

Executive Function: How We Get Things Done

Types of Executive Function:

- **Impulse Control:** think before acting
- **Emotional Control:** regulate emotions well
- **Flexible Thinking:** adjust to the unexpected
- **Working Memory:** keeping key information in your head
- **Self-Monitoring:** evaluate how you are doing
- **Planning and Prioritizing:** decide what is important
- **Task Initiation:** knowing how or where to start
- **Organization:** arrange materials or thoughts in an orderly fashion

Individualized Education Program Goal: skill or behavior student will learn this year

Individualized Education Program Accommodations: adjustments / changes that ensure access

Additional Resources:

Michigan Alliance for Families – Executive Function

<https://www.michiganallianceforfamilies.org/executive-function/>

Picture Schedules for Daily Routines: <https://www.understood.org/en/articles/download-sample-picture-schedules-and-visual-planners>

Pacer - Individualized Education Program (IEP) Goals <https://www.pacer.org/parent/php/PHP-c266.pdf>

Pacer - Questions for Parents to Ask about School Adaptions
<https://www.pacer.org/parent/php/PHP-c91.pdf>