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

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