

Executive Function Skills

Warning Signs

Attention

- I can't focus on my homework.
- I struggle paying attention during class.
- I have a hard time paying attention in therapy or with my LC.
- I get distracted by others.
- I can be the cause of distraction for others.

Flexibility and Shifting

- I tend to have "black and white" thinking.
- I have a hard time seeing other perspectives.
- Trying solutions other than my own is hard.
- Switching between tasks can be hard for me.
- I can be demanding in my requests.

Initiation and Completion

- I procrastinate a lot.
- I struggle with starting tasks or assignments.
- I struggle with finishing tasks.
- I have a hard time breaking down big tasks.

Metacognition

- I can get stuck in situations and have a hard time finding the solution.
- I am not sure how to advocate for myself.
- I am not very aware of my needs.
- I struggle in social situations.
- I lack self-awareness.

Organization

- My room is usually messy and I can't find things.
- I am not sure how to create systems to help me stay organized.

Time Management

- I don't know how to prioritize what needs to get done.
- I struggle to keep to my schedule.
- I have a hard time being on time.
- I struggle to accomplish all of my tasks/assignments.

Working Memory

- I forget about tasks or assignments.
- I have a hard time recalling information from meetings or school