifting priorities.
- 3 **Inhibitory control** (includes self-control): the ability to resist an initial impulse to do one thing, to act more wisely before that impulse.



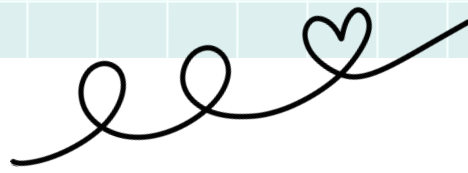
WHAT KIND OF SKILLS?

EF skills are responsible for many skills, including:

- Paying attention
- Organizing, planning, and prioritizing
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions
- Self-monitoring (keeping track of what you're doing)

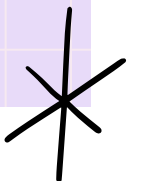
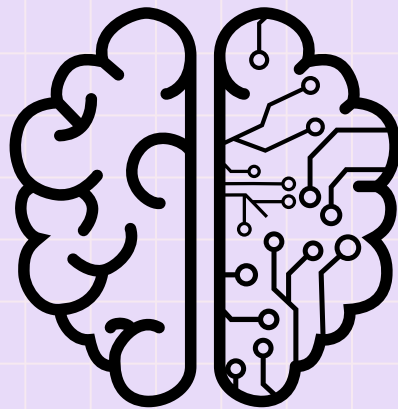


YOU CAN THINK OF EXECUTIVE FUNCTION SKILLS AS "THE MANAGEMENT SYSTEM OF THE BRAIN"



DID YOU KNOW?

- EF skills include self-control, organization, and flexible thinking.
- People with ADHD may struggle with EF skills
- Working memory is a better predictor of academic success than IQ.



Learn more about Executive Function skills and take our standardized Executive Function Assessment for children and adults.