

Executive Function (EF) is the set of skills that help the brain organize and act on information. These are the skills that enable us to pay attention, plan, remember things, prioritize, and stay on task. While children are not born with EF skills, they do possess the ability to develop them, which have been shown to be the best predictors of school and learning readiness and long-term academic success and overall wellbeing.

EF includes 3 skills...



Cognitive Flexibility

Important for problem solving and perspective-taking. For example, considering someone else's perspective on a situation, or a different way to solve a problem.

Working Memory

Important for holding information in mind and using it to guide actions. For example, keeping a question in mind in order to formulate an answer.

Impulse Control

Important for ignoring distractions and resisting impulsive behaviors. For example, paying attention to a teacher and resisting a side conversation with a friend.

Why focus on EF? EF skills are not only able to be taught and learned, but they have been shown to predict important developmental outcomes:

