

11. Metacognition

Reflect on progress in the moment and review work after completion.

Reference: Dawson, P., & Dawson, P., & Dawson, P., & Dawson, Resources are selected by the selection of the & Description & Retrieved August 14, 2022, from

Stop and think before acting.

https://www.nasponline.org/Documents/Resources%20and%20Publications/Handouts/Families%20and

%20Educators/Excutive%20Eunctioning NASSP Mar%2009.pdf



10. Flexibility

Adjust to unexpected changes or problems that come up.







2. Working Memory

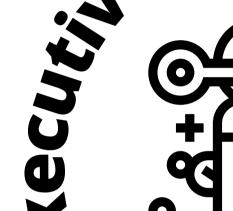
Keep information in mind while also using it.

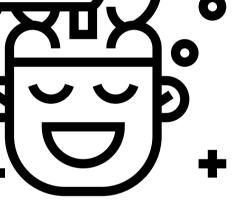




9. Goal-directed persistence

Make a goal and work toward it without giving up or getting distracted.







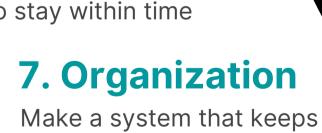
3. Emotional Control

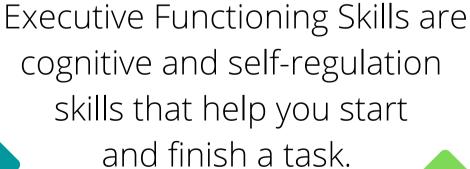
Manage feelings to accomplish goals, complete tasks, and direct behavior.



8. Time Management

Be aware of time - it passing, how much is needed, how to use it, and to stay within time limits.







track of work and tasks.





6. Planning/Prioritization

Make a road map to reach a goal and decide what is important to focus on.



4. Sustained Attention

Maintain focus and attention on the task despite distraction, boredom, or tiredness.



5. Task Initiation

Get started on tasks without unnecessary delay.

