



What is Executive Function?



**Executive
Function
is learning
HOW
to learn**

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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.



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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