

Executive Functions



Cognitive activity in charge of planning and organization

Helps you plan and organize time and materials

Helps you figure out what needs to be done

Helps you determine the order of what you need to do

Helps you carry out steps in an orderly way

Helps you begin tasks

Helps you maintain attention

Helps you know how well you are doing on a task

Helps you take feedback and suggestions

Helps you break big tasks down into smaller steps