



EXECUTIVE FUNCTIONS AND PRODUCTIVITY

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The executive skills required for independent seat work and homework:

- A. Understand directions: *Metacognition*
- B. Get started on his or her own: *Task Initiation*
- C. Be able to keep working despite distractions: *Sustained Attention*
- D. Ask for help when its needed: *Metacognition*
- E. Finishing things you start: *Sustained Attention & Goal Directed Persistence*
- F. Make careless mistakes, fail to check work: *Metacognition*
- G. Finish the work on time: *Time Management*
- H. Remember to turn it in on time: *Working Memory*

Adapted from Executive Skills in Children and Adolescents by Dawson and Guare

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What is your key idea?

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Thoughts for Using this Information