



**Executive  
Function  
is learning  
HOW  
to learn**

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**What is  
Executive  
Function?**



*Infinite know how  
for school*



# Executive Function

Executive Function (EF) is a set of mental skills that are used to manage our thoughts, feelings, and behaviors to achieve goals. The most distinct element of mastering EF is the ability to hone mental skills that allow you to work towards goals that are designed by yourself, for yourself.



Infinite know how  
for school

Executive Function  
is as foundational to  
learning as reading,  
writing & arithmetic.

## Executive Function is...

### A set of mental processes

- Focus
- Working Memory
- Organization & Planning
- Prospective Memory
- Problem Solving
- Mental Flexibility
- Self-awareness

### that help you learn how to learn

- Compensate for weaknesses
- Amplify strengths
- Learn from mistakes
- Practice self-reflection

### so you can achieve your goals!

- Academics
- Relationships
- Community
- Professional Career