



What do Executive Functioning difficulties look like?

Working Memory

- Difficulty following multistep directions
- Reading comprehension difficulties
- Trouble with problem solving

Organization

- Messy rooms, backpacks
- Time management difficulties
- Difficulty planning and prioritizing tasks. *What's most important? What should come first?*

Impulse Control

- Trouble delaying gratification
- Acting before thinking
- Difficulty staying focused and managing attention

Task Initiation

- Difficulty knowing how or where to start
- Procrastination
- Not meeting deadlines
- Lots on missing assignments at school
- Not complying to requests
- Avoiding

Self Monitoring

- Poor self-awareness
- Trouble keeping track of progress and reaching goals
- Not learning from mistakes
- Poor social skills
- Careless mistakes

Emotional Regulation

- Difficulty self-soothing
- Intense emotional outbursts- reactions seem out of proportion to the problem. Overreacting

Cognitive Flexibility

- Difficulty with transitions
- Difficulty with changes in routine
- Difficulty with perspective taking
- Black and white thinking

