

Mapping Executive Functions to Learning Skills

(With thanks to Sagonaska Demonstration School, ON)

Learning Skill	Executive Function (EF)	Look Fors
Responsibility	Time Management Response Inhibition Sustained Attention	Follow classroom expectations Brings necessary materials to class each day Completes homework Submits work on time Listens, pays attention, participates
Organization	Time Management Organization Planning/Prioritizing	Uses a planner to plan homework Decides on top 3 tasks per night Monitors time and progress on tasks Checks off when work is completed Organizes class binders/electronic files
Independent Work	Time Management Sustained Attention Task Initiation Planning/Prioritizing Working Memory Cognitive Flexibility	Makes a plan and changes it as necessary Works on tasks in class and gets the job done Follows instructions Asks questions when needed
Collaboration	Response Inhibition Working Memory Emotional Control Cognitive Flexibility Sustained attention Task Initiation Time Management	Willing to take on various roles (researcher, recorder, presenter, leader) Completes share of work Smiles, encourages, listens, questions others Willingly shares / Includes everyone Talks to all group members Talks through problems, brainstorm
Initiative	Task Initiation Goal Directed Persistence	Reads, watches video on own Asks questions Looks up information Smiles, says positive words, eg. "That's neat" Asks for things necessary for learning
Self-Regulation	Response Inhibition Metacognition Emotional Control Cognitive Flexibility	Completes reflection and goal setting pages Asks questions States strengths & needs Picks useful apps to meet individual needs Stays with a hard task Makes a plan and follows through