

What is Executive Functioning?

Executive Function is defined as the **ability to effectively plan, maintain and complete social, daily and academic tasks**. Some areas of executive function include:

1 Working memory
The ability to hold and manipulate new information in short-term memory

5 Initiation
The ability to start a task

2 Shifting
The ability to move easily between tasks or environments

6 Organization
The ability to arrange items or plans

3 Planning
The ability to schedule tasks for the future

7 Time Management
To ability to monitor and adapt to time

4 Self-monitoring
The ability to notice if one's behavior matches the expectations of an environment

8 Impulse Control & Inhibition
The ability to stop one's actions given external expectations

