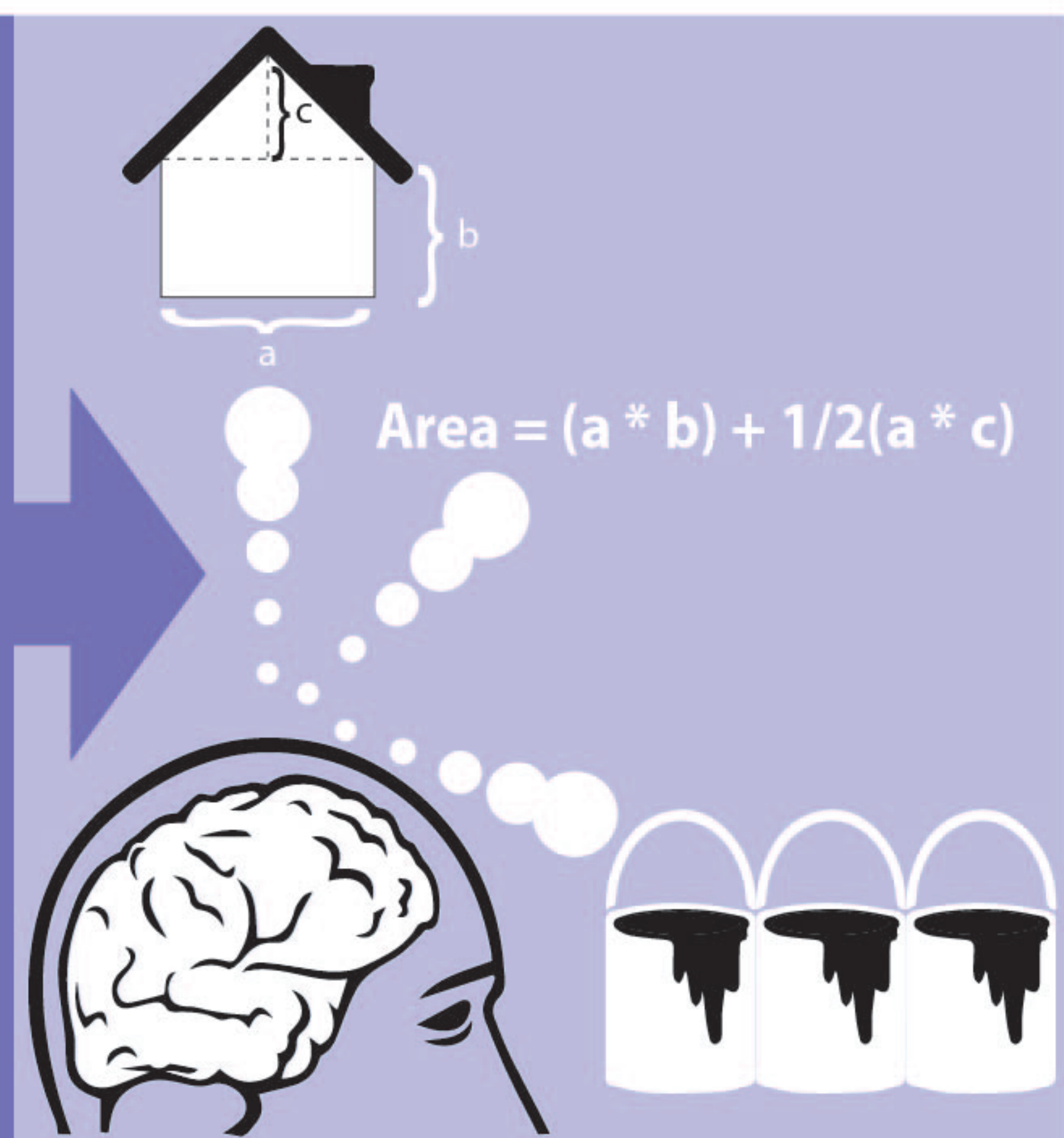


Executive Functioning: How we think about our thinking

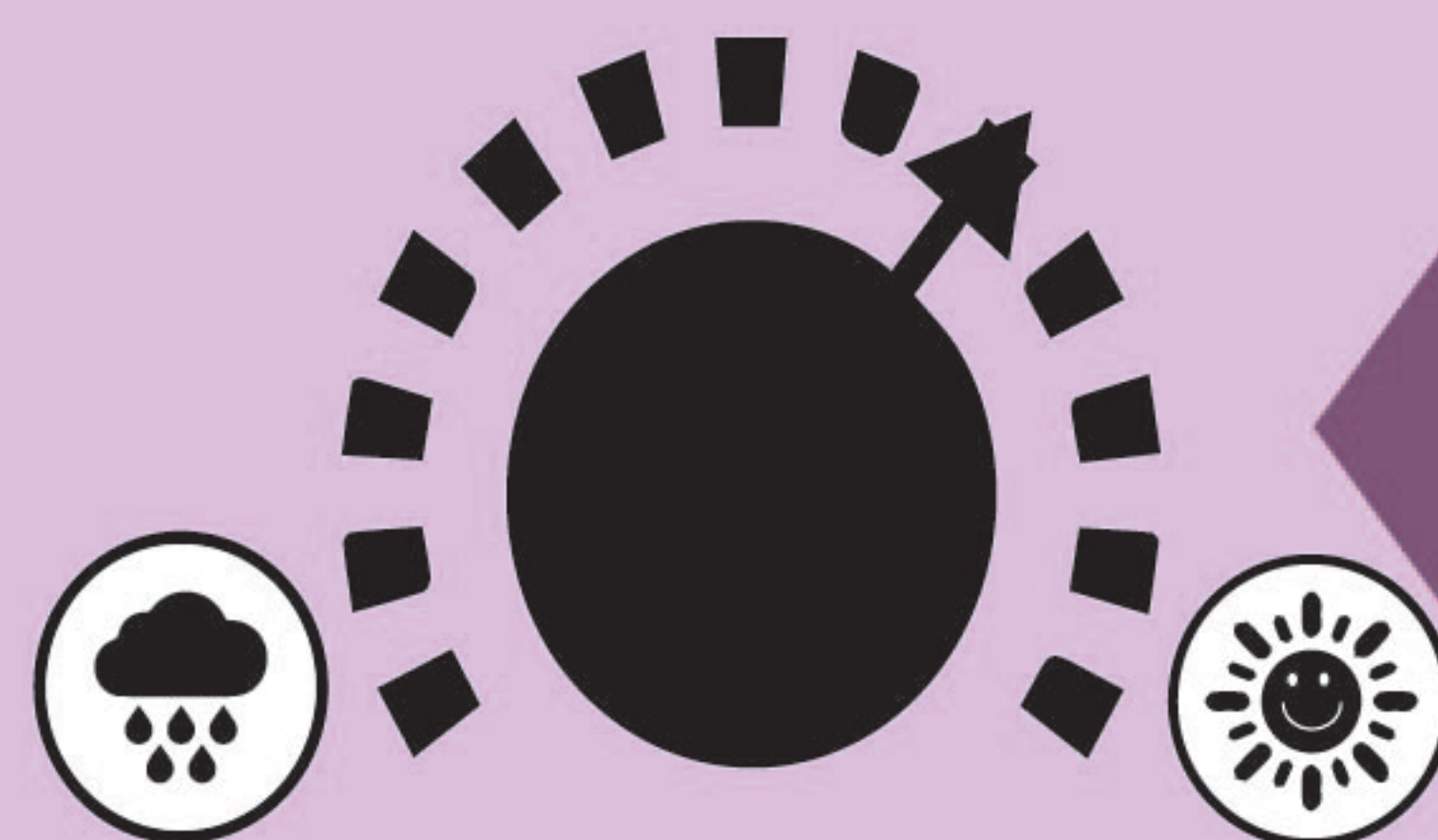
WORKING MEMORY

The ability to hold information in your head while you do something with it.



RESPONSE INHIBITION:

The ability to think before acting.

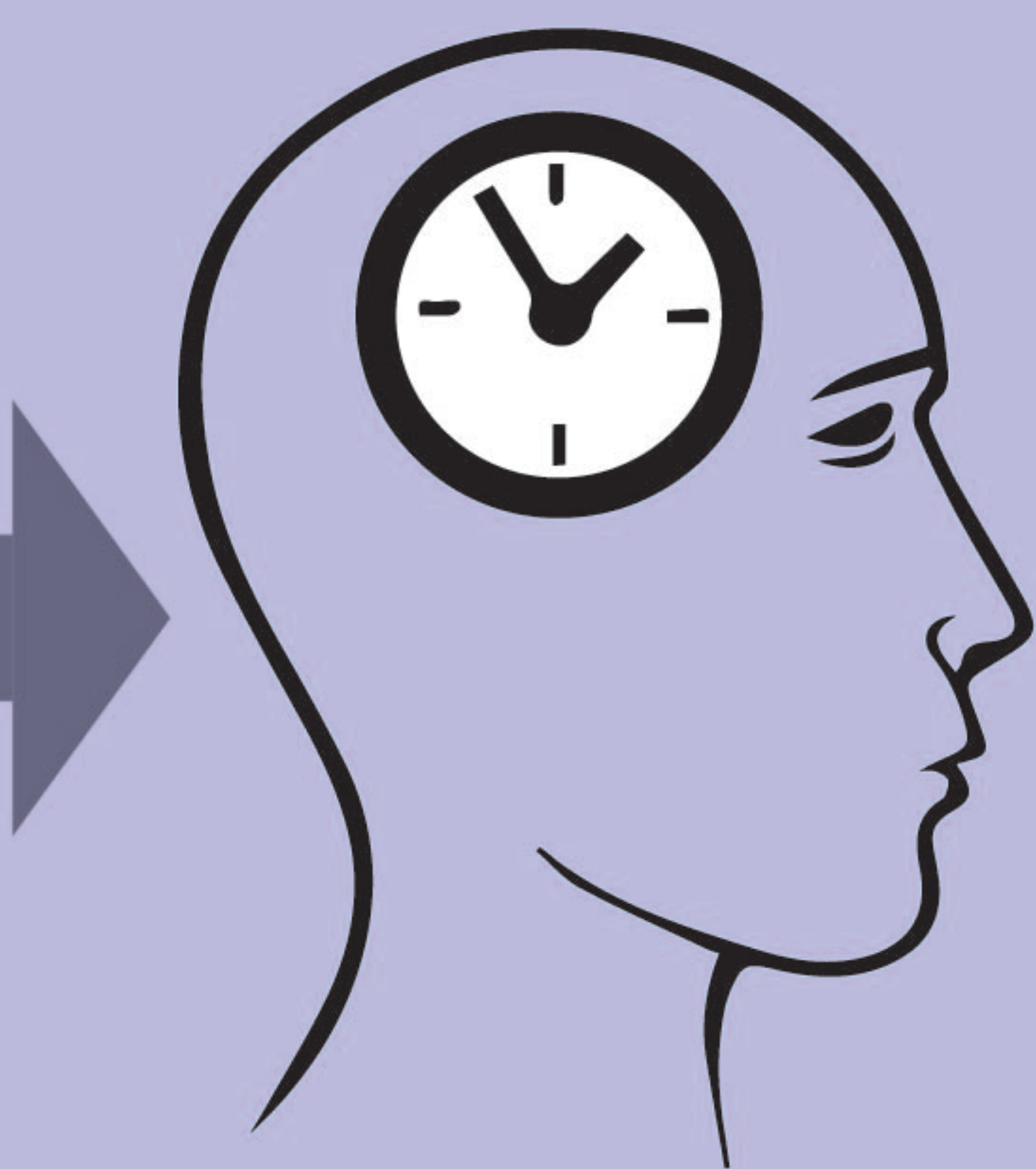


EMOTIONAL CONTROL:

The ability to manage emotions.

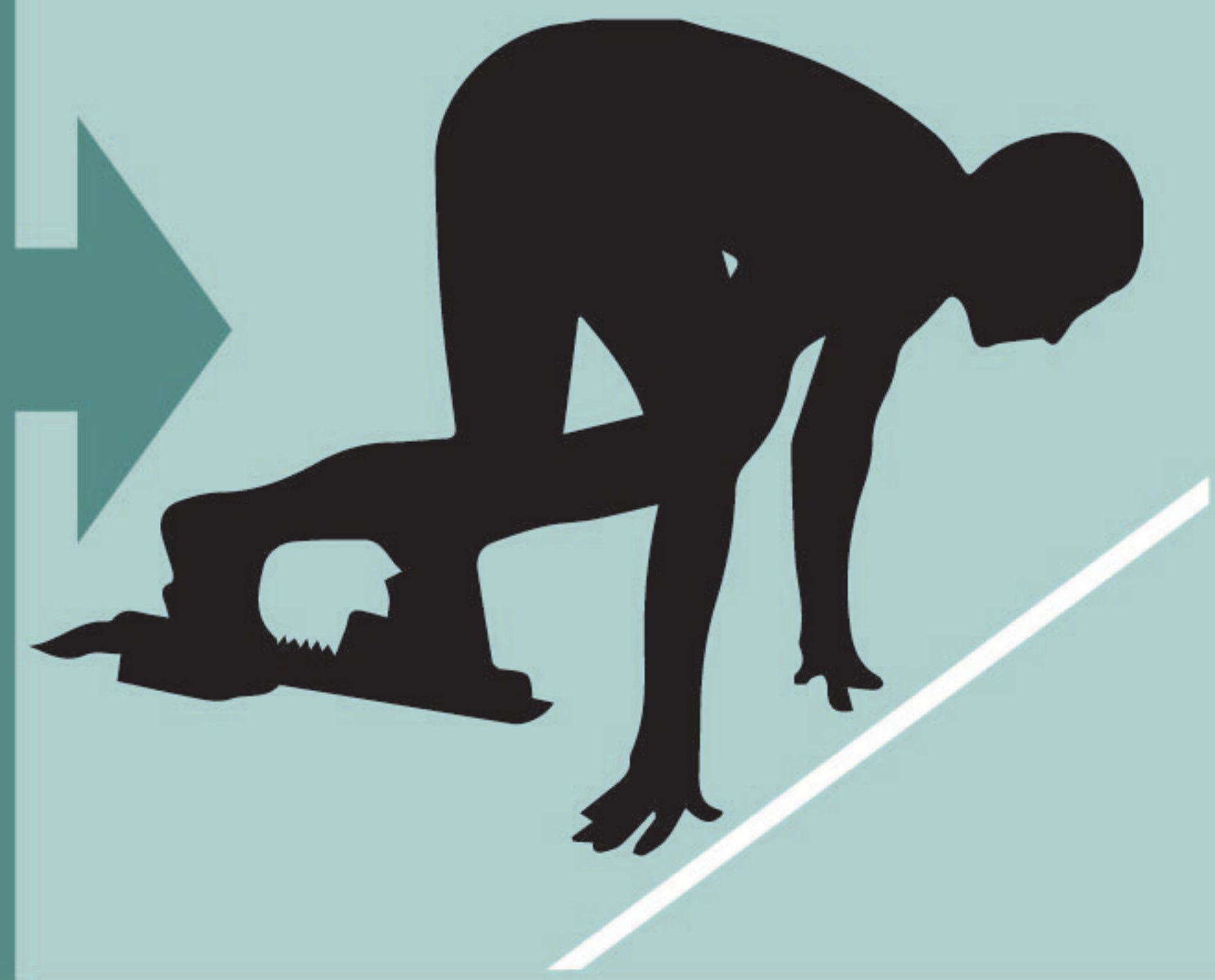
SUSTAINED ATTENTION

The ability to maintain attention to a task.



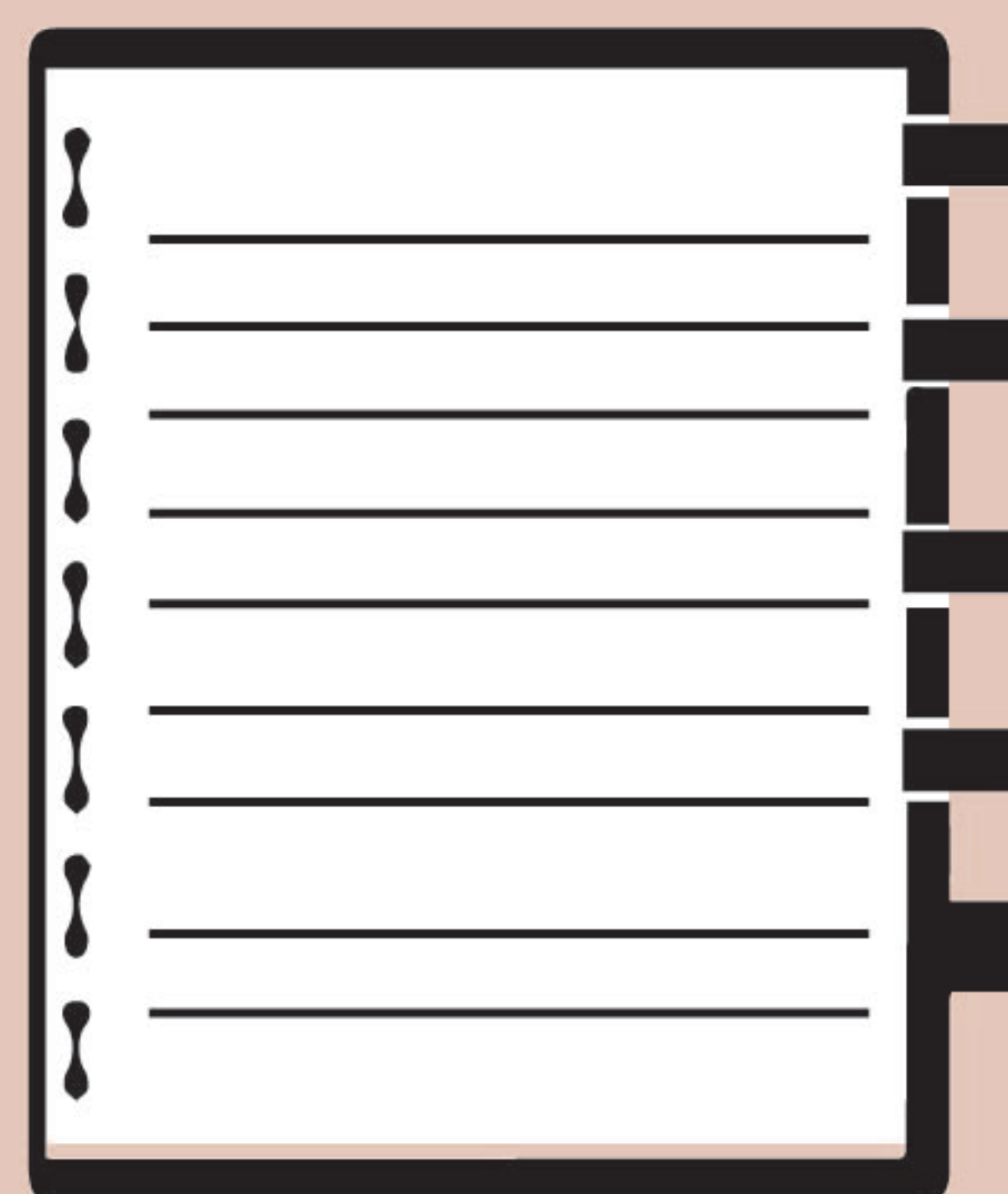
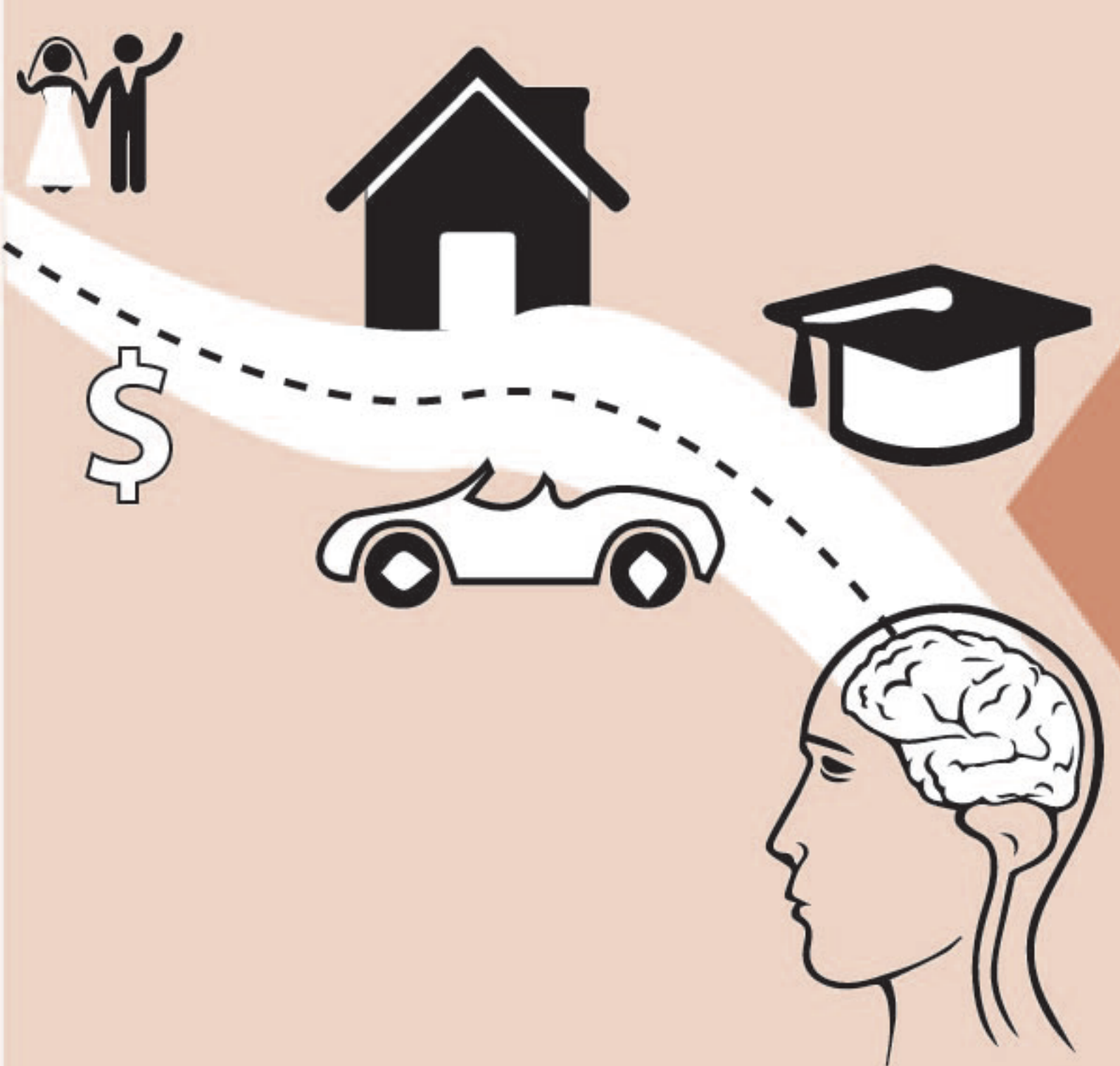
TASK INITIATION:

The ability to begin a task.



PLANNING:

The ability to see the individual steps in an assignment and sequence them.

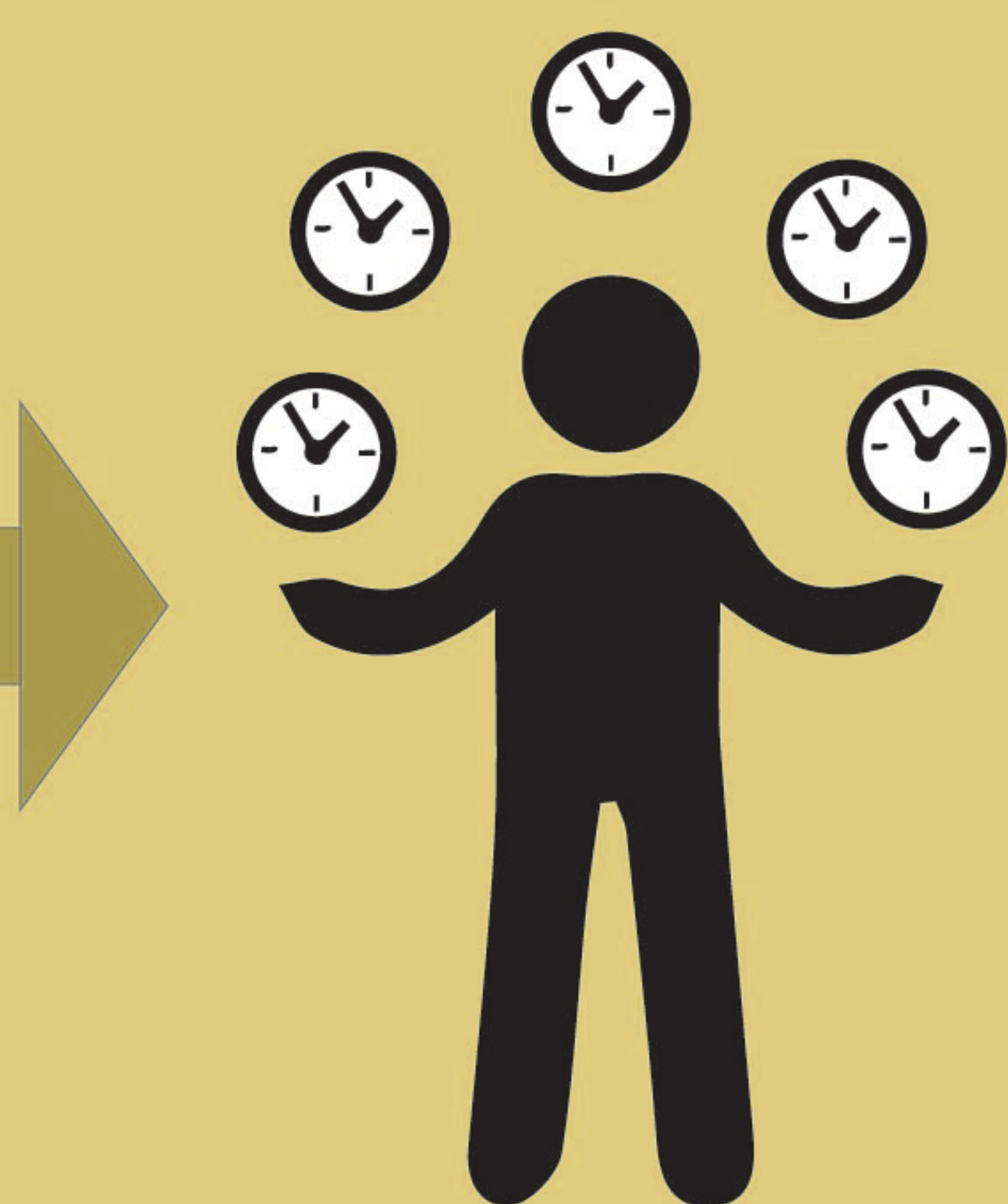


ORGANIZATION:

The ability to keep track of information and materials.

TIME MANAGEMENT:

The ability to effectively manage your time.



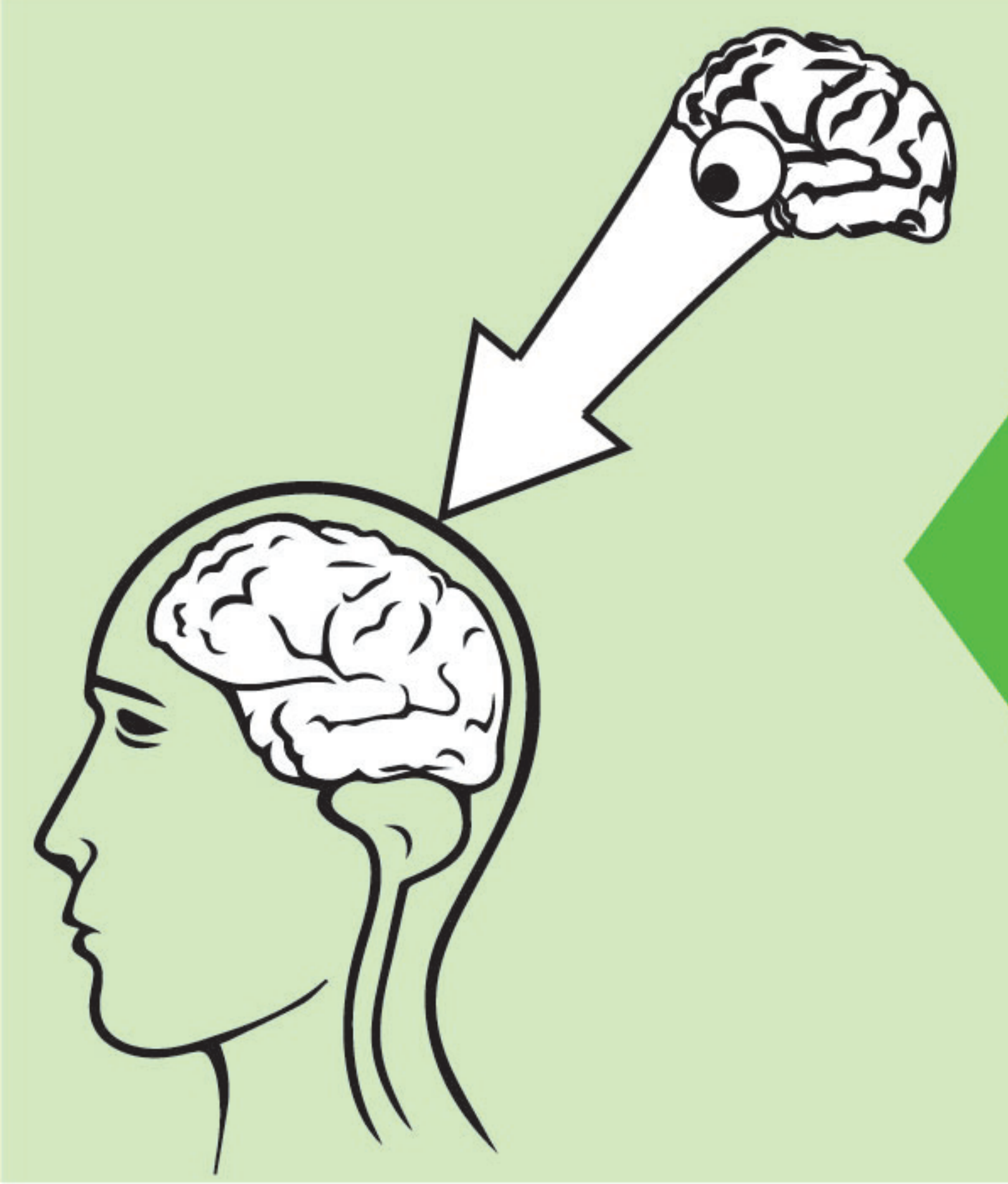
FLEXIBILITY:

The ability to switch activities or accept different ways to do something.



METACOGNITION:

The ability to think about your thinking.



GOAL DIRECTED PERSISTENCE

The ability to keep working towards a goal.