












Activated Learning: Executive Functions

<p>Goal-Directed Persistence</p>  <p>Following through to the completion of your goal without being distracted by competing interests</p>	<p>Task Initiation</p>  <p>The ability to begin projects in a timely fashion.</p>	<p>Planning and Prioritizing</p>  <p>Creating a roadmap to reach a goal or to complete a task. Deciding what is important to focus on.</p>
<p>Time Management</p>  <p>Estimating how much time you have and how to use it to stay within the time limits and deadlines.</p>	<p>Emotional Control</p>  <p>Managing feelings so you can be productive and successful.</p>	<p>Flexibility</p>  <p>Seeing many sides of an idea or situation. Being able to change and adapt if we don't get our way.</p>
<p>Response Inhibition</p>  <p>Thinking before you act - to resist the urge to say or do things.</p>	<p>Organization</p>  <p>Creating and maintaining a system to keep track of information or materials.</p>	<p>Sustained Attention</p>  <p>Paying attention even if you're tired, bored, or not interested.</p>
<p>Metacognition</p>  <p>Noticing how you're doing. Thinking about how you're thinking.</p>	<p>Working Memory</p>  <p>Holding information in memory while performing complex tasks.</p>	