

The Brain's Executive Functions (EF)

The general purposes of EF are Behavioral Control & Inhibition

<p>SPECIFIC TYPES OR CLASSES OF EFs:</p>	<p>1. Working memory (non-verbal) the ability to</p> <ul style="list-style-type: none"> • Hold thought or information in mind • Manipulate multiple thoughts at the same time • Imitate complex behavior sequences • Have hindsight-evaluate past behavior • Practice forethought anticipate the results of future behavior • Be self-aware • Have a sense of time • Organize behavior sequences According to a goal “rule” or to Achieve a “goal” 	<p>2. Internalization of speech/ Silent Self-talk (verbal working memory) the ability to</p> <ul style="list-style-type: none"> • Take in and think about the Environment • Self-question/problem solve • Generate rules to guide behavior • Instruct self to follow rules or directions • Reading comprehension • Moral reasoning 	<p>3. Self-control of emotions, motivation and arousal the ability to</p> <ul style="list-style-type: none"> • Control one’s emotional sensitivity and reactions • Take other points of view • Generate and control arousal needed for goal-directed action 	<p>4. Fluency The smooth flow of behaviors that are</p> <ul style="list-style-type: none"> • Organized, goal-directed but also chained together smoothly, seamlessly and carried out with ease. • Creative, but organized or structured
<p>TRAITS OR SYMPTOMS THAT SUGGEST EF DEFICITS:</p>	<ul style="list-style-type: none"> • Poor short term memory • Poor concentration • Easily distracted • Short attention span • Does not learn from experience/repeats mistakes • Poor time management • Late for appointments • Poorly organized work/projects • Daydreams • Misses details • Does not proof school work for errors 	<ul style="list-style-type: none"> • Talkative • Blurts out inappropriately • Talks to self out loud • Noisy, disturbs others • Poor reading comprehension • Does not like to read • Acts without regard for rules, even though rules are known • Procrastinates • Trial and error problem solving 	<ul style="list-style-type: none"> • Moody • Oversensitive • Over-reacts • Hot or short tempered • Low motivation • Trouble seeing other points of view • Stubborn, self-directed • Hyper or Hypo-active • Fidgety • Cannot turn thoughts off • Thinks too much, worries excessively • Cannot match activities to goals • Too loud 	<ul style="list-style-type: none"> • Impulsive • Poor verbal expression and oral reading • Poor movement control and fluency • Clumsy, awkward • Accident prone • Printing rather than cursive writing • Twitches, jerks



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