

11 Areas of Executive Function

Metacognition

Understanding how you learn and understand things. Being aware of your thinking process and knowing how you learn best.

Inhibitory Control

The ability to resist distractions and impulsive decisions and stay focused on studying, goals and intentions

Emotional Regulation

The ability to find a balanced way to manage and express emotions thru different situations and setbacks.

Self Monitoring

Being aware of and evaluating your own actions and behaviors, and making adjustments as needed.

Time Management

Estimating how much time tasks will take, and organizing your time so that you can successfully complete projects, homework or other assignments without stress.

Working Memory

A mental notepad -the ability of the brain to hold information for short term immediate use, such as a facts and formulas for homework and tests.

Organization

The skill that allows you to arrange your tasks and environment efficiently. Helps students keep track of assignments and organize their study space.

Task Initiation

The ability to begin a task without delays. Important for kickstarting assignments and studying.

Cognitive Flexibility

The ability to adapt to unexpected or different situations, whether it's a new assignment, changing social scenes and changes in routine.

Planning

The ability to anticipate challenges, set goals and create a strategy for studying or completing schoolwork

Attention

The ability to focus on a task, filter out distractions, and sustain concentration during classes, studying, homework and tests.



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