

Executive Function Skills and Its Effects on Student Performance - Secondary Level

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Learner Outcomes

- Increase understanding of the 11 Executive Functioning Skills
- Will review strategies to support development of executive function skills through a PBIS Framework

A Career Life Changing Perspective



- IQ test scores, under optimal test conditions, account for 40% to 50% of current expected achievement.
- Thus, 50% to 60% of student achievement is related to variables “beyond intelligence”.

Source: National Center on Educational Outcomes, Synthesis Report 55, 2003

How many of us use...

Personal Goal
Break down the components of a goal using symbols and text to represent your thinking.

Personal Goal
To achieve my objectives, I need to...

Reminders
Write story about cats.
Eat at Joe's
File my taxes
Fees and light
Eat lunch
Play video game about cats
Teen sync

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What are Executive Function Skills?

- Set of intrinsic skills or mental processes
- Develop gradually
- Needed for academic and social success
- Observable behaviors
- Can be explicitly taught



Types of Executive Function Skills

Skill Type	The ability to...
Impulse Control	Resist the urge to say or do something allowing time to evaluate situation
Working Memory	Hold information in mind and use it to complete a task
Emotional Control	Manage feelings in order to achieve goals, complete tasks, or control behavior
Sustained Attention	Maintain attention to a situation or task in spite of distractions, fatigue, or boredom
Task Initiation	Begin projects without undue procrastination, in an efficient or timely fashion
Planning/Prioritizing	Create steps to reach a goal and make decisions about what to focus on
Organization	Create and maintain systems to keep track of information or materials
Time Management	Determine how much time have, how to allocate it, and how to stay within time limits
Flexibility	Adapt plans in face of obstacles, setbacks, new information, or mistakes
Goal-Directed Persistence	Have a goal, follow through to completion, and not be put off or distracted by competing interests
Self-Monitoring	Observe oneself in situation; monitor and evaluate how problem-solve

Dawson & Guare 2010

Strategic Instruction Process



<https://smarts-ef.org/curriculum/executive-function-curriculum/>

Integrating EF into Daily Instruction

- What are the general EF skills needed to engage in the learning?
- What are the critical EF skills for completing the designed learning activity?



Resources

- Dawson, P. & Guare, R. 2009. Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential. The Guilford Press. NY, NY.
- Dawson, P. & Guare, R. 2010. Executive Skills in Children and Adolescents: A Practical guide to Assessment and Intervention, 2nd ed. The Guilford Press. NY, NY.
- Meltzer, L. 2010. Promoting Executive Function in the Classroom. The Guilford Press. NY, NY.
- Kuypers, L. M. 2001. The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control" Thinking Social Pub. Santa Clara, CA.

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