

Popcorn in the Fridge

Executive Function/Deconstructed



**Thinking
and
Doing**



- (BRIEF; Gioia, Isquith, Guy, & Kenworthy, 2000)

What vs. How / Starting vs. Stopping

- **Response Inhibition:** Capacity to think before you act
- **Working memory:** Ability to hold information in memory while performing complex tasks; incorporates ability to draw on past learning or experience to apply to current situations
- **Cognitive flexibility:** The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes.
- **Emotional control:** The ability to manage emotions to achieve goals, complete tasks, or control and direct behavior
- **Sustained attention:** The capacity to keep paying attention to a situation or task in spite of distractibility, fatigue or boredom
- **Task initiation:** The ability to begin projects without undue procrastination, in an efficient or timely fashion
- **Organization:** The ability to create and maintain systems to keep track of information or materials
- **Planning/prioritization:** The ability to create a roadmap to reach a goal or to complete a task; making decisions about what's important
- **Time management:** The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines
- **Goal-directed persistence:** The capacity to have a goal, follow through to the completion of the goal, and not be distracted by competing interests
- **Meta-cognition:** The ability to monitor oneself; ability to ask oneself – how am I doing or how did I do?