

Executive functioning (EF) skills are the skills your brain develops to effectively complete tasks or problem-solve. Depending on your resource, there can be anywhere from three to twelve different EF skills. The following skills are based off of research by Sharon A. Hanson, an accredited school counselor with degrees in developmental psychology and education.

Self-Understanding

How well do you know you?
Do you know why you respond to situations or make choices the way you do?

Organizational Skill

How easy is it for you to find the things you need or to remember important due dates?

Time Management

Do you know how long it will take you to finish a task? From start to finish, how efficient are you with that time?

Emotion Control

Can you stay calm when you feel nervous or frustrated?
Do you get upset easily?

Behavior Control

Can you stop yourself from doing things you shouldn't when you're feeling impatient, angry, or excited?

EXECUTIVE FUNCTION SKILLS

Flexibility

How well do you handle any changes in your schedule?
Does change affect your behavior?

Initiative

Can you start projects or tasks without someone telling you to? Do you need reminders to do chores or assignments?

Attention

Can you stay focused on a task even if it isn't interesting, or are you easily distracted?

Working Memory

Do you have trouble following directions with multiple steps? Can you remember a verbal list of three or more items?

Persistence

How well can you stay on task from start to finish, even if it's absolutely boring?