

EXECUTIVE FUNCTIONING SKILLS



Holy Trinity Academy's SEND department invite parents to come and explore the role of Executive Functioning in learning

With

Louise Carr

Educational Psychologist

Tuesday 12th March 2019

@ 2pm

Please book your place by ???

What Are Executive Functioning Skills ?

EF is a collection of inter-related cognitive and self-regulatory processes that are responsible for problem solving and achieving goals.



Brain Fluency

Working Memory

Remembering and manipulating information in short-term memory

Processing Speed

The ability to focus attention and quickly discern information

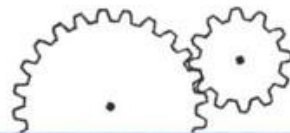
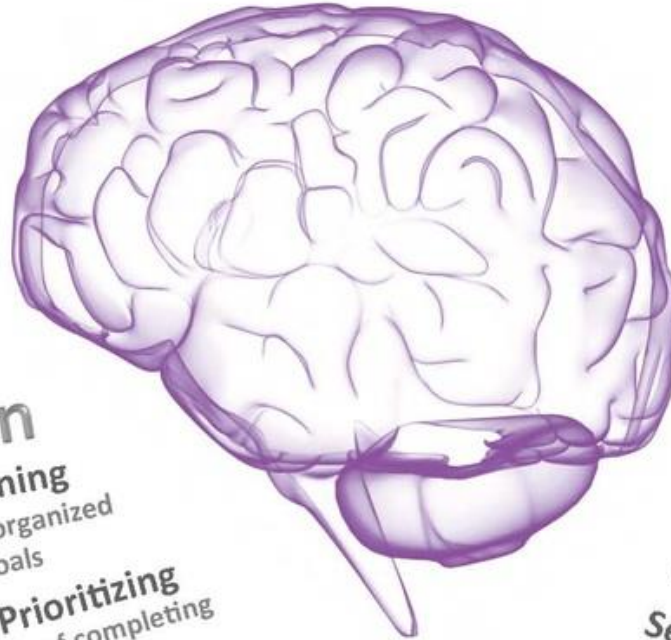
Brain Organization

Planning

Creating strategic and organized approaches to reach goals

Prioritizing

Determining the order of completing tasks by their urgency



Brain Flexibility

Changing Perspective

Shifting mindsets or attitudes to fit situations

Changing Attention

Switching between and keeping track of multiple ideas or tasks

Brain Control

Self-Monitoring

Perceiving emotions and reflecting on past actions or mistakes

Self-Regulation

Managing emotions, behavior, and attention

EF skills are influenced not only by one's genetics, but also life experience. With practice, a person can improve their EF skills and navigate more easily through challenges at school or work.