



Help Your Teen Succeed in School: Support Executive Function Skills

What is Executive Function (EF)?

- Executive functioning is a set of skills that facilitate the behaviors required to plan and achieve goals
- Often described as “the management system of the brain”
- Executive Function Difficulties are common in those diagnosed with ADHD, Anxiety, Depression, and Autism Spectrum Disorder
- Not tied to intelligence, but can impact academics
- A still-developing prefrontal cortex plus executive function deficits can negatively impact academic performance
- Those with EF difficulties can be high achievers if taught the correct skills and strategies to strengthen executive function skills

