

What is Executive Function?

"Executive Function" is a term used to describe a set of mental processes that helps us connect past experience with present action. We use executive function when we perform such activities as planning, organizing, strategizing and paying attention to and remembering details.

How does Executive Function affect learning?

In school, at home or in the workplace, we're called on all day, every day, to self-regulate behavior. Normally, features of executive function are seen in our ability to:

- make plans
- keep track of time
- keep track of more than one thing at once
- meaningfully include past knowledge in discussions
- engage in group dynamics
- evaluate ideas
- reflect on our work
- change our minds and make mid-course and corrections while thinking, reading and writing
- finish work on time
- ask for help
- wait to speak until we're called on
- seek more information when we need it.

These skills allow us to finish our work on time, ask for help when needed, wait to speak until we're called on and seek more information.

What are some strategies to help students with executive functioning?

There are many effective strategies one can use:

General strategies

- Take step-by-step approaches to work; rely on visual organizational aids.
- Use tools like time organizers, computers or watches with alarms.
- Prepare visual schedules and review them several times a day.
- Ask for written directions with oral instructions whenever possible.
- Plan and structure transition times and shifts in activities.

Managing time

- Create checklists and "to do" lists, estimating how long tasks will take.
- Break long assignments into chunks and assign time frames for completing each chunk.
- Use visual calendars to keep track of long term assignments, due dates, chores, and activities.
- Use management software such as the Franklin Day Planner, Palm Pilot, or Lotus Organizer.
- Be sure to write the due date on top of each assignment.

Managing space and materials

- Organize work space.
- Minimize clutter.
- Consider having separate work areas with complete sets of supplies for different activities.
- Schedule a weekly time to clean and organize the work space.

Managing work

- Make a checklist for getting through assignments. For example, a student's checklist could include such items as: get out pencil and paper; put name on paper; put due date on paper; read directions; etc.
- Meet with a teacher or supervisor on a regular basis to review work; troubleshoot problems.

The bottom line

The brain continues to mature and develop connections well into adulthood, and a person's executive function abilities are shaped by both physical changes in the brain and by life experiences, in the classroom and in the world at large. Early attention to developing efficient skills in this area can be very helpful, and as a rule, direct instruction, frequent reassurance and explicit feedback are strongly recommended.

(Excerpted from: National Center for Learning Disabilities (NCLD) (2005) www.nclld.org)

Further Reading

- Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning by Joyce Cooper-Kahn
- Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential by Peg Dawson
- Executive Function Fact Sheet: <http://www.1donline.org/article/24880>
- Executive Function: Skills for Life and Learning. A 5 minute video by Harvard's Center on the Developing Child:
http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/inbrief_executive_function/