

40 Key Executive Function Skills Categorized by Life Skills



Leadership

The ultimate expression of executive function skills, requiring the use of all of the executive function skills listed below (best read developmentally from the bottom up)

Efficacy

Being creative • Working toward a goal • Organizing actions and thoughts • Considering future consequences in light of current action • Making hypotheses, deductions, and inferences • Applying former approaches to new situations • Defining a problem • Analyzing • Creating mental images • Generating possible solutions • Anticipating • Predicting outcomes • Evaluating

Empowerment

Catching and correcting errors • Setting goals • Managing time • Self-assessing • Monitoring performance • Reflecting on goals

Collaboration

Seeing multiple sides to a situation • Being open to others' points of view • Maintaining social appropriateness • Overcoming temptation

Engagement

Identifying same and different • Following multiple steps • Identifying cause-and-effect relationships • Categorizing information • Changing perspective • Thinking about multiple concepts simultaneously • Initiating a task • Persisting in a task

Conscious Control

Storing and manipulating visual and verbal information • Remembering details • Holding on to information while considering other information • Shifting focus from one event to another • Attending to a person or activity • Focusing • Concentrating • Thinking before acting • Managing conflicting thoughts