

<b>Executive Function Area</b>	<b>Definition</b>		<b>Signs of Difficulty</b>
<b>Emotional Control</b>	Regulates emotion to be appropriate to situation	Easily upset or excited, overreacts, frequent mood changes	
<b>Inhibit</b>	Delays certain activities or response for sake of others	Distractable or impulsive, cannot delay gratification	
<b>Goal Setting/Planning</b>	Setting goals and identifying steps to take	Sets unrealistic goals, starts work at last minute, fails to anticipate consequences	
<b>Organize</b>	Establishing order in a place or activity	Scattered, disorganized approach to solving problems, materials	
<b>Initiate</b>	Begin a task or activity	Trouble getting started, may appear defiant	
<b>Working Memory</b>	Holding information in mind while performing other tasks	Forgets assignments, materials, classroom procedures, remembers only part of directions	
<b>Shift</b>	Smoothly transitioning from one task to another	Difficulty coping with changes in routine, thinking “outside of the box”	
<b>Self-Monitor</b>	Assessing progress toward goal or effect on others	Doesn't notice how others react to behavior, asks for help rather than trying first, avoids problem-solving games	

## Online EF Resources

- LD Online article: *Lazy Kid or Executive Dysfunction*
  - <http://www.ldonline.org/article/6311?theme=print>
- Cornell Notes templates
  - <http://office.microsoft.com/en-us/templates/cornell-note-taking-method-TC010080377.aspx>
- Graphic organizer resources
  - <http://www.eduplace.com/graphicorganizer/>
  - [www.edhelper.com](http://www.edhelper.com) → search “graphic organizers”
  - <http://www.teachervision.fen.com/graphic-organizers/printable/6293.html?detoured=1>
- LD Online EF resources and articles: [www.LDonline.org](http://www.LDonline.org) → Search “executive functioning”