



REFLECTION SCIENCES

Measure What Matters



What is EF?

Executive Function (EF) is the key set of skills required for:

- Paying attention
- Remembering goals
- Controlling impulses
- Being mentally flexible



Why is it important?

- Difficulty with EF is a common factor across several developmental disorders and learning differences
- Children with good EF skills acquire academic content more easily and are more likely to remember that content when they need it
- Proven to predict school readiness, academic achievement, and educational attainment, as well as career success, health, wealth, and well-being in adulthood, better than traditional IQ tests



Why Reflection Sciences?

At Reflection Sciences, we can provide you with the necessary resources and tools to effectively measure and improve EF development. We offer Professional Development, as well as our MEFS™ assessment tool. The MEFS™ provides a brief, reliable, valid, inexpensive, and easily administered direct behavioral measure of EF.