



## Video 2/4: Understanding EF

Reference: 10 Aspects of Executive Function

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

In the last video, I helped you IDENTIFY students with EF challenges. In this video, I will help you deepen your UNDERSTANDING of Executive Function so you can better serve your students. Here is a simple checklist of 10 key ASPECTS of Executive Function, that you can print and post as a useful reference.

- **Common adult misunderstanding:** Can't or a won't?
- **Brain:** PFC, the Prefrontal cortex of the brain is where Executive Function happens. PFC continues to develop until we are about 25 years old. Therefore, what we do NOW matters because it can have a great impact! The sooner the better.
- Executive Function is all about “**executing**” complex tasks, like writing a paper, focused on studying, or organizing folders.

**10 ASPECTS:** Experts differ in how they define Executive Function. Here are 10 aspects:

1. **Focus, concentration, attention.** Other side of the coin = distractibility.
2. **Planning & time management.** A realistic idea of steps in a process & the time needed.
3. **Organization.** Organizing their stuff, writing, thoughts & digital world (inbox and portals).
4. **Advocacy.** Asking for help proactively when needed.
5. **Self-monitoring.** Connect dots to see what works and doesn't work. Self-awareness, metacognition, reflection, introspection, mindful awareness of how things are going.
6. **Working memory.** Juggling small bits of information to help you with what you are doing in the moment. Tracking key details.
7. **Emotional regulation.** How to regulate the intense emotions/frustration/overwhelm so we can prioritize how to put our focus where it is most needed.
8. **Flexibility.** Pivoting or transitioning from one thing to another successfully.
9. **Task management.** Self-starting, following-through, finishing a task to completion.
10. **Prioritization.** Determining what is most important in the moment that will lead to long term benefits over short-term preferences.

**Easy Bonus tip:** Teach students how to ask themselves what their NOP, or Number One Priority is (or the MIT, or Most Important Thing). This is very powerful in helping them learn prioritizing skills rather than doing schoolwork randomly.

Thanks for helping kids,  
Seth Perler, sethperler.com

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