

# Educator's Guide for Teaching Executive Function Skills in Secondary Education

How to get the buy-in and budget to implement an Executive Function curriculum



**Success in school  
depends on well-  
developed work  
habits, a positive  
mindset, a flexible  
attitude and a  
willingness to  
work hard.**





Key ingredients for this success include Executive Function (EF) and Social Emotional Learning (SEL), skills through which students set goals, meet deadlines, make responsible decisions, handle emotions, demonstrate empathy, and maintain positive relationships.





Executive Function facilitates the taking in of salient information and the weighing of options to make the best decision, while SEL layers contextual awareness



**Transitions:**  
Require figuring out  
strategies for managing  
workload, meeting  
deadlines and figuring out  
how to process and retain  
complex information



# Lifelong implications of strong Executive Function

## Socioeconomic Status & Self-Control



## 32 years later...

- Higher HS graduation rate
- Less incidence of teen pregnancies
- Better jobs
- Higher income
- Better health
- Stronger relationships
- Greater marital harmony
- Greater compliance with medical treatment
- Fewer run-ins with the law

**Then, are Executive  
Function skills being  
taught explicitly,  
hierarchically and  
systematically?**

**If yes, *which* EF skills  
and *how*?**





ExQ<sup>®</sup> partnered with  
Education Dive to survey 134  
education leaders and district  
administrators on the topic of  
teaching Executive Function

**Here's what we uncovered.**



**100%**

**Educators recognize  
the value of  
teaching Executive  
Function skills**

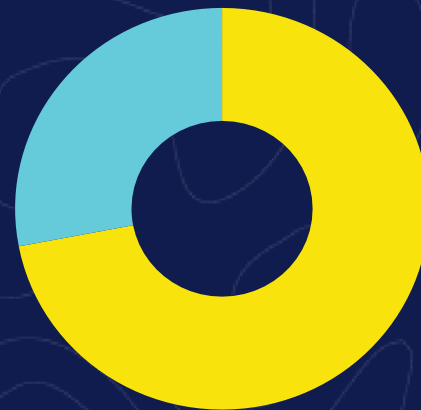






When asked how important it is to teach students these types of social-emotional and Executive Function skills in secondary education, 100% replied that it was

**28%**  
very  
important



**72%**  
extremely  
important

extremely important

or

very important



# Exploration of 12 Areas of EF & SEL



# Exploring EF & SEL Overlap

1. Recognizing strengths
2. Recognizing challenges
3. Devising plans to meet personal learning goals
4. Develop goals
5. Analyzing tasks expectations
6. Self-efficacy skills
7. Accurate self-appraisal
8. Regulating emotional reactions to challenges
9. Analyzing errors for problem-solving
10. Developing self-awareness
11. Self-monitoring through effective work habits
12. Ability to self-advocate



Here's what educators said about these 12 areas of EF and SEL skills whether they were taught through formal lessons as part of core curriculum in their classrooms/ schools





12% of respondents said their school did not teach any Executive Function skills.



Only ONE (*recognizing strengths*) out of 12 skills listed — was taught by 60% of respondents. The majority of the skills were taught at less than half of respondents' schools.



# Moving from teaching time management to self-management

One reason schools don't explicitly focus on teaching EF skills is that they think about a student's readiness to participate, and not a student's ability to manage learning.





However, there is a disconnect between how schools measure and align academic outcomes and the effect that acquiring Executive Function skills has on students.



To better align the teaching of Executive Function skills with outcomes, educators need a way to collect and share data around Executive Function skills. This might look like having students take a baseline assessment of their Executive Function skills, which can identify their weaknesses and strengths.



Infinite know how  
for school



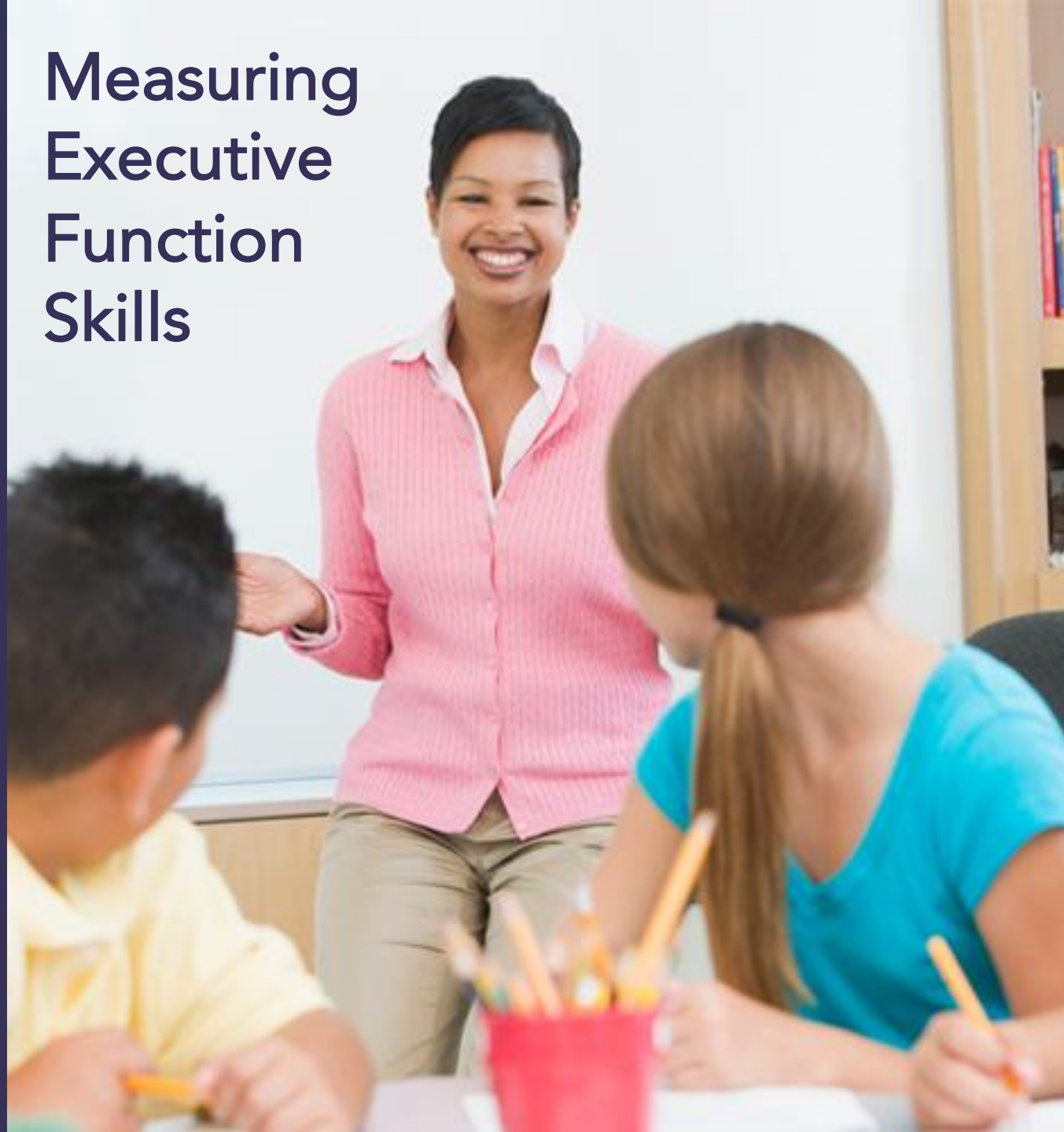
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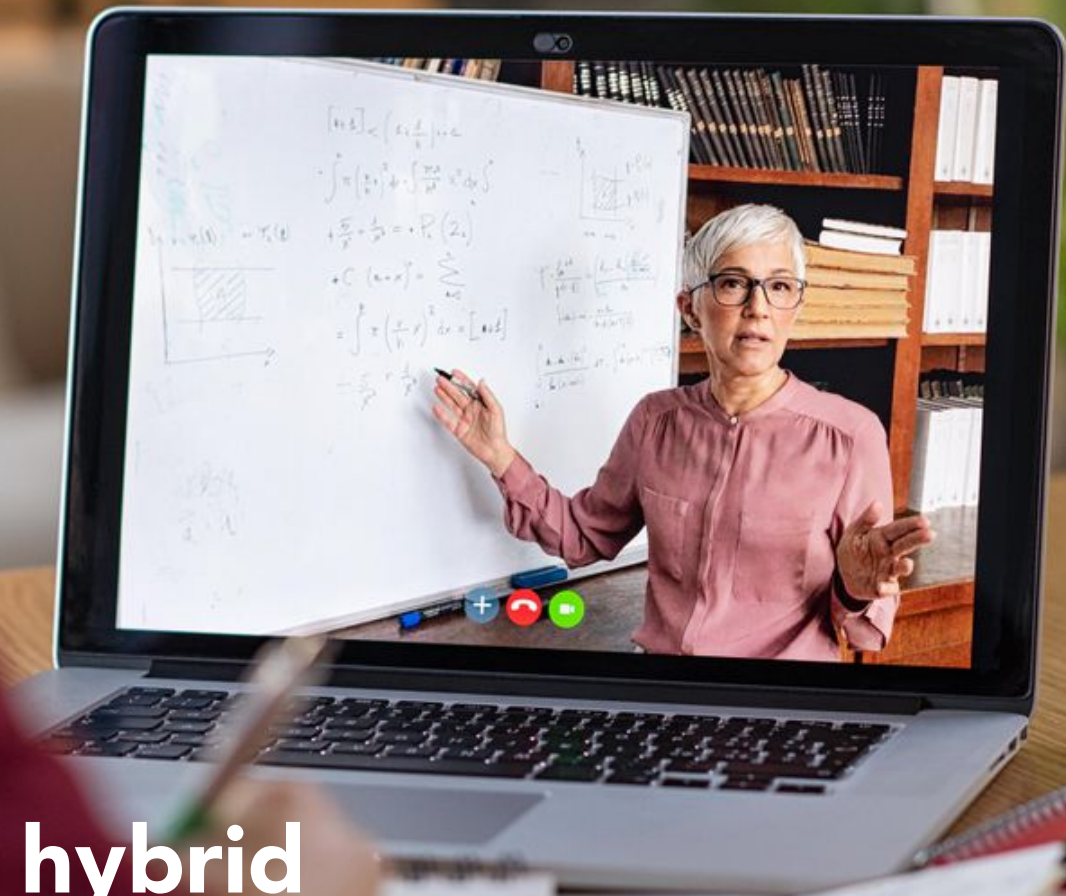
With programs like ExQ, teachers can get in-depth data on students' Executive Function strengths and weaknesses, providing insight into class dynamics as well as on individual student's learning needs.

# Measuring Executive Function Skills





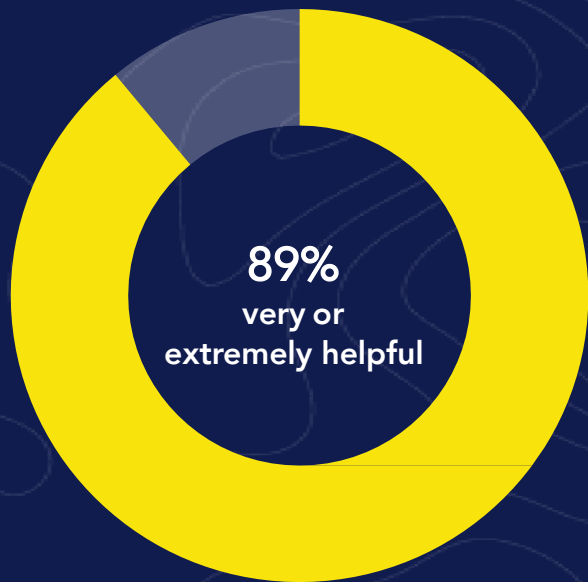
**Remote and hybrid  
learning makes Executive  
Function skills more critical**





**89% said it would  
be very**

**or extremely helpful**



When asked how helpful it would be to have

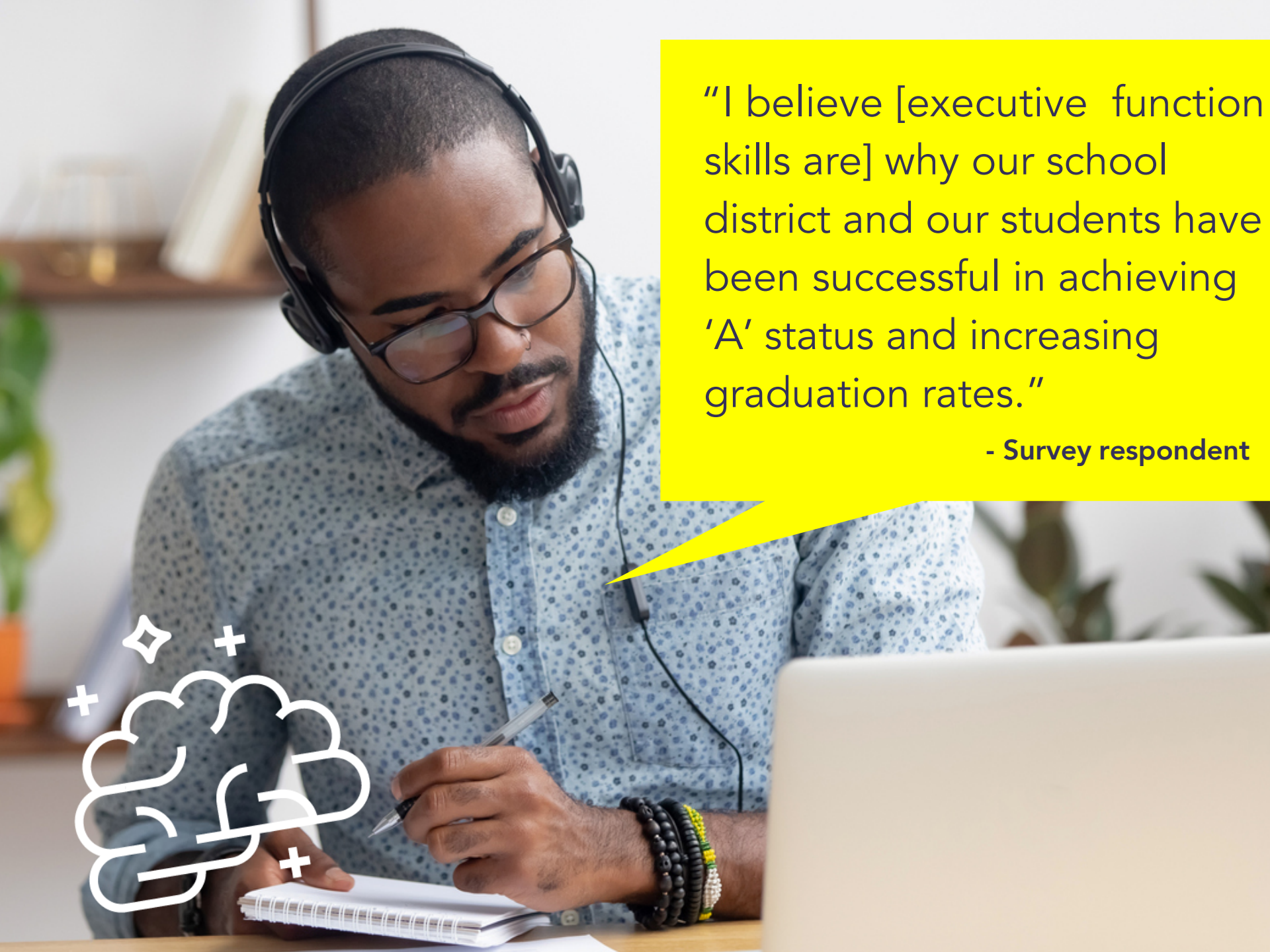
students improve their

engagement online

and offline by learning

Executive Function skills

such as learning how to focus, manage goals and devise plans, use work habits, or self-monitor to meet deadlines —



"I believe [executive function skills are] why our school district and our students have been successful in achieving 'A' status and increasing graduation rates."

- Survey respondent



While 76% of educators gave an emphatic yes when asked if every school in the United States needed to adopt an Executive Function curriculum for all students and include it as part of professional development, achieving this objective nationwide remains challenging.



# Proving academic outcomes can influence getting buy-in





**How do you secure funding for new curriculum or digital solutions?**



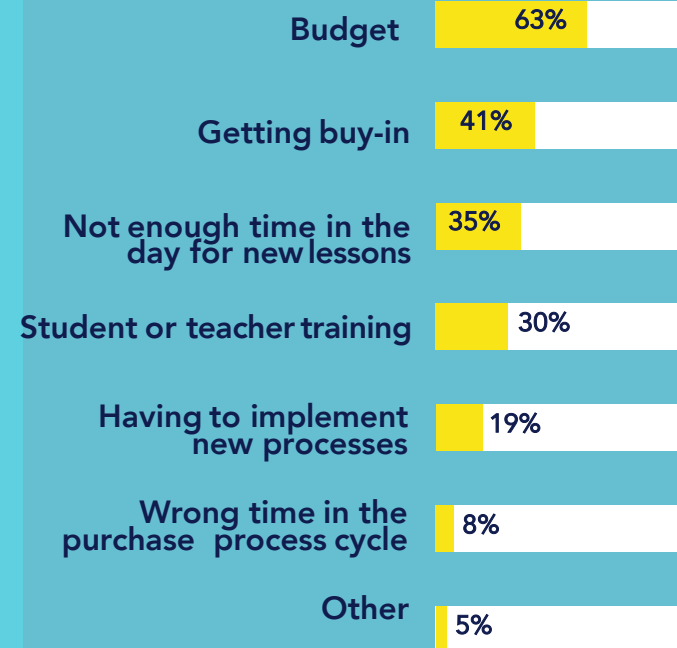


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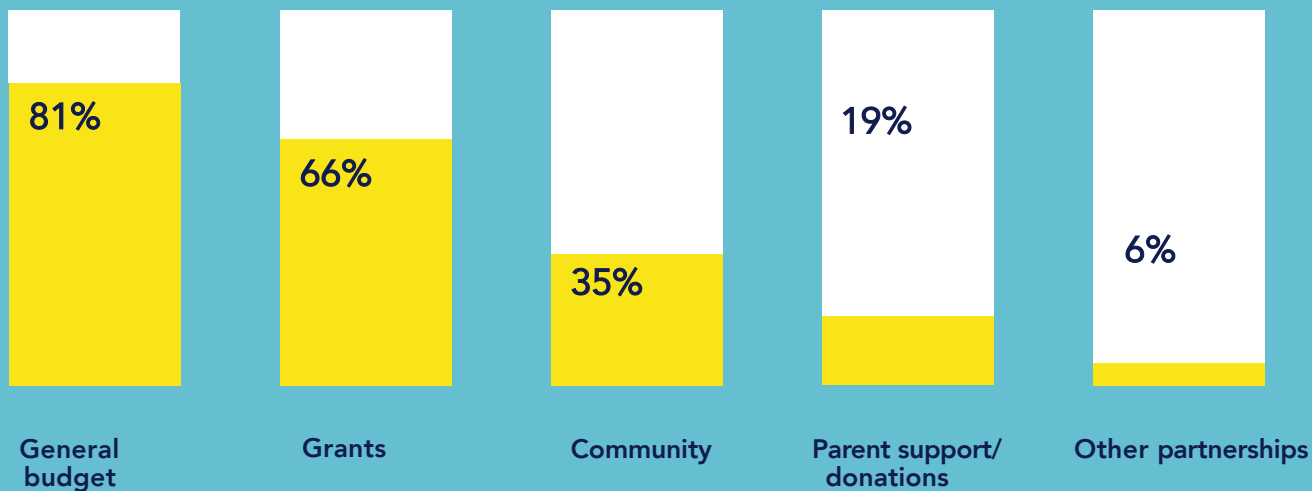
## Two biggest cited barriers to purchasing a new curriculum or learning tool:





# How do you secure funding for new curriculum or digital solutions?

Getting support for implementing an Executive Function skills curriculum





For schools and districts that understand the value of teaching Executive Function skills and have the buy-in to do so, there *are* ways to bridge any funding gaps.



As more awareness  
builds around the  
value of how  
Executive Function  
skills improve  
academic outcomes,  
more grant-funding  
opportunities  
appear.





Providing more professional development to teachers on how to teach Executive Function skills and explicitly teaching these skills to students can give students the tools they need to succeed today and throughout their lives.



ExQ is a patented digital technology designed to directly build the mastery of Executive Function through games, error analysis, and metacognitive reflection lessons and teaching methodology.

# Teaching with ExQ

- 100% Digital Platform
- Individualized Learning Assessment and ExQ Profile
- Customized training for EVERY student based on EF strengths and challenges
- Personalized Coaching
- META Training and Reflection







ExQ's **Teacher Portal** offers EF data tracking system and Professional Development resources to build a strong EF culture



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## Unanimous agreement...

There is a significant value in teaching middle and high school students Executive Function skills because that's when learning shifts from recalling facts to managing goals.





 **The most  
prepared student  
is a Self-Devised  
Strategic Thinker!**





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Founded by Sucheta Kamath, ExQ is an online tool that is revolutionizing the learning space through gameplay and personalized cognitive and metacognitive training. ExQ is designed to align with your middle or high school's curriculum and serves as a toolset that helps your students build self-efficacy through a variety of experiential learning mechanisms.

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