



## Video 1/4: Identification of EF

Reference: 5 Characteristics to Help Identify Students with Executive Function Challenges

🍎 Hi teachers and professionals. Thanks for signing up! If you like my work, please share it far and wide. 🙌 Thanks, Seth Perler

**Question:** How do I know which students have Executive Function challenges?  
Here is a QUICK & SIMPLE checklist that will tell you right away.

1. **GRADES SUFFER?** These students struggle with maintaining grades, homework and school work. Grades often suffer because they are constantly dealing with missing work, incomplete work, late work, 0s and doing test corrections for assessments they did not prepare for effectively.
2. **OFF TASK?** struggle with Task Completion: Self-starting, follow through and finishing/turning things in, independently and in a timely manner. They are often misunderstood as unmotivated, lazy, undisciplined, procrastinators. Some adults believe that they don't care about school and if they would only try harder, they would reach their potential.
3. **INEFFECTIVE PLANNING?** These students struggle with planning & time management: time blindness, often late, don't use planners/agendas/calendars to effectively track responsibilities & schoolwork, lose planner, forget planner, hate planning, unrealistic about the time needed to get stuff done. Generally unaware of details regarding what, when and how things are to be done.
4. **DISORGANIZED?** Often these students have disorganized backpacks, folders, desks, lockers and personal spaces. Their digital systems are not organized. Writing tends to be disorganized and goes all over the place. It can be difficult for them to organize their thoughts.
5. **UNAWARE?** Finally, these students are often unaware of how much they struggle. They are often very unrealistic about their ability to handle Executive Function demands. **KEY DISTINCTION:** Even though they may be perfectly capable *cognitively* of learning the content, they may not be able to get the work done, poor execution.

Students who struggle with the items above have Executive Function challenges. So what do we do about it? The next video, #2/4, will deepen your understanding so you can support these kids more effectively.

Thanks for helping kids,  
Seth Perler, [sethperler.com](http://sethperler.com)

*ps -please consider sharing the micro-course with other teachers now.*